

**STUDENT WELLNESS ADMINISTRATIVE PROCEDURE**

The Board supports good nutrition and physical activity as part of a school environment. Good nutrition contributes to student health and encourages positive food choices and eating habits. Physical activity enables students to be fit, to maintain a healthy weight and reduce risks for chronic disease. Good nutrition and regular physical activity establish healthy lifestyles for a lifetime. The Board believes that nutrition and physical activity influence a student's ability to take full advantage of the school system's education program and is, therefore, related to student achievement.

**NUTRITION EDUCATION GOALS:**

- A. Nutrition education shall be offered to all students at each grade level as part of a sequential, comprehensive health education curriculum that focus on understanding the relationship between personal behavior and health. This will provide students with the knowledge and skills necessary to promote and protect their own health.
- B. Students in grades pre-K-12 receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
- C. Students receive consistent nutrition messages throughout schools, classrooms, cafeterias, homes, community and media.
- D. The school district will encourage parents, teachers, school personnel and students to serve as role models in practicing healthy eating and being physically active.
- E. The school district will provide parents/guardians with the information they need to pack healthy lunches and snacks for school and at home.

**PHYSICAL ACTIVITY GOALS:**

- A. Students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary and middle school students, and the integration of physical activity into the academic curriculum.
- B. Schools encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.
- C. The school district will make efforts to keep school or district-owned physical activity facilities open for use by students outside school hours.

- D. Physical education classes will promote rigorous or vigorous activity among at least 50% of the students during K-12 class time.

**WELLNESS GOALS:**

- A. The school district will consult with health teachers, the school nurse, and food service providers to work on carrying out wellness goals for students and staff.
- B. The school district will provide opportunities for on-going professional training and development for foodservice staff and teachers in the areas of nutrition and physical education.
- C. The school district encourages parents, teachers, school administrators, students, foodservice professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.

**IMPLEMENTATION PLAN**

Building principals will be asked to enforce the policy with staff, students and parents at a building level. If non-compliance becomes an issue, it will be brought to the attention of the superintendent for further action. The Wellness Committee will review the process and report to the Superintendent/designee.

**NUTRITION GUIDELINES**

Students' lifelong eating habits are greatly influenced by the types of foods and beverages available in their daily environment. In addition to ensuring that reimbursable school meals meet program requirements and nutrition standards, schools must also establish standards or guidelines to address all foods and beverages sold or served to students, including those available outside of the school meal programs. The guidelines will be as follows:

- A. All food and beverages sold or served will meet current state and federal requirements including the 5% Minimum Nutritional Value Rule.
- B. The National School Lunch and School Breakfast Program (NSLP) meals will meet all nutrition standards and provide sufficient choices of nutritious, appealing foods in portion sizes appropriate for different age groups.
- C. Offer occasional desserts in appropriate portion sizes to help students learn to enjoy quality, not quantity of food.
- D. Limit beverage sales to water (any size), low-fat or nonfat (1% or less fat) flavored and unflavored milk, and 100% fruit or vegetable juices.

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E. Consideration will be given to place a low fat dairy vending machine at the middle and high school level for students to access before, during and after school. All proceeds will accrue as indicated in Policy EFE- Sales of Competitive Foods in Competition with the School Food Service Program.

F. Nutritional information for all foods served will be posted in each middle and high school in the district per state regulations.

G. The school district will seek opportunities to purchase fresh fruits and vegetables from local farmers if possible.

H. In K-12, portion sizes will be in accordance with state regulations. For example:

	K-5	6-12
Snacks:	1 oz.	1.25 oz.
Cookies and cereal bars:	2 oz.	2.0 oz.
Bakery items:	2 oz.	3 oz.
Frozen desserts:	3 oz.	3 oz.
Yogurt:	4 oz.	8 oz.
Fries:	½ cup	1 cup

**SALE OF FOODS AND BEVERAGES OUTSIDE OF THE SCHOOL NUTRITION PROGRAM**

Maine Department of Education Rule Chapter 51 mandates that any food or beverage sold at any time on school property of a school participating in the National School Lunch Program shall be a planned part of the total food service program of the school and shall include only those items that contribute both to the nutritional needs of children and the development of desirable food habits, and shall not include foods of little or no nutritional value. Funds from all food and beverage sales made during the school day shall accrue to the benefit of the school's non-profit school food service program, except as indicated in policy EFE.

The profits from the sale of food and beverages outside the total food program is permitted and allowed with respect to:

- Individuals at school-sponsored events and programs held on school property before or after school hours. (i.e. Sporting events, plays and performances, etc)
- Student activity account profits from vending machine sales operated under policy EFE which mandates nutritive requirements.
- The public at community events held on school property in accordance with the Board's facilities use policy. (i.e. Booster organizations).

Food and beverages sold after school hours to raise funds for the school or student activities should include healthy food choices.

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- **FUNDRAISING** - In many schools, students, faculty members, and parent groups use fundraising to generate funding for schools. With school budgets tight, fundraising helps pay for many classroom activities. Unfortunately, many fundraisers involve selling food items of little or no nutritional value, such as candy, which do not support a healthful diet. All food or beverage items that are sold by a student organization should meet state regulations as well as make provisions for healthy alternatives. These items must be sold after the conclusion of the school day. When these requirements are met, the student organization can benefit from the sales. For healthy fundraising ideas, please refer to the Nutrition Handbook. Policy EFE provides details for sales and profit.
  
- **SCHOOL STORES** - School stores/vending machines should support a healthy school environment. Items that students purchase should contribute valuable nutrients to their diet and not excessive amounts of components such as sugar, fat and sodium. All food or beverage items sold to staff or students must meet/comply with state and federal regulations and provide healthy alternatives. As long as the food or beverage meets the nutrition guidelines, the organization can benefit from the sales. For specific recommendations, please refer to the Nutrition Handbook.

**FOOD AND BEVERAGE SERVED OUTSIDE OF THE SCHOOL NUTRITION PROGRAM**

Schools should not only teach children how to make healthy choices and to eat to fulfill nutritional needs, but should also provide an environment that fosters healthy eating.

- **SNACK TIME** - Good nutrition provides the foundation for student growth, development and learning. It is strongly recommended for students to come to school with a healthy snack. Refer to the Nutrition Handbook.
  
- **CLASSROOM PARTIES** - Students are taught in classrooms about good nutrition and the value of healthy food choices. However, many times foods served in the classroom, in the case of a class party, are low in nutrients and high in calories. School celebrations are fun and provide a chance to reinforce the message that nutritious food choices lead to healthier bodies and sharper minds. Teachers and parents are encouraged to choose non-food ways to celebrate, if food is involved it is strongly recommended that it meet the guidelines set forth in this policy. Refer to the Nutrition Handbook
  
- **FOOD AS A REWARD** - Teachers, administrators, parents and the community often offer kids food as a reward for “good” behavior. Typically “food rewards” have little or no nutritional value, but are used because they are easy, inexpensive, treats that are thought to bring about short-term behavior change. Rewards and incentives should not undermine the health of students and/or reinforce unhealthful eating habits. Non-food rewards and incentives should be used as the first choice to encourage healthy behavior. Refer to the Nutrition Handbook.

**ADVERTISING**

The school district will not allow advertising of unhealthy food options on school grounds.

**MONITORING AND EVALUATION**

The administration will oversee the implementation of the wellness policy with the support of the Wellness Committee, faculty and food service staff. The policy will be reviewed and updated whenever necessary. Appropriate actions will be taken to assure compliance with the wellness policies EFE, JL, and this policy JL-R.

DATE ADOPTED: May 4, 2006

DATE REVISED: