

STUDENT and STAFF WELLNESS POLICY

The Sanford School Committee recognizes that student and staff wellness and good nutrition are related to physical and psychological wellbeing and readiness to learn. The School Committee is committed to providing a school environment that supports wellness, healthy food choices, nutrition education, and regular physical activity. The School Committee believes that students who learn and practice healthy lifestyles in their formative years and see it modeled by the adults around them 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.

The Sanford School Committee recognizes that:

- Everyone needs access to healthful food and opportunities to be physically active in order to grow, learn and thrive;
- Obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are predominant causes of obesity; and
- Heart disease, cancer, stroke and diabetes are responsible for two-thirds of the deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood.

The Sanford School Committee is committed to providing a school environment in the Sanford Public Schools that promotes and protects health and wellbeing and fosters the development of lifelong learning and wellness practices.

The School Committee believes that a collaborative community effort is needed to support this policy. The schools are encouraged to cooperate with agencies and community organizations to support programs that contribute to good nutrition and physical activity. Healthy food & beverage choices will be promoted to students, staff, and community members. At least 50% of the food and beverages offered will meet the *Dietary Guidelines for Americans* at school-sponsored events. To this end the district will be transparent as to the implementation and adhering to this policy and welcomes public input.

I. Nutritional Standards

A. The school unit will ensure that meals provided by its Food Services Program meet the nutrition standards established by federal regulations, provide adequate space and time for students to obtain food and eat, as well as a clean, safe meal environment. Sales of foods and beverages that compete with the school lunch program (and/or school breakfast program) must be in compliance with the School Committee's policy EFE, *Competitive Food Sales/Sales in Competition with the School Food Services Program and Chapter 51*. Food and beverages sold and served after school hours are strongly encouraged to meet the USDA Smart Snacks in school nutrition standards. The school unit encourages the food and beverages served to students in before/after care, whether run by the school or an outside party, to meet Child and Adult Care Food Program nutrition standards, Smart Snack standards, or National School Lunch Program standards. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at:

<http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>

B. To promote hydration, free, safe unflavored drinking water will be available to all students, grades K-12, throughout the school day, including during mealtimes, at every school.

C. The district will ensure that fundraising efforts and celebrations are supportive of healthy eating and physical activity. Students, parents, school staff and community members bringing foods and beverages to school for parties and celebrations are asked to provide healthful foods and beverages or non-food options.

D. Beverages sold in all vending machines located on school grounds will meet or exceed the specifications of foods of minimal nutritional value in compliance with federal regulations and recommendations from the Institute of Medicine.

E. The district has adopted a *Healthy Meeting Policy* which ensures healthy options are available for food and beverages served.

II. Food and Beverage Marketing

In accordance of the Maine State Statute -20A SUB CHAPTER 9 §6662; Brand-specific advertising of food or beverages is prohibited in school buildings or on school grounds except for food and beverages meeting standards for sale and distribution on school grounds in accordance with rules adopted under section 2. For the purposes of this subsection, “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.

Buses, building exteriors, score boards, etc. on and around school property shall be free of brands and illustrations of unhealthful foods. Criteria for selecting educational materials for the classroom shall be extended to include review of advertising content. Every effort will be made to select materials free of brand names/logos and illustrations of unhealthy foods.

III. 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.

IV. Nutrition Promotion

Nutrition messages, consistent with the Dietary Guidelines for Americans, shall be present throughout the school including in the cafeteria and gymnasium. Advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, is prohibited. Administrators and staff will be encouraged to model nutritious food choices and eating habits. Parents will be encouraged to provide nutritionally sound snacks from home.

V. Nutrition Education

A. Nutrition education and messages are based on the most recent *Dietary Guidelines for Americans*. Nutrition education will be provided to all Pre K-12 students, through multiple channels of communication. 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 system of Learning Results and taught at the following grade spans (K-2, 3-5, 6-8 and 9-12). Nutrition education should focus on skills students need to adopt and maintain healthy eating behaviors. Students will receive consistent nutrition messages throughout the schools, including classrooms, cafeteria, and school-home communications.

