

M.S.A.D. No. 75 Wellness Policy

“We believe healthy people make better learners – when we feel well, we work and learn well.”

M.S.A.D. No. 75 Administrative Team

M.S.A.D. No. 75 (hereto referred to as the District) is committed to the development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year. Research shows that good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. In addition, strong social/emotional skills support student well-being and optimal development. This policy outlines the District’s approach to ensuring environments and opportunities for all students to practice healthy eating, physical activity behaviors, and positive social/emotional behaviors throughout the school day. Education and commitment from all students, employees, families, and community members are essential to bring about change. It may take time, but we will all benefit.

SCHOOL MEALS

The District is committed to serving healthy meals to children that meet USDA nutrition standards. All schools within the District participate in United States Department of Agriculture (USDA) child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP).

OTHER FOOD AVAILABLE AT SCHOOL DURING THE SCHOOL DAY

The school day is defined by USDA as the period from the midnight before, to 30 minutes after the end of the official school day.

- The foods and beverages **sold** outside the school meal programs during the school day (i.e., “competitive” foods and beverages) will meet Federal and State requirements at a minimum.
- The District encourages all food and beverages **offered** (this means items sent in for a group to share at celebrations and parties, etc., and does not apply to individual home-packed lunches and snacks) on the school campus during the school day, striving to follow the USDA Smart Snacks in School nutrition standards.

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. All marketing and advertising will comply with State and Federal laws.

NUTRITION EDUCATION

The District will provide students with nutrition education, using age-appropriate, sequential curriculum consistent with the Maine Parameters for Essential Instruction. The District aims to teach, model, encourage, and support healthy eating by students. Nutrition education is designed to provide students with the knowledge and skills necessary to promote and protect their health.

PHYSICAL EDUCATION

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with the Maine Parameters for Essential Instruction. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. All students will be provided equal opportunity to participate in physical education classes.

PHYSICAL ACTIVITY

Children and adolescents should participate in physical activity breaks during the course of the entire day. Schools will offer students a variety of physical activity opportunities that are in addition to, and not as a substitute for, physical education.

OTHER ACTIVITIES THAT PROMOTE STUDENT WELLNESS

The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, emotional well-being, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes whenever feasible.

POLICY MONITORING/IMPLEMENTATION

The District will convene a District Health/Wellness Committee that will provide oversight of development, implementation, and periodic review and update of wellness efforts, providing the School Board with an annual report. This Wellness Policy will be assessed and updated as indicated at least every three years.

- The Superintendent will appoint the following members to the District Health/Wellness Committee:
 - Community Member
 - Parent/Guardian
 - Representative from School Nutrition Program

- School Administrator/Principal
- School Board Member
- Student
- Physical Education Teacher
- School Health Professional

Legal References:

Child Nutrition and WIC Reauthorization Act of 2004, Public Law 108-265, Section 204

Healthy, Hunger Free Kids Act of 2010, § 210.31 Local School Wellness Policies

Cross Reference:

JHCDA: Food Allergies

KHB: Advertising (Maine Statute §6662)

FIRST READING: *September 14, 2017*

SECOND READING: *November 16, 2017*

THIRD READING: *May 10, 2018*

APPROVAL: *June 2018*