

NEPN/ NSSA CODE: JL

**EAST MILLINOCKET SCHOOL DEPARTMENT
SCHOOL BOARD POLICY
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.

Assurance

This policy serves as assurance 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.

This policy is also aligned to the guidelines proposed in the Healthy, Hunger-Free Kids Act (HHFKA) of 2010, along with the USDA standards for school nutrition.

The required components for this wellness policy are: nutrition education, standards for USDA Child Nutrition Programs and school meals, nutrition standards for competitive and other foods and beverages, physical education and activity, wellness promotion and implementation, evaluation and communication.

Nutrition Standards

The school unit will ensure that meals provided by its Food Services Program meet the nutrition standards established by federal regulations. Sales of foods and beverages that compete with the school lunch program (and/or school breakfast program) must be in compliance with the Board's policy EFE, Competitive Food Sales/Sales in Competition with the School Food Services Program.

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 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.

Physical Activity

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

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Other School-Based Wellness Activities

The 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.

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

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. An assessment will be completed every 3 years to determine compliance of the policy, how the policy compares to model policies and progress made toward attaining the goals of the policy.

Monitoring may include surveys or solicitation of input from students, parents, staff, and school administrators. The rule proposes that LEAs provide wellness policy annual progress reports and triennial assessments. All information will be provided on the school website.

The wellness policy annual report will include:

- The website address for the local wellness policy and how the public can receive/ access a copy of the school's wellness policy;
- A description of each school's progress in meeting the wellness policy goals;
- A summary of each school's events or activities related to the wellness policy implementation;
- The name, position title, contact information of the school officials leading/ coordinating the school wellness policy team;
- Information on how individuals and the public can get involved with the wellness policy team.

Appointment and Role of the Wellness Committee

A district-wide Wellness Committee shall be comprised of at least one of each of the following:

- School Board Chairperson
- School administrator
- Food Services Director/designee
- Student representative

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- Parent 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. The Wellness Committee will meet at least annually and will provide minutes. Minutes will be available on the school website as well as in the superintendent's office.

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

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

Wellness Plan

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

Goals for Nutrition Education

1. The schools will provide nutrition education that focuses on the skills students need to adopt and maintain healthy eating behaviors and are aligned with the Maine Learning Results.
2. 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, adequate space to eat, and a clean and safe meal environment.

East Millinocket School Department is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams trans fat per serving; and to meet the nutrition needs of school children within their calorie requirements. The East Millinocket School Department participates in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP) and

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when possible, the Fresh Fruit and Vegetable Program (FFVP) and Summer Food Service Program (SFSP).

3. Consistent nutrition messages will be disseminated throughout the school unit in the classroom, the cafeteria, and school-home communications at least three times per school year. Information will also be made available on the school's website.
4. Appropriate professional development will be provided for school staff annually.
5. To promote hydration, free, safe, unflavored drinking water will be available to all students through the school day and throughout the building. Drinking water will be available where school meals are served during mealtimes. In addition, students will be allowed to bring and carry approved water bottles filled with only water with them throughout the day.

Competitive Foods and Beverages

The District is committed to ensuring that all foods and beverages available to students on the school campus* during the school day* support healthy eating. The foods and beverages sold and served outside of the school meal programs (i.e., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at www.healthiergeneration.org/smartsnacks.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day* will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, and snack or food carts.

**School day: Midnight the night before until 30 minutes after the end of the instructional day.*

Goals for Physical Activity

1. The physical education program will provide students of all abilities with the knowledge and skills needed to be physically fit and take part in healthful physical activity at least 6 times per month.
2. The physical education curriculum will be aligned with the content standards of

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the Maine system of Learning Results.

3. The schools will provide a physical and social environment that encourages responsible personal and social behaviors through daily safe and enjoyable physical activities that fosters the development of a positive attitude toward health and fitness.
4. The schools will provide safe facilities and staff adequate to implement the physical education curriculum for the number of students served.
5. Schools will promote efforts to provide opportunities for students to engage in age-appropriate activities in both school and community settings.
6. The schools will provide opportunities, at least one per athletic season, 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.
7. Appropriate annual professional development will be provided for physical education staff and other staff involved in the delivery of such programs.
8. Physical education classes will keep all students involved in purposeful activity for a majority of the class period.

Goals for Other School-Based Activities

1. Goals of the wellness policy will be considered when planning school or classroom parties, celebrations or events.
2. Parents will be encouraged to provide nutritionally sound foods from home, (e.g. snacks, parties, events, lunch), which will be stated in the student/ parent handbook.
3. Schools will encourage maximum participation in school meal programs and physical activities. Since research indicates that physical activity prior to lunch can increase the nutrient intake and reduce food waste, whenever possible, consider planning physical activities such as recess, before lunch.
4. The schools will encourage parents to support their children's participation in developmentally appropriate physical activity, to be physically active role models, and to include physical activity in family events. This will be done through information sent home as well as on the school lunch menu.
5. As feasible, school physical activity facilities will be made available after school hours for student, parent and community use to encourage participation in physical activity. This is supported by the school building use policy.

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6. School administrators, staff, parents, 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.
7. Student organizations will be encouraged to engage in fundraising projects that are supportive of healthy eating and student wellness. Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus* during the school day*. The District will make available to parents and teachers a list of healthy fundraising ideas [*examples from the [Alliance for a Healthier Generation](#) and the [USDA](#)*].
8. All school-based marketing of foods and beverages, such as through advertisements in school publications, school buildings, athletic fields, and other areas accessible to students will meet or exceed the USDA Smart Snacks in School nutrition standards.
9. The schools are encouraged to cooperate with agencies and community organizations to support programs that contribute to good nutrition and physical activity.

Legal reference: HHFKA 2010;
42 U.S.C. § 1751
www.healthymeals.nal.usda.gov

Some language adopted from: Alliance for a Healthier Generation Model Wellness Policy

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