

## **MSAD #22 School Wellness Regulation**

MSAD # 22 promotes health and wellness for all members of its learning community.

MSAD #22 is committed to establishing health-related policies, programs, and resources that create a healthy school environment and provide students the skills and behaviors necessary to promote lifelong wellness.

To meet these goals MSAD # 22 adopts this School Wellness Policy with the following regulations:

- COMMITMENT TO NUTRITION
- COMMITMENT TO PHYSICAL ACTIVITY
- COMMITMENT TO COMPREHENSIVE HEALTH EDUCATION
- COMMITMENT TO MARKETING A HEALTHY SCHOOL ENVIRONMENT
- COMMITMENT TO IMPLEMENTATION, MONITORING, AND COMMUNICATION

<b>COMMITMENT TO NUTRITION</b>
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MSAD 22 will:

- Offer school lunch and breakfast programs at each school with menus that meet the meal patterns and nutrition standards established by the U. S. Department of Agriculture and the Maine Department of Education, Office of Child Nutrition Programs.
- Acknowledge that while the School Nutrition Program will aim to be financially self-supporting, the program should support education. Budget neutrality or profit generation will not take precedence over the nutritional needs of the students. If subsidy of the school nutrition fund is needed it will not be from the sale of foods that have minimal nutritional value and/or compete nutritionally with program meals.
- Encourage school staff and families to participate in the School Nutrition Program.

- Operate all School Nutrition Programs with staff who are properly qualified according to current professional standards.
- Establish food safety as a key component of all school food operations and ensure that the food service permit is current.
- Follow the MSAD #22 Competitive Food Policy EFE and the Maine Board of Education Chapter 51 Rules.
- Encourage staff to model healthful eating and physical activity.
- Incorporate nutrition education during classroom snack times.
- Encourage parents to send healthy and appealing snack and beverage options to school. The district will disseminate a list of healthy and appealing snack and beverage options to parents.
- Provide adequate time for students to eat and enjoy school meals (15-20 minutes at breakfast and 18-25 minutes at lunch).
- Schedule elementary school snack time for at least 1.5 hours before the lunch period.
- Add nutritious and appealing options whenever foods/beverages are sold or otherwise offered at school, including vending machines, school stores, concessions stands at sporting and academic events, parties, celebrations, social events, and other school functions as outlined in the MSAD #22 Food Services Policy EF, & Chapter 51 Department of Education Rule.
- Not allow unsolicited food for children in our schools during the school day.
- Limit celebrations that involve food during the school day to no more than one celebration per class per month.
- Use locally produced foods from growers and vendors whenever possible.
- Eliminate foods or beverages as rewards for student accomplishment. The district will disseminate a list of non-food/beverage reward ideas.
- Encourage school-based organizations to use non-food items and/or healthy foods for contests and fundraising programs.
- Whenever possible prohibit student consumption of energy drinks and caffeinated beverages in all schools at all times during the school day. These products have the potential for negative health effects, such as central nervous system stimulation causing shakiness, headaches, and other symptoms of dependency and withdrawal, that could disrupt student's abilities to concentrate and learn.
- Provide nutrition education which:
  - Will be integrated into other areas of the curriculum such as math, science, language arts, and social studies.
  - Will be reviewed by a qualified, credentialed nutrition professional who is specialized in school-based nutrition.
  - Uses the school cafeteria serves as a “learning laboratory” to allow students to apply critical thinking skills taught in the classroom.
  - Provides information to families that encourages them to teach their children about health and nutrition to provide nutritious meals for their families.

## **COMMITMENT TO PHYSICAL ACTIVITY**

MSAD #22 will:

- Provide all K – 12 students physical education that is aligned with applicable state and federal standards as outlined in Parameters of Essential Instruction.
- Offer a planned sequential program of physical education instruction that will:
  - Incorporate individual and group activities, which are student centered and taught in a positive environment.
  - Be the environment where students learn, practice, and are assessed on developmentally appropriate motor skills, social skills, and knowledge.
- Incorporate physical movement in the classroom throughout the school day.
- Provide students in grades K – 5 the opportunity for daily physical activity which may include recess, classroom activities, and/or physical education. Students shall not be denied physical activity periods, including recess and physical education, for remediation and/or enrichment in other content areas or be denied recess as a punishment or discipline except as outlined in the District's Positive Behavioral Intervention Support Plan (PBIS Plan).
- Encourage schools to use physical activity as rewards or incentives for students' behavior or performance and as alternatives to food celebrations.
- Whenever possible, schedule recess before lunch.
- Provide instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.
- Provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
- Provide information to families to help them incorporate physical activity into their lives.

