

STUDENT WELLNESS

The Wells-Ogunquit C.S.D. School Committee recognizes that student wellness and good nutrition are related to all students' physical and psychological wellbeing and their readiness to learn. The School Committee is committed to providing a school environment that supports student wellness, healthy food choices, nutrition education, regular physical activity and one that fosters the development of lifelong learning and wellness practices. The School Committee understands that all students who learn and practice healthy lifestyles in their formative years 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 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 caloric intake are predominant causes of obesity.
- 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.

NUTRITION EDUCATION

All students, grades BK-12, will receive nutrition education that may be integrated into the standards-based instructional program through health education, and/or other school subjects like math, science, language arts, physical education, social studies and electives. It may also occur through collaboration with the school nutrition program, with the use of school gardens, taste testing, cooking demonstrations and school-wide events, as aligned with the content standards of Maine's system of Learning Results and the Common Core. Nutrition education should focus on skills all students, grades BK-12, need to adopt and maintain healthy eating behaviors. All students, grades BK-12, will receive consistent nutrition messages throughout the schools, including classrooms, cafeteria and school/home communications. Messages will be based on the latest Dietary Guidelines for Americans.

NUTRITION STANDARDS

The District will ensure that meals provided by its School Nutrition Program meet the nutrition standards established by National School Lunch Program (NSLP) guidelines and regulations¹, and will work toward meeting the regulations of the Healthier US School Challenge. The District recommends adequate time and space for all students to obtain food and eat, and a clean, pleasant and safe meal environment.

¹Title 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).

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 meet the federal Smart Snacks guidelines. All snacks sold to all students, Grades BK-12, during after school

programs will meet the same nutrition standards as those sold during the school day. This includes food and beverages served by before/aftercare programs held on school grounds. USDA Smart Snack standards for beverages sold in elementary and middle schools shall be applied in high school. (<https://www.fns.usda.gov/school-meals/tools-schools-focusing-smart-snacks5>). This policy serves as assurance² that District 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.

All schools in the district provide meals through the National School Lunch Program and the National School Breakfast Program; thus, the WOCSD School Nutrition Program shall be the sole provider of food served to all students, grades BK-12, during meal times to maximize participation in these programs. All reimbursable meals meet current USDA standards. District staff will support participation in school meals programs, to help the program exceed the national standard of ADP (Average Daily Participation) and to meet USDA's Healthier US School Challenge. The School Nutrition Program will be available to meet the needs of such events as classroom celebrations, curriculum based excursions and events, rather than food being provided by outside sources.

The District takes steps beyond those required by federal law/regulation to protect the privacy of all students, grades BK-12, who qualify for free or reduced price meals. All students, grades BK-12, regardless of the type of payment or the food being purchased (meal/ala carte), are given a code to enter at the cash register.

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.

All Physical Education teachers will be provided with annual professional development opportunities that focus on physical education/activity topics and competencies especially of physical education teachers. All teachers are given professional development opportunities that focus on integration of physical activity into classroom academic content and schedule throughout the day.

NUTRITION PROMOTION

Schools will support healthful eating by all students, grades BK-12, 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.

WATER

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

FUNDRAISERS

Fundraisers on school property, during school hours, should not be in conflict with the school nutrition program. To support children's health and nutrition education efforts, student organizations, PTO, booster organizations, etc., will encourage fundraising projects that are either

non-food related or that 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

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

PHYSICAL EDUCATION

Physical education opportunities will include the components of a quality physical education program aligned with federal statutes and Maine State laws. All students, grades BK-12, will be taught by a certified teacher who is endorsed to teach Physical Education. Physical education will provide all students, grades BK-12, with the knowledge and skills needed to be physically fit and take part in healthful physical activity on a regular basis. Physical education will also integrate activities that can generate enthusiasm for lifelong fitness.

²See 42 U.S.C. § 1751(a)(2).

PHYSICAL ACTIVITY

The District will strive to provide all students, grades BK-12, developmentally appropriate opportunities for physical activity through physical education classes, recess periods for all elementary school students and extra-curricular activities (clubs, intramural and interscholastic athletics). Teachers are encouraged to integrate physical activity into the classroom/school day in ways such as walking breaks, use of activity stations, motor breaks, etc. School programs are intended to build and maintain physical fitness and to promote healthy lifestyles. The school should encourage parents to support their children's participation in physical activities including available before- and after-school programs.

