

## **MSAD 59 District Wellness Policy**

The MSAD #59 School District recognizes the importance of physical and psychological health, and acknowledges the relationship between personal wellness and academic performance. Additionally, MSAD #59 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, diabetes, and other chronic diseases. The practice of healthy choices by positive role models has a direct impact on students by inspiring continued healthy lifestyle choices. MSAD #59 is committed to providing a school culture that supports staff and student wellness. The schools will provide a physical and social environment that encourages safe physical activity and fosters the development of a positive attitude toward health and fitness. Relevant professional developments will be provided for school staff.

### **Staff Wellness**

The District will continue to support programs that engage staff in learning and practicing healthy lifestyle behaviors. In addition, the District supports the designation of .5 of one staff workshop day as a Staff Wellness Day to be planned by the District Wellness Committee.

### **Appointment and Role of the District Wellness Committee**

The District Wellness Committee shall serve as an advisory committee in regard to student and staff wellness issues. The District Wellness Committee, or its subcommittees, will be responsible for making recommendations related to the wellness policy, wellness goals, administrative or school regulations and practices, or raising awareness of student health issues. To help achieve these policy goals there will be a District Wellness Committee who will meet regularly.

With the prior approval of the Superintendent, the District Wellness Committee, or its subcommittees, may survey parents, students and the community and/or conduct focus groups or community forums.

The District Wellness Committee shall provide periodic reports to the Superintendent/designee and, as requested, to the Board.

The current District Wellness Policy will be shared with the community via District website. Copies are also available in each of the District schools.

The District Wellness Committee will strive to include representation of at least one of each of the following:

- Board Member
- School Administrator
- Food Services Director/Designee
- High School and Middle School Student Representatives
- Parent Representative
- Community Representative

The District Wellness Committee may also include:

- School Nurse
- Teacher(s)
- Guidance Counselor
- Social Worker
- Community Organization or Agency Representative
- Other staff, as designated by the Board
- Other Persons, as designated by the Board

### **Nutrition Standards**

The District will ensure that meals provided by its Food Services Program meet or exceed the nutrition standards established by federal and state regulations (1) and will encourage maximum participation in school meals program. Other foods and beverages sold or available for sale to students during the school day (“competitive foods”) will meet the federal Smart Snacks guidelines. This policy serves as assurance (2) that school unit guidelines for reimbursable meals are not less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to the National School Lunch Act and the Child Nutrition Act. To the extent possible, school meals shall include adequate time for eating, should be scheduled at appropriate times, will include access to free drinking water, will provide student access to hand washing and/or sanitizing, and whenever possible, lunch will follow recess, where applicable.

### **Nutritional Quality of Foods and Beverages Sold and Served on Campus**

Meals served through the National School Lunch and Breakfast Programs will:

- Be served in a clean and pleasant setting;
- Meet, at minimum, nutrition requirements established by local, state and federal statutes and regulations;
- Offer a variety of fruits and vegetables;
- Serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by the USDA); and
- Ensure that all grains served are whole grains as required;
- Include access to free drinking water

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1 Title 7-U.S. Department of Agriculture, Chapter II-Food and Nutrition Service, Department of Agriculture, Part 210-National School Lunch Program (7 C.F.F. 210).

2 See 42 U.S.C. 1751 (a) (2).

### **Breakfast**

To encourage all children to have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn, schools will, to the extent possible:

- Operate and promote a School Breakfast Program;

- Arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.
- Notify parents and students of the availability of the School Breakfast Program.

School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent. In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the district has not received a SMI review from the state agency within the past three years, the district will request from the state agency that a SMI review be scheduled as soon as possible.

### **Competitive Foods and Beverages**

All foods and beverages sold on school grounds to students outside of reimbursable school meals are considered “competitive foods.” Competitive foods include items sold through vending machines, cafeteria a la carte [snack] lines, fundraisers, school stores, etc. during the school day. All competitive foods must meet the standards detailed in the USDA Smart Snacks in School rule. To find the standards online, go to <http://www.regulations.gov> and search by the docket number, which is FNS-2011-0019, or you may type in the name of the rule “Nutrition Standards for All Foods Sold in School”.