## **COMMITMENT TO COMPREHENSIVE HEALTH EDUCATION**

MSAD #22 will:

- Provide a K – 12 comprehensive health education curriculum which is aligned with all applicable state and federal standards as outlined in Parameters of Essential Instruction.
- Require 1 credit of comprehensive health education as a graduation requirement.
- Ensure that teachers who provide health education have appropriate endorsement and/or training.

## **COMMITMENT TO MARKETING A HEALTHY SCHOOL ENVIRONMENT**

MSAD #22 will:

- Provide positive, motivating messages, both verbal and non-verbal, about healthy lifestyle practices throughout the school setting. All school personnel will help reinforce these positive messages.
- Annually, educate new staff on the School Wellness Policy.
- Involve students in planning for a healthy school environment. Students will be asked for input and feedback through the use of student surveys, and attention will be given to their comments.
- Promote healthful eating, physical activity, and healthy lifestyles to students, parents, teachers, administrators, and the community at school events (e.g. school registration, parent-teacher conferences, PTO meetings, open houses, health fairs, teacher in-services, and other events).
- Enhance school and community awareness of physical activity programs available to the MSAD #22 communities.
- Eliminate advertising and other materials on the school campus that promote foods or beverages of minimal nutritional value.
- Work with local media to inform the community about the benefits of a healthy school environment.

## **COMMITMENT TO IMPLEMENTATION, MONITORING, & COMMUNICATION**

The Superintendent/Designee shall be responsible for the implementation of the School Wellness Policy, for monitoring efforts to ensure that the intent of the School Wellness policy is adhered to, and for reporting to the School Board and community.

MSAD #22 will:

- Support administrators, including building principals and directors, with the implementation, monitoring, and communication of the School Wellness Policy.
- Support the School Health Advisory Council that addresses all aspects of a Coordinated School Health Program, including a School Wellness Policy.
- Support the Wellness Team who each year writes and implements a Wellness Action Plan for the benefit of both the staff and students of the school district.
- Support the School Wellness Policy Implementation, Monitoring, and Communication plan outlined below:

- Review and revise The School Wellness Policy in accordance with the District's Revision and Review Policy BGC.
- Conduct a review of the progress toward the School Wellness Policy goals each year to identify areas for improvement. The process will be as follows: The School Health Advisory Council will review and make recommendations to the District Safety Committee. The District Safety Committee will endorse the revisions.
- Prepare and submit a yearly report to the school board regarding the progress toward implementation of the School Wellness Policy and recommendations for any revisions to the policy as necessary.
- Inform the public each time the School Wellness Policy is updated.
- Communicate the School Wellness Policy to Admin Council at the beginning of each school year.
- Publish all wellness-related policies in the District's Policy Handbook and on the District's Website.
- Schools will communicate with parents, staff, and students regarding the wellness-related policies at least once per year (e.g., staff meeting, parent newsletter, student handbooks, back-to-school packets, and or any other means at the discretion of the principal).

Any person who observes practices inconsistent with the School Wellness Policy should contact the school principal. If inconsistencies are not adequately addressed, any person may contact the District School Health Coordinator, and/or School Nutrition Program Director. If inconsistencies are still not adequately addressed, any person may contact the Superintendent or Designee for resolution.

Legal references: Chapter 51 Department of Education Rule  
RTI

Cross References: JL – School Wellness Policy

EFE Exhibit V 11-D Competitive Food Sales – Sales of Foods in Competition With The School Food Service Program.

EF – Food Services Policy

IGA – Curriculum Development Policy

BGC - District's Policy Revision and Review Policy

Adopted: 12/6/06

Revised: 10/02/12