

## **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, exercise, and practice healthy habits as adults.

### **I. Nutrition Education and promotion**

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. Nutrition education should focus on skills students need to adopt to help them maintain healthy eating behaviors. Students should receive consistent nutrition messages throughout the school, including classrooms, cafeteria, and school to home communications.

- 1.- Nutrition education will be integrated into core curricula.
- 2.- Nutrition promotion will include participatory activities such as contests, promotions, farm visits, and experience working in school gardens.
- 3.- The nutrition education program will be linked to school meal programs, school gardens, cafeteria nutrition promotion, after-school programs, and farm-to-school programs.
- 4.- Nutrition education will be offered in the cafeteria as well as the classroom, with coordination between the food/service staff and teachers.
- 5.- Nutrition education will promote fruits, vegetables, whole-grain products, low-fat dairy products, healthy food preparation methods, and accurate portion sizes.
- 6.- Students will have opportunities to taste foods that are low in saturated and trans fats, sodium and added sugar.
- 7.- Staff members or community partners responsible for nutrition education will regularly participate in relevant professional development.
- 8.- Nutrition education will be provided to families via handouts, newsletters, postings on the web-site, presentations, and workshops. The school menu will be posted online.
- 9.- Staff is strongly encouraged to model healthful eating habits.
- 10.- Families will be encouraged to pack healthy lunches and snacks and resources will be given to educate families on healthy options.

Specifically, the nutrition curriculum will encompass:

- a.- Promotion of adequate nutrient intake and healthy eating practices;
- b.- Skill development, such as reading labels to evaluate the nutrient quality of foods, meal planning, analysis of health information;
- c.- Examination of the problems associated with food marketing to children;
- d.- Nutrition themes including, but not limited to USDA's MY Plate, 5210, Dietary Guidelines for Americans, adequate nutrient intake (such as carbohydrates, proteins, fats), body image and food safety.

## **Goals for Nutrition Education**

- Provide students nutritional skills to adopt and maintain healthy eating behaviors.
- Provide a health education program aligned with the content standards of the Maine system of Learning Results.
- Nutrition education will be integrated into classroom curriculum to complement the health education program.
- The school will provide food that meets the federal nutrition standards at adequate times and space, and a clean and safe environment.
- Provide consistent nutrition information to students and families throughout the year in the classroom, cafeteria, hand outs, and school media,
- Encourage administrators and staff to model nutritious food choices and eating habits.
- Provide professional development for food services staff.

## **II. Nutrition Standards**

The school unit will ensure that meals provided by its Food Services Program meet the nutrition standards established by federal regulations. School meals will include a variety of healthy choices while accommodating special dietary needs. Stratton school shall participate in the USDA school breakfast, school lunch and summer food programs.

### **In addition:**

- 1.- All reimbursable meals will meet nutrition standards mandated by the USDA, as well as any additional state nutrition standards that go beyond USDA requirements;
- 2.- The school meal programs will be administered by a school nutrition director/head cook and will consult with a dietician, business manager and qualified chef from the Maine DOE. All cafeteria staff will be provided training on USDA meal plans/reimbursable meals so they can properly advise students as to the meal components they may/must take, as well as cooking techniques, recipe implementation, sanitation, and food safety;
- 3.- All menus will be reviewed by a dietician at Maine DOE when possible, or sample USDA menus or USDA software for menu review may be used;
- 4- Students will be provided at least 10 minutes to eat breakfast and 20 minutes to eat lunch after being seated;
- 5.- Meals will be served in a clean and pleasant setting and under appropriate supervision.
- 6.- Rules for safe behavior will be consistently enforced;
- 7.- Breakfast will be scheduled from 7:45 to 8am. Lunch will be scheduled between 11a.m. and 1p.m.; On early release days lunch will be scheduled between 10:30 and 11:30.
  
