

## STUDENT WELLNESS ADMINISTRATIVE PROCEDURE

These procedures are established for the purpose of meeting the obligations of the school unit under state and federal law and local RSU #2 policies governing student wellness. Each of the following sections (Nutrition Education, Physical Activity, School Based Activities, Staff Wellness and Communication with Parents) includes regional wellness goals that the Local Wellness Committee may elect to address in its annual selection of district activities.

The listing of goals is presented to support local differences while still being aligned with a regional wellness focus.

### **I. Nutrition Education**

RSU #2 will provide nutrition education that is offered as part of a sequential, comprehensive, standards-based health education program designed to provide students with the knowledge and skills necessary to maintain healthy eating behaviors in accordance with the Maine system of Learning Results. Students should receive consistent nutrition messages throughout the school, including classrooms, cafeteria, and school-home communications.

#### **A. Goals for Nutrition Education**

1. RSU #2 should provide nutrition education that promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.
2. RSU #2 should provide nutrition education and engage in nutrition promotion that emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise).
3. Nutrition education should include developmentally appropriate and culturally relevant activities such as contests, promotions, taste-testing, and farm visits.
4. Nutrition education will be integrated into other subjects, as appropriate, to complement, not replace, the health education program.
5. The RSU will engage in nutrition promotion that reflects the content of the health education program. Consistent nutrition messages will be disseminated throughout the school, in the classroom, the cafeteria, and school-home communications.

#### **B. Professional Development**

1. Appropriate professional development will be provided for nutrition education staff and other staff involved in the delivery of such programs.

### **II. Physical Activity**

For students to receive the nationally-recommended 60 minutes per day of moderate to vigorous daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity in addition to physical education class.

#### **A. Goals for Physical Education**

1. It is recommended that students receive an average of 150 minutes per week (Elementary) and an average of 225 minutes per week (Middle and High School) of physical activity. The RSU will strive to increase physical activity, with the goal of daily physical activity for all students.
2. All physical education classes will be taught by a certified physical education teacher.
3. Physical education curriculum will include individual fitness assessments (e.g. Fitness Grams) and fitness plans for all students.
4. The physical education program will provide students with developmentally appropriate knowledge and skills needed to be physically fit and take part in healthful physical activity on a regular basis.
5. Students will spend the majority of physical education class time participating in purposeful, moderate to vigorous physical activity.
6. Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as recreational screen time (watching television, playing video games, and using the computer).
7. Appropriate professional development will be provided for physical education staff and other staff involved in the delivery of such programs.

#### **B. Goals for Physical Activity**

1. RSU #2 will strive to provide all students developmentally appropriate opportunities for physical activity through physical education classes, recess periods, and extracurricular activities (clubs, intramural and interscholastic athletics) in both school and community settings. RSU programs are intended to build and maintain physical fitness and to promote healthy lifestyles.

2. RSU #2 encourages the integration of physical activity into other subject lessons outside regular physical education classes and recess. When activities such as mandatory testing

make it necessary for students to remain indoors for long periods of time, the school will give students periodic breaks during which they are encouraged to stand and be moderately active.

3. All K-5 students will have at least 20 minutes a day of supervised recess/physical activity breaks, preferably outdoors, during which schools should encourage moderate to vigorous activity verbally and through the provision of space and equipment.
4. Elementary schools, when feasible, will schedule recess before lunch.
5. Recess should be respected as part of the student's day and its contribution to overall wellness should be honored and reserved. Therefore, schools will strive to limit scheduling of extracurricular activities (e.g. instrument lessons, clubs, etc.) during scheduled recess times.
6. RSU #2 school spaces and facilities will be available for physical activity to students and staff before, during, and after the school day, on weekends, and during school vacations when feasible. These spaces and facilities also should be available, after school hours, to community members, local agencies, and organizations offering physical activity and nutrition programs. RSU policies concerning safety and facilities use will apply.
7. RSU #2 will assess and, if necessary and to the extent possible, make it safer and easier for students to walk and bike to school (e.g. Safe Routes to School program).

### **III. Other School-Based Wellness Activities**

RSU #2 encourages all members of the school community to serve as role models by practicing healthy eating and being physically active. RSU #2 schools are encouraged to cooperate with agencies and community organizations to support programs that contribute to good nutrition and physical activity. RSU #2 schools, with prior approval of the Superintendent/designee, may implement other appropriate programs that support consistent wellness messages and promote healthy eating and physical activity.

#### **A. Goals for Other School-Based Wellness Activities**

1. Snacks served during the school day or in after-school care or enrichment programs and foods provided for celebrations, parties, and fundraising activities intended for non-individual consumption will make a positive contribution to children's diets and health and meet Nutritional Quality of Foods and Beverages guidelines (see Section II, B.). Foods that do not meet this standard will not be served for student consumption.

2. Food lists that meet the RSU #2 snack standards will be made available to teachers, parents, and after-school program personnel. Acceptable options will be included in student/parent handbooks, on school websites, as well as in newsletters, parent notices, cookbooks, etc. as appropriate.

3. Snacks will emphasize fruits and vegetables as the primary snacks and water as the primary beverage.
4. RSU #2 schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations.
5. RSU #2 schools are encouraged to limit celebrations that involve food during the school day to no more than one party per class per month. Non-food celebrations with an emphasis on physical activity will be encouraged.
6. Parents will be encouraged to provide nutritionally sound snacks from home for individual consumption. A list of snack ideas will be made available to parents.
7. Student organizations (Key Clubs, Civil Rights Teams, etc.) will be encouraged to engage in non-food, physically active fundraising events. Fundraisers that involve foods will be supportive of healthy eating and student wellness. When students are the primary audience for the fundraiser (public is not attending), all foods will meet the Nutritional Quality of Foods and Beverages guidelines.
8. Food and beverages offered or sold at school-sponsored events (including athletic events or performances) outside the school day will include some healthy options.
9. All foods and beverages sold to students outside the reimbursable school meals program (including those sold through a la carte, vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, will meet guidelines for minimally nutritious food as defined in Chapter 51 by the Maine Department of Education.
10. Brand-specific advertising of food or beverages is prohibited in school buildings or on school grounds except for foods meeting the standards for sale or distribution on school grounds.
11. Given overwhelming scientific evidence providing the extremely harmful effects of high sugar/high calorie beverage consumption on students' learning, behavior and health, these types of beverages will be eliminated from school vending machines including teachers' lounges.
12. Administrators and staff will strive to model nutritious food choices and eating habits.

Page 4 of 5

RSU #2

**Code: JL-R**

13. RSU schools will not reward/reinforce good behavior with food.
14. Any activities (e.g., club, organizational meetings, music's lessons, tutoring, etc.) scheduled during meal-times must allow students to eat during such activities.

#### **IV. Staff Wellness**

The RSU highly values the health and well being of every staff member and should plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Through the Local Wellness Committees, the RSU should address staff wellness and develop, promote and oversee a multi-faceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.

## **VII. Communication with Parents**

RSU #2 will support parents' efforts to provide a healthy diet and daily physical activity for their children.

### **A. Goals for Communication with Parents**

1. RSU #2 will provide nutrition information, nutrient analysis of school menus and a list of foods that meet the district's snack standards via newsletters, school websites, and other means of communication.
2. RSU #2 will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.
3. RSU #2 will inform parents and students of developmentally appropriate physical activities, including community-based before- and after-school programs that emphasize physical activity.

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