

STUDENT WELLNESS

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, 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, diabetes and other chronic diseases.

Nutrition Standards

MSAD #51 will ensure that meals provided by its Food Services Program meet the nutrition standards established by federal regulations. Sales of foods and beverages that compete with the school lunch program (and/or school breakfast program) must comply with the Board's policy EFE, Competitive Food Sales- Sales of Food in Competition with the School Food Service Program.

Assurance

This policy serves as assurance that MSAD #51's 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.

Nutrition Education

Nutrition education will be integrated into the health education program and/or the curriculum and aligned with the content standards of Maine's system of Learning Results. Nutrition education should focus on skills students need to adopt and maintain healthy eating behaviors. Students should receive consistent nutrition messages throughout the schools, including classrooms, cafeteria, and school-home communications.

Physical Activity

The District will strive to provide all students appropriate opportunities for physical activity through physical education classes, recess periods for elementary school students, and extracurricular activities (clubs, intramural and interscholastic athletics). School programs are intended to help students build and maintain physical fitness and to promote healthy lifestyles.

Other School-Based Wellness Activities

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.

The responsibility for regulations or guidelines regarding refreshments served at parties or celebrations during the school day or for food as rewards is delegated to the school principals.

Implementation and Monitoring

The Superintendent shall be responsible for the overall implementation of the wellness policy, and for reporting to the Board on an annual basis. The Superintendent may delegate specific responsibilities to the Wellness Committee and/or school administrators and staff as he/she deems appropriate.

Appointment and Role of the Wellness Committee

The Board shall appoint a district-wide Wellness Committee comprised of at least one of each of the following groups:

- Board member
- School administrator
- Food Services Director/designee
- Student representative
- Parent representative
- Community representative
- School nurse
- Teacher
- Others as determined by the superintendent/designee

The Wellness Committee shall serve as an advisory committee concerning student wellness issues. The Committee is responsible for making recommendations related to the wellness policy, wellness goals, administrative or school regulations and practices and monitoring progress toward policy goals of raising awareness of student health issues.

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

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

Wellness Goals

The Board has identified the following goals associated with student wellness:

- The District's nutrition education will be provided in a sequential, comprehensive health education program aligned with the content standards of the Maine System of Learning Results.
- The District's physical education curriculum will be aligned with the content standards of the Maine System of Learning Results.
- Goals of this Student Wellness policy will be considered when planning school or classroom parties, celebrations or events.

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

Legal reference: 42 U.S.C. § 1751 (2004) (note) (Local Wellness Policy)
42 U.S.C. § 1751 et seq. (National School Lunch Act)
42 U.S.C. § 1771 (Child Nutrition Act)
7 C.F.R. Part 210 et seq.

Cross Reference: EFE – Competitive Food Sales – Sales of Foods in Competition with the School Food Service Program

Adopted: June 12, 2006