- 8.- Tutoring, club, or organizational meetings will not be scheduled during meal time, unless students may eat during such activities;
- 9.- Students will have access to hand washing/hand sanitizing facilities before meals and snacks and cafeteria staff will remind students to make use of them;
  
- 10.- Participation in school meal programs will be promoted. Parents will be notified of the availability of the breakfast, lunch and summer food programs and will be encouraged to determine eligibility for reduced or free meals.
- 11.- Foods served as part of the after school program run by the school must meet USDA standards if they are reimbursable under a school meals program.

## **B. Competitive Foods and Beverages**

All foods and beverages *sold* on school grounds to students outside of reimbursable school meals are considered "competitive foods." Competitive foods include items sold a la carte in the cafeteria, from vending machines, school stores and for in-school fundraisers. *All*

competitive foods must comply with the district's nutrition standards, as well as all applicable state and federal standards. Foods *served* as part of the after school programs must also comply with the district's nutrition standards *unless* they are reimbursable under USDA school meals program, in which case they must comply with all applicable Smart Snacks USDA standards.

### **Flagstaff RSU District Nutrition Standards:**

The district will participate in the USDA child nutrition programs, including National School Lunch Program, the School Breakfast Program, and if any foods or beverages should be sold outside of the school meals program, it will meet the USDA Smart Snacks in School nutrition standards.

### **C. Additional Foods Available to Students Fundraising**

- 1.- Non-food fundraising is promoted. When in-school fundraising involves food, items must meet the district's nutrition standards for competitive foods and cannot be sold for immediate consumption. When out-of-school fundraising events involve food, items sold will be encouraged to be healthy choices. In-school food items must meet the nutrition standards for a la carte items sold in the cafeteria OR the district's nutrition standards for competitive foods.
- 2.- Fundraising activities that promote physical activity are encouraged.
- 3.- Fundraising activities will not promote branded products (for example, Domino's Dough Raising Program, branded candy sales, etc.)

### **Celebrations and Rewards**

- 1.- The district will provide a list of healthy party ideas to parents and teachers to encourage healthy celebrations.
- \*2.- Non-food celebrations will be promoted and a list of ideas will be available to parents and teachers.
- 3.- Research clearly indicates that the use of food to reward/reinforce desirable behavior and academic performance, etc. has negative, unintended consequences. The district will provide teachers and other staff a list of alternative ways to reward children. (reward vs dietary need)

### **Access to Drinking Water**

- 1.- Students and school staff members will have access to free, safe, fresh drinking water at all times throughout the school day. Students are encouraged to bring in their own water bottles. Water cups will be made available if a student needs one. Supervisory staff will facilitate access to water in the cafeteria. Students will be allowed to bring drinking water from home into the classroom.
- 2.- Water will be promoted as a substitute for sugar-sweetened beverages (SSBs)
- 3.- School staff will be encouraged to model drinking water consumption.
- \*4.- Maintenance will be performed on all water fountains regularly to ensure that hygiene standards for drinking fountains are maintained.

### **III. School-Based Marketing**

School-based marketing will be consistent with nutrition education and health promotion. As such, the following guidelines apply:

1.- Schools will restrict food and beverage marketing to the promotion of only those foods and beverages that meet the nutrition standards set forth in the District Wellness Policy;

\*Examples of marketing techniques include the following:

- Brand names, trademarks, logos, or tags, except when placed on a physically present food or beverage product or on its container;
- Displays, such as on vending machine exteriors;
- Corporate brand, logo, name, or trademark on cups, posters, book covers, school supplies, or educational materials;
- Corporate brand, logo, name, or trademark on school equipment, message boards, scoreboards, or uniforms;
- Advertisements in school publications or school mailings;
- Sponsorship of school activities, fundraisers, or sports teams;

### **IV. Physical Activity Physical Education**

The school unit 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. Stratton School should encourage parents to support their children's participation in physical activities, including available before and after-school programs.