Goals

- the physical education program will provide all students, grades BK-12, with the knowledge and skills needed to be physically fit and take part in healthy physical activity on a regular basis
- all students, grades BK-12, will develop motor skills and apply them to enhance their coordination and physical performance
- all students, grades BK-12, 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, grades BK-12, involved in purposeful activity for a majority of the class period

- physical education classes will provide opportunity to learn for all students, grades BK-12, of all abilities
- the school 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 all students, grades BK-12, to engage in age-appropriate activities on most days of the week in both school and community settings
- the schools will partner with community programs to 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

Administrators, teachers and other school community personnel are strongly discouraged from using physical activity (e.g., running, laps, pushups) or withholding opportunities for physical activity (e.g., recess, physical education) as a negative consequence during the academic school day.

OTHER SCHOOL-BASED WELLNESS ACTIVITIES

The 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.

The School Committee delegates to the Superintendent/designee the responsibility for developing regulations or guidelines for “healthy celebrations” (refreshments served at parties or celebrations during the school day), and the use of food as rewards in the instructional program and encouraging non-food alternatives, including physical activity, as rewards.

The District may develop programs that encourage staff to learn and engage in healthy lifestyle practices.

Goals

- goals of the wellness policy will be considered when planning school or classroom parties, celebrations or events
- 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
- schools will encourage parents and all students, grades BK-12, to take advantage of developmentally appropriate community-based after-school programs that emphasize physical activity
- the schools will encourage parents to support their children’s participation in physical

activity, to be physical 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 all students grades BK-12, parent and community use to encourage participation in physical activity

-school administrators, staff, parents, students and community members will be encouraged to serve as role models in practicing healthy eating and being physically active, both in the school environment and home

-all student organizations, grades BK-12, will be encouraged to engage in fundraising projects that are supportive of healthy eating and student wellness

-school-based marketing of foods and beverages, such as through advertisements in school publications, school buildings, athletic fields, and other areas accessible to all students, grades BK-12, should support the goals of the wellness policy

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

LEADERSHIP-IMPLEMENTATION AND MONITORING

The Superintendent/designee shall be responsible for the implementation of the wellness policy, in the schools. This includes ensuring that the District 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 of solicitation of input from all students, parents, staff, and school administrators, including suggestions for improvement in specific areas.

Reports may include but are not limited to:

- The status of the school environment in regard to student wellness issues,
- Evaluation of the school food services program and compliance with nutrition guidelines,
- Summary of wellness programs and activities in the schools,
- Feedback from all students, parents, staff, school administrators and wellness committee members and
- Recommendation(s) for policy, program or curriculum revisions.

The School Committee shall appoint a District-wide Wellness Committee/Leadership Team comprised of at least one of each of the following:

- School Committee member
- School administrator
- School Nutrition Director/designee
- Student representative
- Parent representative
- Community representative

The Wellness Committee may also include:

- School nurse and/or other health professional

- Physical Education Teacher(s)
- Guidance Counselor
- Social worker
- Community organization or agency representative
- Other staff, as designated by the School Committee
- Other persons as designed by the School Committee

The Wellness Committee shall serve as an advisory committee in regard to student wellness issues and will be responsible for making recommendations related to the wellness policy, wellness goals, administrative or school regulations and practices, or raising awareness of student health issues. With prior approval of the Superintendent/designee, the Wellness Committee may survey parents, students and the community and/or conduct focus groups or community forums.

Recognizing the need for consistent review and revision of these regulations, the District Wellness Committee shall provide periodic reports to the Superintendent/designee and, as requested, to the School Committee.

ANNUAL NOTIFICATION OF POLICY

The District 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 District'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 District's schools are in compliance with the wellness policy
- assess the extent to which the District's wellness policy compares to model wellness policies
- provide a description of the progress made in attaining the goals of the District's wellness policy

The District Wellness Committee will update the wellness policy based on the results of the triennial assessment and/or as:

- the district's priorities change
- community needs change
- wellness goals are met
- new evidence-based health science emerges
- new or updated federal or state regulations are issues

PARENT COMMUNICATIONS

The District will inform parents of improvements that have been made to school meal standards; availability of child nutrition programs and how to apply the District'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). (<https://www.fns.usda.gov/school-meals/tools-schools-focusing-smart-snacks5>).

FOOD AND BEVERAGE MARKETING IN SCHOOLS

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 or distribution on school grounds in accordance with rules adopted under subsection 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.

Nothing in this policy shall require immediate replacement of scoreboards or other durable equipment. When reviewing existing contracts or replacing these items over time when necessary and/or financially feasible, decisions should reflect the marketing considerations articulated in this policy.

Legal reference: 42 U.S.C. § 1751

Adopted by the Wells-Ogunquit C.S.D. School Committee:	06/21/06
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