

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 will ensure that meals provided by its Food Services Program meet the nutrition standards established by federal regulations.¹ Sales of foods and beverages that compete with the school lunch program and/or breakfast program must be in compliance with USDA Smart Snacks in School nutrition standards. All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards.

Assurance

This policy serves as assurance² 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.

Nutrition Promotion

Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

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.R. § 210).

² See 42 U.S.C. § 1751(a)(2).

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/guardians 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 to 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

Physical Activity

The school units will strive to provide all students developmentally appropriate opportunities for physical activity through physical education classes, 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/guardians to support their children's participation in physical activities, including available before and after-school programs.

Other School-Based Wellness Activities

The school, 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 Board may approve policy, regulations or guidelines for refreshments served at parties or celebrations during the school day or for food as rewards, or may delegate the responsibility for such regulations or guidelines to administrators at the district or school level.

The School may develop programs that encourage staff to learn and engage in healthy lifestyle practices.

Food & Beverage Marketing

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards. Food advertising and marketing includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors.
- Corporate brand, logo, name, or trademark on school equipment, such as marquees, message boards, scoreboards, or backboards.
- Corporate brand, logo, name, or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment.

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 Board on an annual basis.

Monitoring may include surveys or solicitation of input from students, parents/guardians, staff, and school administrators.

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 services program and compliance with nutrition guidelines
- Summary/List of wellness programs and activities in the schools
- Feedback from students, parents, staff, school administrators and wellness committee
- 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.

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
- Student representative
- Parent/guardian representative
- Community representative

The 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

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, wellness goals, administrative or school regulations and practices, or raising awareness of student health issues.

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

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

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

Wellness Goals

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

Goals for Nutrition Education

- The school will provide nutrition education that focuses on the skills students need to adopt and maintain healthy eating behaviors.
- The school'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.
- 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 disseminated 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 Physical Activity

- 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.
- Students will develop motor skills and apply them to enhance their coordination and physical performance.
- Students will demonstrate responsible personal and social behaviors in physical activity settings.
- The physical education curriculum will be aligned with the content standards of the Maine system of Learning Results.
- Physical education classes will keep all students involved in purposeful activity for a majority of the class period.
- Physical education classes will provide opportunities to learn for students of all abilities.
- 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 school will provide facilities adequate to implement the physical education curriculum for the number of students served.
- The school will promote efforts to provide opportunities for students to engage in age-appropriate activities on most days of the week in both school and community settings.
- The school will provide opportunities for physical activity through a variety of before-and/or after-school programs including, but not limited to, intramural sports, interscholastic athletics and physical activity clubs.
- Appropriate professional development will be provided for physical education staff and other staff involved in the delivery of such programs.

Goals for Other School-Based Activities

- Goals of the wellness policy will be considered when planning school or classroom parties, celebrations or events.
- Parents will be encouraged to provide nutritionally sound snacks from home and food for classroom parties or events.
- The school will encourage maximum participation in school meal programs.
- The school will encourage parents and students to take advantage of developmentally appropriate community-based after-school programs that emphasize physical activity.

- The school will encourage parents/guardians 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 after school hours for student, parent/guardian and community use to encourage participation in physical activity.
- School administrators, staff, parents/guardians, 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 school 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

DATE ADOPTED: January 8, 2020

DATE REVISED: JUNE 10, 2026