

STUDENT WELLNESS, NUTRITION, AND FOOD SALES ON SCHOOL PROPERTY

The RSU 3 Board of Directors believes that students who begin each day as healthy individuals can learn more and learn better. The Board also believes that healthy staff can more effectively perform their assigned duties and model appropriate wellness behaviors. Likewise the Board also believes those students who learn and practice healthy lifestyles in their formative years may be more likely to practice them as adults. This policy encourages staff and student wellness that is sensitive to individual and community needs.

The RSU 3 Board of Directors is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

Therefore, it is the policy of RSU 3 that:

Nutrition Standards

- All meals provided by RSU #3 Food Services Program meet or exceed the nutrition standards established by federal regulations as part of their National School Lunch Program, the School Breakfast Program, and other applicable Federal child nutrition programs.
- Other foods and beverages sold or available for sale to students during the school day ("competitive foods") will meet the federal Smart Snacks guidelines.

Water

- To promote hydration; free, safe, unflavored drinking water will be available to students throughout the day, including mealtimes, at every school.

Nutrition Education

- Schools will support healthful eating by students and encourage parents/guardians to provide healthy meals for their children by providing consistent nutrition messages and information and by cooperation with other agencies and organizations

Staff Qualifications and Professional Development

- All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA standards for school nutrition professionals.

Food and Beverages for Celebrations and Rewards

- The Board delegates the Superintendent/designee the responsibility for guidelines for “healthy celebrations”, with the intent that refreshments served at parties or celebrations during the school day, whether supplied by parents or staff, meet the “Smart Snacks” standards.
- Foods used for rewards in the instructional program must meet the “Smart Snacks” standards.

Physical Activity

- The district 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.

Other School – Based Wellness Activities:

The schools, with prior approval of the Superintendent/designee, may implement other appropriate programs that support consistent wellness messages as outlined in this policy.

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 oversight of development and implementation of the wellness policy in the schools. This includes ensuring that the school unit evaluates its schools’ compliance with the wellness policy and progress in attaining wellness goals and making required information available to the public.

The evaluation process must include a comparison of the wellness plan with model local wellness policies, and it may include surveys or solicitation of input from students, parents, staff, and school administrators, including suggestions for improvement in specific areas

Annual Notification of Policy

The school unit will annually inform families and the public of basic information about the wellness policy, including its content, any updates, and implementation status. This information will be made available on the school

unit's website. It will include the contact information for the person coordinating the wellness committee as well as information about opportunities for the public to get involved with the wellness committee.

Triennial Progress Assessments

Every three years, the Director of School Nutrition will:

- Assess extent to which the school unit's schools are in compliance with the wellness policy;
- Assess the extent to which the school unit's wellness policy compares to model wellness policies; and
- Provide a description of the progress made in attaining the goals of the school unit's wellness policy.

The school unit's wellness committee will update the wellness policy based on the results of the triennial assessment and/or as:

- The school unit's priorities change;
- Community needs change;
- Wellness goals are met;
- New evidence-based health science emerges; or
- New or updated Federal or State regulations are issued.

Parent Communications

The school unit will inform parents of improvements that have been made to school meal standards; availability of child nutrition programs and how to apply; the school unit's meal charging policy; and a list of healthy celebration party ideas (including a list of foods and beverages that meet the Smart Snacks standards)

Food and Beverage Advertising in Schools and On School Grounds

Brand-specific advertising of food or beverages is prohibited in school buildings and on school grounds except for those meeting the standards for sale or distribution on school grounds in accordance with 20-A MRSA § 6662(2), i.e., those that meet Smart Snacks standards).

The Board regards the following as "advertising" for the purpose of this policy:

- Brand names, logos or tags, except those that are present as labels on the food or beverage product or its container;
- Displays, such as vending machine exteriors;
- Corporate brands logos, names or trademarks on school equipment such as message boards or scoreboards;
- Corporate brands, logos, names or trademarks on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; Corporate brands, logos, names or trademarks on posters, book covers, or school supplies distributed or offered by the school unit;
- Advertisements in school and school unit publications or mailings;

- Product coupons or free samples.

“Advertising” does not include advertising on broadcast media or in print media such as newspapers and magazines, clothing with brand images worn on school grounds or advertising on product packaging.