### **Goals for Nutrition Education and Promotion**

MSAD #59 aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- Is offered as part of a sequential, comprehensive health education program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Will be integrated into other subjects as appropriate to complement, not replace, the health education program;
- 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, adequate space to eat and a clean and a safe meal environment.
- Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health enhancing nutrition practices;
- Consistent nutrition messages will be disseminated throughout the school unit in the classroom, the cafeteria, and school-home communications.
- 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:
- Administrators and staff will be encouraged to model nutritious food choices and eating habits.
- Includes and provides training for teachers and other staff.

### **Food Marketing in Schools**

Food and Beverage Marketing in Schools: In accordance of the Maine State Statue 20A SUB CHAPTER 9 §6662: Brand-specific advertising of food or beverages is prohibited in school buildings or on

school grounds except for food and beverages meeting standards for sale or distribution on school grounds in accordance with rules adopted under subsection 2. For the purposes of this subsection, "advertising" does not include advertising on broadcast media or in print media such as newspapers and magazines, clothing with brand images worn on school grounds or advertising on product packaging.

The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

### **Rewards**

Schools will be encouraged to not use foods or beverages as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through the school meals) as a punishment. Instead, all schools within the district will encourage using physical activity as a reward.

### **Screen Time**

Schools will limit recreation screen time.

### **Physical Education and Physical Activity Opportunities**

- All students, K-12 shall receive physical education that is aligned with applicable state and federal standards and as outline in the District's Curriculum.
- The physical education program will provide students with the knowledge and skills needed to be physically fit and take part in healthful physical activity on a regular basis.
- All students, K-12, shall have the opportunity to participate **daily** in either organized or unstructured physical activity. Strategies that incorporate physical movement in the classroom and into routine daily activities are encouraged.
- The schools should encourage parents to support their children's participating in physical activities, including available before-and after-school programs.
- Schools are encouraged to use physical activity as rewards or incentives for students' behavior or performance and as an alternative to food celebrations.
- Physical education shall not be used or withheld as remediation or discipline. Exclusion from recess is allowed but not encouraged. Decisions should be made on a case-by-case basis.
- The district encourages that enrichment activities be offered in addition to, not in place of, physical education.
- Schools shall have proper equipment and a safe area designated for supervised recess.

### **Other School-Based Wellness Activities**

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

encouraged to collaborate with agencies and community organizations to support programs that contribute to good nutrition and physical activity.

### **School Events/ Parties/ Fundraisers**

The District encourages:

- Nutritious foods to be served at classroom parties, celebrations and school sponsored events (including booster clubs) and unhealthy choices will be limited.
- Parents to provide daily healthy snacks from home and food for classroom parties or events. Notices shall be sent to parents/guardians either separately or as part of a school newsletter, remind them of the necessity of providing healthy treats for students and/or encouraging the use of non-food treats for celebrations and rewards.
- Alternatives to food as rewards.
- Administrator's staff and visitors to model nutritious food choices and eating habits.
- Healthy fundraisers as alternatives to fundraising that involve selling food items of limited nutritional value, such as candy, cupcakes, or sugary beverages.

### **Implementation and Monitoring**

The Superintendent/designee shall be responsible for the implementation of the Wellness Policy, for monitoring efforts to meet the intent of this policy, and for reporting to the School Board/community on an annual basis. Monitoring may include surveys or solicitation of input from students, parents, staff, and school administrators. All reports, evaluations, and wellness policy will be made available to the public on the school website.

Reports may include, but are not limited to:

- The status of the school environment in regard to student wellness issues.
- Evaluation of the school food nutrition program and compliance with nutrition guidelines.
- Summary/list of wellness programs and activities in the schools.
- Feedback from the District Wellness Team, or its subcommittees.
- Recommendations for policy, program or curriculum revisions.

District to conduct an assessment of the wellness policy every three years, at a minimum, to determine:

- Compliance with the wellness policy;
- How the wellness policy compares to model wellness policies;
- Progress made in attaining the goals of the wellness policy.

Any person who observes practices inconsistent with the Local Wellness Policy should contact the school principal. If inconsistencies are still not adequately addressed, any person may contact the Superintendent.

*Legal Reference:* 42 U.S.C 1751

*Policy Adopted:* 6/06

*Policy Revised:* 10/20

*Policy Reviewed* 9/21