

Policy Statement

The Board recognizes that student wellness and good nutrition are related to students' physical and psychological well being and their readiness to learn. The Board is committed to providing a school environment that supports student wellness, mental health, healthy food choices, nutrition education, and regular physical activity. The Board believes that students who learn and practice healthy lifestyles in their formative years may be more likely to be conscious of the importance of good nutrition and exercise as adults, practice healthy habits, and reduce their risk of obesity, substance abuse, diabetes, and other chronic diseases.

Nutrition Standards

This school unit will assure that meals provided by its Food Service Program meet or exceed the nutrition standards established by federal regulations. Sales of food and beverages that compete with the school breakfast and/or lunch program are governed by a separate Competitive Food Sales Policy and will meet the USDA's Smart Snacks Rule (3400).

Assurance

This policy serves as assurance that school unit guidelines for reimbursable meals are in line with the regulations and guidance issued by the Secretary of Agriculture pursuant to the National School Lunch Act and the Child Nutrition Act.

Nutrition Education

Nutrition education will be integrated into the instructional program through the health education program and/or the curriculum. Nutrition education should focus on skills students need to adopt and maintain healthy eating behaviors. Students should receive consistent nutrition messages throughout the school, including classrooms, cafeteria, and school-home communications.

Nutrition Promotion

Nutrition messages, consistent with the Dietary Guidelines for Americans, shall be present throughout the school including in the cafeteria and gymnasium. Advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, is prohibited. Administrators and staff will be encouraged to model nutritious food choices and eating habits. Parents will be encouraged to provide nutritionally sound snacks from home.

Physical Activity

The school will strive to provide all students developmentally appropriate opportunities for physical activity through physical education classes, recess periods, and extracurricular activities (clubs, intramural and interscholastic athletics). School programs are intended to build and maintain physical fitness and to promote healthy lifestyles. The school will make efforts to inform parents about after-school opportunities for physical activity.

Mental Health and Other School-Based Wellness Activities

The school recognizes the importance of mental health as well. The school will strive to maintain and foster an environment that is supportive of students' mental health.

The schools, with prior approval of the Superintendent/designee, may implement other appropriate programs that support consistent wellness messages and promote healthy eating and physical activity.

Communication

The Wellness Policy will be posted on the District website and communicated annually to keep students, parents, staff, and the community informed of wellness initiatives.

Implementation, Monitoring and Evaluation

The Superintendent and the Principal shall be responsible for monitoring the efforts to meet this policy. The Wellness Committee will annually measure the extent to which schools are in compliance with the wellness policy and provide a description of the progress made in attaining goals of the wellness policy. The assessment will be widely shared with the School Board and the policy on an annual basis. Reports may include, but are not limited to:

- The status of the school environment in regard to student wellness issues, including mental well-being.
- The status of the school food service program in regard to student wellness issues, and compliance with nutrition guidelines.
- Summary of wellness programs and activities at the school.
- Feedback from students, parents, staff, and community members about wellness.
- Recommendations for policy, program, and curriculum revisions around wellness.

Wellness Committee

The Superintendent will appoint a Wellness Committee comprised of the following members: the principal, a teacher, a board member, a food service worker, the school nurse, the school guidance counselor, the physical education teacher, a parent or community representative, and a student. Other members may be chosen, as well. The Wellness Committee shall serve as an advisory committee in regard to student wellness issues and will be responsible for making recommendations related to the wellness policy. The Wellness Committee may also decide to survey parents or the community at large. The Wellness Committee shall provide periodic reports to the Superintendent, and as requested, to the school board.

Former policies approved by schools – Fall 2006

Student Wellness Policy – Rules
Blue Hill Consolidated School

Wellness Goals

The Wellness Committee and Board have identified the following goals associated with student wellness:

Goals for Nutrition Education

The schools will provide nutrition education that focuses on the skills students need to adopt and maintain healthy eating behaviors.

