

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

The school unit 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 be in compliance with the Board's policy EFE, Sales of Foods in Competition with the Food Service Program.

Assurance

This policy serves as assurance 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.

Nutrition Education

Nutrition education will be integrated into the instructional program through the health education program and/or the curriculum as 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 school unit will strive to provide all students developmentally 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 build and maintain physical fitness and to promote healthy lifestyles. The schools should encourage parents to support their children's participation in physical activities, including available before- and after-school programs.

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.

Building administrators are authorized to develop individual school guidelines for refreshments served at parties or celebrations during the school day or for food rewards. These guidelines should be consistent with the goals of this policy.

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:

- Board member
- School administrator
- Food Services Director/designee
- Teacher representative
- Nurse representative
- Student representative
- Parent representative
- Community representative
- Other persons, as designated by the Board

The Wellness Committee shall serve as an advisory committee in regard to student wellness issues and will be responsible for making recommendations to the Superintendent and the Board related to the wellness policy, wellness goals, administrative or school regulations and practices, raising awareness of student health issues and measuring the District's progress in implementing wellness goals.

The Wellness Committee will report annually to the Superintendent and, as requested, to the Board.

Responsibility for Policy Implementation

The Superintendent is responsible for the overall implementation of this policy. The Superintendent may delegate specific responsibilities to the Wellness Committee and/or school administrators and staff as he/she deems appropriate.

Legal references: 42 USC Section 1751 (2004) (note) (Local Wellness Policy)
 42 USC Section 1751 et seq. (National School Lunch Act)
 42 USC Section 1771 et seq. (Child Nutrition Act)

Cross reference: EFE – Sales of Foods in Competition with the Food Service Program

Adopted: 5/24/06