All K-8 students will receive physical education (110 minutes per week for elementary and middle school students, 35 minutes per week for Pre-K) for the entire school year. Physical Education will be standards-based, using national and state-developed standards. Physical Education classes will be sequential, building from year to year, and content will include motor skills, concepts and strategies, engagement in physical activity, physical fitness, responsible behavior and benefits of physical activity. Physical education programs will meet the needs of all students, including those who are not athletically gifted, and actively teach cooperation, fair play, and responsible participation. Students will be able to demonstrate competency through application of skills.

Student involvement in other activities, including those involving physical activity (e.g. interscholastic or intramural sports), will not be substituted for physical education.

- 1.- Physical education classes will count toward meeting Health Standards.
- 2.- Teacher to student ratio will be no greater than 1:25.
- 3.- The school will provide adequate space/equipment and conform to all safety standards.
- 4.- The school prohibits the use of physical activity and withholding of physical education class and other forms of physical activity as punishment.
- 5.- All Physical Education classes will be taught by a qualified physical education teacher and at least 50% of class time will be spent in moderate to vigorous activity.
- 6.- Physical education staff will receive professional development on a yearly basis.
- 7.- The school will conduct annual physical fitness assessments.

## **Physical Activity**

All students will have opportunities for physical activity beyond physical education class on a regular basis. Classroom health education will reinforce the knowledge and skills needed to maintain a physically active lifestyle. Students will be encouraged to reduce sedentary time, and will not be required to engage in sedentary activities for more than two hours without an opportunity to stretch and move around.

Teachers will be expected to incorporate opportunities for physical activity in the classroom whenever possible and will be encouraged to serve as role models by being physically active alongside the students.

## **Recess**

All elementary school students will have at least 20 minutes a day of supervised recess, during which moderate to vigorous physical activity will be encouraged. Outdoor recess will only be withheld in the event of extreme weather, as defined by the district. In the event that recess must be held indoors, teachers and staff will encourage and promote physical activity for students.

## **Physical Activity Programs**

The school will offer extracurricular physical activity programs, such as the after school program for elementary students, the ski skate program, and competitive sports programs for middle school students.

## **Active Transport**

The district will support active transport to and from school, such as walking or biking. The district will provide storage for bikes and helmets, promotion of safe routes to school...

## **V. Implementation and Monitoring**

This wellness policy was developed by the District Wellness Committee, a group comprising individuals from the following groups: parents, students, school food service representatives, school board, school administrators, community member, PE teacher, and school health professionals. The committee is active and will meet during the school year to review and revise, if needed, policy content and to design and evaluate implementation plans for the district. Notes will be taken at each meeting and will be presented at school board meetings. The Committee shall also undertake additional tasks consistent with the wellness policy guidelines.

The principal will ensure compliance within the school and will report on compliance to the superintendent, and provide a report to the school board and the wellness committee. The superintendent will identify a coordinator who will ensure that the school implements the policy and will collect, summarize, and report on evaluation data to the committee.

The following information will be included in an annual report:

- (1) the extent to which the school is in compliance with the wellness policy,
- (2) a comparison of the district policy to model local school wellness policies;
- (3) the progress made in attaining the goals of the policy;
- (4) any recommended changes to the policy;
- (5) a detailed action plan for the following school year to achieve annual goals and objectives; and
- (6) any additional information required by the USDA.

The annual report shall be posted on the school district website and made available to families at the school board meeting.

Policy revisions will take into account new research and evidence on health trends, new national and state standards and guidelines, new state and federal initiatives, local evaluation data, changing district priorities, and other issues.

Information on wellness policy enforcement was provided by Karla Hampton, attorney/healthy policy consultant with Enigami Consulting Services, LLC. Ms. Hampton provides legal technical assistance on federal and state laws and local policies that shape the built environment and school food environment. She can be reached at [karla@enigamiconsulting.com](mailto:karla@enigamiconsulting.com).