The schools' nutrition education will be provided in a sequential, comprehensive health education program aligned with the content standards of the Maine system of Learning Results.

Nutrition education will be integrated into other subjects as appropriate to complement, not replace, the health education program.

The school unit will provide foods that meet or exceed the federal nutrition standards, adequate time for students to obtain food and eat, lunch scheduled at appropriate hours of the day (OR: as close to the middle of the school day as possible), adequate space to eat, and a clean and safe meal environment.

Consistent nutrition messages will be given throughout the school unit in the classroom, the cafeteria, and school-home communications.

Administrators and staff will be encouraged to model nutritious food choices and eating habits.

Appropriate professional development will be provided for food services staff.

Goals for Nutrition Promotion

Nutrition messages, consistent with the Dietary Guidelines for Americans, shall be present throughout the school including in the cafeteria and gymnasium.

Schools permit in-school marketing of only those foods and beverages that meet the standards of Smart Snacks in Schools.

The school displays images and signs that promote healthier foods and beverages, and the products that are marketed match the foods and beverages that are available in the school.

Administrators and staff will be encouraged to model nutritious food choices and eating habits.

Goals for Physical Activity

The physical education program will provide students with the knowledge and skills to be physically fit and help them to develop a healthy lifestyle.

Students will learn perceptual-motor skills that will help them develop their motor skills and learning abilities. Efficient motor performance is dependent on the students' perceptual-motor abilities.

Students will learn the positive personal and social interactions needed to be successful in the physical education environment.

The physical education curriculum is aligned with the content standards of the Maine Learning Results and the NASPE standards (National Assn. of Sport and Physical Education).

Physical education classes will meet the developmental needs of all students who participate in these classes.

The school will provide facilities necessary for the number of students engaged in the physical education program.

Professional development will be provided for the physical education staff and other staff in the delivery of such programs.

The program will be taught by a certified physical education teacher.

The physical education program should cover the four components of fitness: flexibility (the ability of muscles and joints to move through their complete range of motion), muscular endurance (the ability of muscles to perform a task over and over again), muscular strength (the ability of muscles to perform one maximum effort), and cardiovascular endurance (activities that require oxygen for a long period of time).

The fitness program should follow the FITT principle, allowing students to make gradual progression toward fitness: frequency (the ability to do an activity more times per day or per week), intensity (the ability to do an activity faster or with greater resistance), time (the ability to do an activity longer or more repetitions or sets), and type (the fitness component the activity relates to).

The school will provide a physical and social environment that encourages safe and enjoyable physical activity and fosters the development of a positive attitude toward health and fitness.

The schools will provide opportunities for physical activity through a variety of after-school programs including, but not limited to, intramural sports, interscholastic athletics and physical activity clubs.

Goals for Other School-Based Activities

Goals of the wellness policy will be considered when planning school or classroom parties, celebrations or events, encouraging healthy food choices and/or exercise as options for celebrations or rewards.

Food or beverages shall not be used as a reward or incentive for students' behavior or performance.

Parents will be encouraged to provide nutritionally sound snacks from home and food for classroom parties or events and limit unhealthy options.

Schools will encourage maximum participation in school meal programs.

Schools will encourage parents and students to take advantage of developmentally appropriate community-based after-school programs that emphasize physical activity.

The schools will encourage parents to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.

As feasible, school physical activity facilities will be made available before and after school hours for student, parent and community use to encourage participation in physical activity.

School administrators, staff, parents, students and community members will be encouraged to serve as role models in practicing healthy eating and being physically active, both in the school environment and at home.

Student organizations will be encouraged to engage in fundraising projects that are supportive of healthy eating and student wellness.

School-based marketing of foods and beverages, such as through advertisements in school publications, school buildings, athletic fields, and other areas accessible to students should support the goals of the wellness policy.

The schools are encouraged to cooperate with agencies and community organizations to support programs that contribute to good nutrition and physical activity.

Adopted: 02/11/2015