

RSU 23 WELLNESS POLICY

The RSU 23 School Board is committed to creating a healthy school environment that enhances the development of lifelong wellness practices that promote healthy eating and physical activity. Health and success in schools are interrelated and can achieve their primary mission of education when students and staff are fit physically, mentally and socially. Students who learn and practice healthy lifestyles may be more likely to be aware of the importance of healthy eating and exercise as adults, practice healthy habits, and reduce their risk of obesity, diabetes and other chronic diseases.

NUTRITION EDUCATION

All students shall receive nutrition education that is integrated into the curriculum, provides the knowledge and skills needed to adopt healthy eating behaviors, and is aligned with the Federal statutes and the State of Maine laws. Students will receive consistent nutrition messages throughout the school, including classrooms, cafeteria, and school-home communications.

NUTRITION STANDARDS

The district will ensure that meals provided by the School Nutrition Program meet the nutrition standards established by National School Lunch Program (NSLP) guidelines and regulations, and will work toward meeting the recommendations of the Institute of Medicine (CDC). Healthy food choices shall be available to all students, and will be served in a clean, safe and pleasant environment.

This policy serves as assurance that school unit guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued by the Secretary of Agriculture pursuant to the National School Lunch Act and the Child Nutrition Act.

The district participates in and provides meals through the National School Lunch Program and the National School Breakfast Program; thus, the RSU 23 Nutrition Program shall be the sole provider of food served to students during meal times to maximize participation in these programs. District staff will support participation in school meals programs, in order to help the program remain financially self-sufficient and self-sustaining, and to help the program exceed the national standard of ADP (Average Daily Participation) to meet USDA's Healthier US School Challenge. The School Nutrition Program should meet the needs of such events as classroom celebrations, field trips, curriculum based events, etc., rather than food being provided by outside sources.

BREAKFAST

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn, RSU 23 will operate the School Breakfast Program. Schools will, to the extent possible, utilize methods of serving school breakfasts that encourage participation, including serving breakfast in the classroom, “grab-and-go” breakfast, or breakfast during homeroom or morning break.

FUNDRAISERS

Fundraisers on school property during school hours shall not be in conflict with the school nutrition program. To support children’s health and nutrition education efforts, student organizations, PTO, Band Boosters, etc., will encourage school fundraising projects that are either non-food related or are supportive of healthy eating, student wellness and physical activity. The district Wellness Committee will make available a list of ideas for suggested fundraising activities.

CELEBRATIONS/EVENTS

The district will ensure that celebrations and classroom events are supportive of healthy eating and physical activity. At all school events held both inside and outside of the school day, any organization providing food and beverages is strongly encouraged to offer a variety of healthful choices. Administration at each school will establish appropriate celebration protocols, keeping healthful choices in mind, and will communicate those protocols to staff and parents. Information shall be sent to parents/guardians and staff, either separately or as part of a school newsletter, reminding everyone of the importance of providing healthy treats for students and/or encouraging the use of non-food treats for classroom events. School and community events held on school property outside of school hours that include food items must include at least one healthy food choice during events and must follow the policy on Competitive Food Sales (Policy EFE, EFE-1 and JJE).

District staff should model healthy food and beverage choices in the presence of students.

PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

Physical education opportunities will include the components of a quality physical education program aligned with Federal statutes and State of Maine laws. Students will receive physical education at every grade K-8 and one year at high school. Physical education shall equip students with the knowledge, skills, and values necessary for lifelong physical activity. 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 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, and to understand the short-term and long-term benefits of a physically active and healthy lifestyle.

Students may be offered an opportunity for physical activity before, during or after school, when possible. Physical education staff will annually review this policy and make needed recommendations to the administration.

COORDINATED SCHOOL HEALTH PROGRAM

The Coordinated School Health Program will be integrated with district curriculum. There will be an organized set of health policies, procedures and activities designed to protect and promote the health and well-being of students and staff through the support of families, communities and schools working together.

MAINTAINING STUDENT WELLNESS

The Superintendent shall develop and implement administrative guidelines consistent with this policy. Input from the School Health Advisory Committee, including specialists in health and physical education, parents/guardians, students, food service staff, School Board members, school administrators, teachers and the public shall be considered before implementing such guidelines. A sustained effort will be conducted by the Health Advisory Committee to implement and enforce this policy. The Superintendent or designee shall report to the School Board, as requested, on the school district’s programs and efforts to meet the purpose and intent of this policy.

Recognizing the need for consistent review and revision of these regulations, the Wellness Committee will meet at least twice a year and provide an annual progress report to the Board.

Adopted: 9/14/10