

“We believe healthy people make better learners – when we feel well, we work and learn well.” MSAD No. 75 Administrative Team

MSAD No. 75 DISTRICT WELLNESS POLICY

ANNUAL ACTION PLAN: CYCLE TWO YEAR ONE of THREE - School Board Approved

School Year: 2021 - 2022

Emphasis this year will be reinforcing healthy habits and supporting healthy learners returning during the COVID-19 pandemic.

Introduction

MSAD No. 75 is committed to the optimal 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. To accomplish District goals:

- MSAD No. 75 School Food Services Program will comply with federal, state and local requirements. School breakfast and lunch are available to all students.
- Sequential and interdisciplinary nutrition education is provided and promoted.
- Meaningful physical activity connect to students’ lives outside physical education.
- All school-based activities are consistent with local wellness policy goals.
- All foods and beverages made available on campus (including vending, a la carte, student stores, parties, and fundraising) during the school day are consistent with nutrition standards.
- Food and/or physical activity is not used as a reward or punishment.
- The school environment is safe and respectful.

MSAD No. 75 – Wellness Policy Annual Action Plan

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Requirement 1: Involvement of School and Community Stakeholders in Developing and Implementing the Wellness Policy (7 CFR 210.31 (d) (2) and (3))

Goal	Activity	Persons Responsible	Due Date
Maintain a District Health/Wellness Committee (DHWC), comprised of at least: student(s), parent(s), school food services personnel, school administrator(s) and Board representative(s)			
	Meeting in person when safe, if not, via Zoom.	DHWC	Ongoing
Develop District Wellness Policy Action Plan for a Second Cycle - YEAR ONE	Review and edit draft Action Plan	DHWC and Principals Council	
	School Board Approval	School Board	December 9, 2021
	Post Action Plan on District website	-Food Services Director -School Health Coordinator	December 31, 2021
Provide Educational training for staff, families & PTO’S	Continue to support only single-use foods in school for individual consumption. No shared food items or utensils are to be used.	-Food Services Director	Ongoing
	Health and Wellness Day scheduled	DHWC	April 15, 2022

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Requirement II: Establishment of Goals for Nutrition Education, Physical Activity, and Other School-Based Activities that Promote Student Wellness (7 CFR 210.31 (c) (1))

Goal	Activity	Persons Responsible	Due Date
Develop goals for social/emotional health education.	Mental Health Task Force to document what is taught at each grade level and in each school; K-5, Middle and High School	Assistant Superintendent, School Health Coordinator, District Mental Health Task Force, and DHWC	Curriculum programming this year that will be implemented next year w/ new learning results. Currently in progress
Develop goals for other school-based activities that promote student wellness	Continue: -Health emphasis during at least one District Professional Development Day -5-2-1-0+8 projects in each school via partnership with Mid Coast Hospital	District Administrators	April 14th, 2022, District Health & Wellness Day, 5210 to help present. On-going throughout year

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Requirement III: Nutrition Guidelines for Food and Beverages outside the School Meal Program during the School Day

(7 CFR 210.31 (c) (3) (iii))

Goal	Activity	Persons Responsible	Due Date
Communicate nutrition guidelines for food and beverages outside the school meal program during the school day.	-Create suggested food and beverage list that supports healthy eating	-Food Service Director	On-going
	Educate employees, students, families, and community members via: -Websites -Newsletters		

Requirement IV: Nutrition Guidelines for Child Nutrition Reimbursable Meal Programs (7 CFR 210.31 (c) (2) and (3))

Goal	Activity	Persons Responsible	Due Date
Implement nutrition guidelines for reimbursable meal programs	Educate employees, students, families, and community members via: -Websites -Newsletters -Examples of reimbursable meals available at www.link75.org .	Food Service Director	On-going

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Requirement V: Measuring Implementation of a Local School Wellness Policy and Designating Responsibility for Implementation and Enforcement (7 CFR 210.31(d)(2),(d)(3),(e)(2))

Goal	Activity	Persons Responsible	Due Date
Conduct annual assessment of Action Plan	-Provide end-of-year report to School Board -Post written report on Wellness Policy implementation on District website	DHWC Food Service Director School Health Coordinator	Annually
Conduct Triennial Evaluation of District Wellness Policy	Utilize MDOE Evaluation Tool	District Health and Wellness Team	Completed for SY 21/22
Designate responsibility for implementation of Policy and Action Plan, ensuring they are being followed	Designate representatives within each school/site responsible for Wellness Policy and Action Plan oversight	Superintendent and/or Designee	June 30, 2022
	Review Wellness Policy and Action Plan expectations with leaders responsible for monitoring the implementation	-Food Service Director -School Health Coordinator - DLT	June 30, 2022