B. School administrators will inform teachers about and will support their participation in nutrition training opportunities. School administrators will communicate the importance of staff modeling healthful habits for students. It is the intent of the School Committee to collaborate with community agencies to promote the message.

VI. Physical Education

A. 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. Sanford students participate in physical education classes for the following amount of time based on the grade level: Kindergarten students receive 30 minutes of PE each week; students in grades 1-3 receive 60 minutes of PE each week; students in grades 4-6 receive 80 minutes of PE each week; SJHS students receive an average of 275 minutes biweekly for half of the school year; SHS’ 9th and 10th

graders receive 200 minutes per week for half of the school year. 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 strive to provide facilities adequate to implement the physical education curriculum for the number of students served. Appropriate professional development will be provided for physical education staff and other staff involved in the delivery of such programs.

B. The district will promote programs, activities and policies that support personal efforts of staff to maintain a healthy lifestyle.

VII. Physical Activity

The school unit will provide all students developmentally appropriate opportunities for physical activity through physical education classes, recess periods for elementary school students, and co-curricular activities (clubs, intramural and interscholastic athletics). The Sanford School Committee supports student wellness through physical activity particularly in grades K-6 through the use of regularly scheduled motor breaks. Current brain research indicates that regular physical activity (motor breaks) increases student attention span, improves concentration and increases stamina for academic tasks. Curtailment of motor breaks should not be used as punishment for behavioral infractions.

VIII. Other School-Based Wellness Activities

A. Sanford Public 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 such as *Let's Go! 5-2-1-0*, *Fuel Up to Play 60*, and *Let's Move*.

B. The School Committee has approved a policy (EF Food Service Management), regulations and guidelines for refreshments served at parties or celebrations during the school day and for using food as rewards, and will delegate the responsibility for such regulations or guidelines to administrators at the district and school level.

C. Food and beverages shall not be used as a reward or incentive for students' behavior or performance. The use of physical activity or other non-food rewards are encouraged. Exceptions to this policy will be left to the discretion of district and building level administration.

D. The Sanford School Department will strive to develop programs that encourage staff to learn and engage in healthy lifestyle practices. As feasible, selected school physical activity facilities may be made available after school hours for students, school department staff, parents and community members use to encourage participation in physical activity.

IX. Appointment and Role of the Staff Wellness Committee

A. The Superintendent/designee shall encourage and permit parents/guardians, students, food service employees, physical education teachers, school health professionals including the school physician, School Committee members, school administrators, representation from each building and/or department and members of the public to participate in the development, implementation, and periodic review and update of the district's student Wellness Policy.

B. The Wellness Committee will annually review and assess the progress towards meeting the wellness goals listed in this policy, and the overall effectiveness of the program. Wellness committee representatives will report to the Superintendent/designee annually on the progress and status of the Wellness Policy and Wellness Initiatives. The Superintendent will provide a full update of Wellness Policy compliance and wellness initiatives at least once annually to the School Committee.

X. Implementation, Monitoring and Assessment

A. 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 School Committee within Maine guidelines. The Superintendent shall designate one or more district employees, as

appropriate, to ensure that each school site complies with this policy. The Superintendent or designee shall inform and update the public, including parents/guardians, students, and others in the community, about the contents and implementation of this policy. He/she shall periodically measure and make available to the public an assessment of the extent to which district schools are in compliance with this policy, the extent to which this policy compares to model Wellness Policies available from the U.S. Department of Agriculture, and a description of the progress made in attaining the goals of the Wellness Policy.

B. Monitoring may include surveys or solicitation of input from students, parents, staff, and school administrators and the community.

C. Reports may include, but are not limited to:

1. The status of the school environment in regard to student wellness issues
2. Evaluation of the school food services program and compliance with nutrition guidelines
3. Summary of wellness programs and activities in the schools
4. Feedback from students, parents, staff, school administrators and wellness committee
5. Recommendations for policy, program or curriculum revisions

Legal reference: 42 U.S.C. § 1751;
Title 7-U.S. Department of Agriculture, Chapter II-Food and Nutrition Service,
Department of Agriculture, Part 210-National School Lunch Program (7 C.F.R. §
210).

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