Corporate brand names, logos and trademarks for companies that market products that comply with the USDA Smart Snacks in School nutrition standards will not be prohibited solely because they offer some noncompliant food or beverage items in their product line.

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 representative and/or
- Community Representative

In the interest of obtaining diverse points of view on the Wellness Committee other members to be considered may include:

- School nurse
- Physical education and/or Health teacher
- 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 to the Board in regard to wellness issues and be responsible for making recommendations related to this 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 employees, parents, students, and the community and/or conduct focus groups or community forums.

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

Wellness Goals:

The RSU 3 Board has identified the following goals associated with student wellness:

A. Goals for Nutrition Education

The schools will provide nutrition education that focuses on the skills students need to adopt and maintain healthy eating choices and behaviors.

The school's nutrition education will be provided through the district's curriculum and aligned with the content standards of Maine's Learning Results.

Nutrition education will be integrated into other subjects as appropriate to complement, not replace, the health education program.

The district 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 District in the classroom, the cafeteria, and school – home communications.

Appropriate professional development will be provided for food services staff.

Goals for Nutrition Promotion

RSU 3 will ensure the development, implementation, monitoring and evaluation of Nutrition Promotion goals every 3-5 years. Goals include but not limited to the following:

- Update RSU 3 Wellness website to support the RSU 3 Wellness Policy. Website promotes nutrition policy and goals district-wide and is accessible by staff, students, families and community members.
- School unit staff will cooperate with agencies and community organizations to provide opportunities for nutrition-related student projects and learning experiences
- Administrators and staff will be encouraged to model nutritious food choices and eating habits.

- Schools will encourage parents/guardians to provide healthy meals and snacks for their children through take-home materials or other means
- Consistent nutrition messages will be disseminated throughout the District in the classroom, the cafeteria, and through home communications.
- Students will have access to clean and safe drinking water throughout the school day and during school activities.
- Schools will promote consumption of water as an essential element in maintaining overall health and wellness.

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 opportunity to learn for students of all abilities.
- The schools 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 schools will provide facilities adequate to implement the physical education curriculum for the number of students served.
- Schools 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 schools 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.
- **Daily Recess:** Elementary School students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage physical activity verbally and through the provision of space and equipment. Schools should discourage extended periods (i.e. periods of two or more hours) of inactivity.

- **Physical Activity and Punishment:** During the school day, school staff will not use physical activity (e.g. running laps, pushups) as punishment. Furthermore, school staff will not withhold opportunities for physical activity during the day (e.g., recess, PE) as punishment, unless participation would cause a student to be a danger to himself/herself, other students, or is allowed by a student's IEP.
- **Physical Activity Before and After School:** In addition to interscholastic sports programs, all RSU 3 schools will attempt to offer co-curricular physical activities, such as clubs or intramural programs. These programs will strive to include all interested students regardless of athletic ability.

Goals for Other School-Based Activities

The goals of this policy will be followed when planning any school-sponsored event such as classroom parties, celebrations, or banquets. Foods of minimal nutritional value (see page 7 for definition) will not be allowed. Healthy choices should be the rule for all school-sponsored events rather than the exception.

Parents will be encouraged to provide nutritionally sound snacks from home and food for classroom parties or events. Schools will encourage:

Maximum participation in school meal programs

Parents and students to take advantage of developmentally appropriate community-based after-school programs that emphasize physical activity and nutrition education.

Parents 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, employees, parents, and community use to encourage participation in physical activity.

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 this policy.

The schools are encouraged to cooperate with agencies and community organizations to support programs that contribute to good nutrition and physical activity.

Screen Time

Screen time such as television, computers, video games, and other electronic media will be used primarily for educational purposes only. Recreational screen time will be limited. Exceptions will be made for screen time that engages children in physical activity such as dance or exercise videos or active video games.

Policy Review: Assessments will be conducted every three years to help policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the RSU 3 Board will review our nutrition and physical activity policies; and provision of an environment that supports healthy eating and physical activity as well as nutrition and physical education policies and program elements. The RSU 3 Board, as necessary, will revise the wellness policies and develop work plans to facilitate their implementation.

Legal Reference: 42 U.S.C. ss 1751

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