

Appointment and Role of the Wellness Committee

The Board shall appoint a district-wide Wellness Committee comprised of at least one of each of the following:

- Board member
- School administrator
- Food Services Director or designee
- Student representative
- Parent representative
- Community representative
- School nurse
- Teacher
- Guidance counselor or Social worker
- Others, as designated by the Board from time to time

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 the prior approval of the Superintendent or designee, the Wellness Committee may survey parents, students and the community and/or conduct focus groups or community forums.

The Wellness Committee shall provide periodic reports to the Superintendent or designee and, as requested, to the Board.

Legal Reference: 42 U.S.C. §1751

Cross Reference: EFE - Competitive Food Sales / Sales in Competition with the School Food Services Program

Adopted: June 21, 2006

As feasible, school physical activity facilities will be made available after school hours for student, parent and community use to encourage participation in physical activity.

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

The school district will encourage teachers, school personnel, students and parents to serve as role models in practicing healthy eating and being physically active.

The schools are encouraged to support community programs that contribute to good nutrition and physical activity.

Nutrition Guidelines for National School Lunch Program

The school unit will ensure that National School Lunch Program (NSLP) meals meet all state and federal nutrition standards while providing sufficient choices of nutritious, appealing foods in portion sizes appropriate for different age groups.

Schools will explore incorporating locally grown foods into menus.

Schools will participate in the National School Lunch Program to promote healthy eating behaviors amongst its students.

Schools will strive to increase participation in federal child nutrition programs. School unit guidelines for reimbursable meals shall be aligned with the regulations and guidelines issued by the Secretary of Agriculture pursuant to the National School Lunch Act and the Child Nutrition Act.

Implementation and Monitoring

The Superintendent or 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 Board on an annual basis.

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

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 students, parents, staff, school administrators and wellness committee.
- Recommendations for policy, program or curriculum revisions.

Appropriate professional development will be provided for food service and other staff in the area of nutrition.

Physical Activity

Students will receive physical education at every grade K-8 that actively engages all youth, regardless of skill level. Physical Education classes will teach knowledge and skills that align with the Maine physical education standards outlined in the Learning Results so students can adopt and enjoy a physically active lifestyle.

The schools will strive to provide all students developmentally appropriate opportunities for daily physical activity through physical education classes, recess periods, extracurricular activities (clubs, intramural and interscholastic athletics), integration of physical activity in the classroom, walking breaks, and/or alternative study periods.

School programs are intended to build and maintain physical fitness and to promote healthy lifestyles. The schools should encourage parents to support their children's participation in physical activities, including available before- and after-school programs, to be physically active role models, and to include physical activity in family events.

Appropriate professional development will be provided for physical education staff and other staff involved in the delivery of such programs.

Other School-Based Wellness Activities

The schools, with prior approval of the Superintendent or designee, may implement other appropriate programs that support consistent wellness messages and promote healthy eating and physical activity.

The administration shall approve policy, regulations or guidelines for refreshments served at parties or celebrations during the school day. Goals of the wellness policy will be considered when planning school or classroom parties, celebrations or events.

School personnel are encouraged to promote student participation in recess or other physical activity rather than removing it as a form of discipline, or canceling recess or other physical activity time for instructional make-up time or other reasons.

The Board discourages the use of food as a reward or as a punishment.

The schools will ensure fundraising efforts and celebrations are supportive of healthy eating and physical activity and comply with all school policies. Students, parents, school staff and community members bringing foods and beverages to school for parties/celebrations/meetings shall be encouraged to provide healthful foods and beverages or non-food options. Schools will provide parents/guardians with information regarding healthy or non-food options.

STUDENT WELLNESS

The School 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 and exercise as adults, practice healthy habits, and reduce their risk of obesity, diabetes and other chronic diseases.

Nutrition Standards

The Raymond School Department will ensure that meals provided by its Food Services Program meet the nutrition standards established by federal regulations. Sales of foods and beverages that compete with the school lunch program must be in compliance with the Board's policy EFE, Competitive Food Sales / Sales in Competition with the School Food Services Program.

Nutrition Education

Nutrition education shall be offered to all students at K-8 as part of a sequential, comprehensive health education curriculum that aligns with the Maine Health Education Standards outlined in the Learning Results. This will provide students with the knowledge and skills necessary to promote and protect their own health. Nutrition education may be integrated into the standards-based lesson plans of other school subjects like math, science, English language arts, physical education, and social studies.

Students shall receive consistent nutrition messages based on the latest *Dietary Guidelines for Americans* throughout the school community, including classrooms and the school cafeteria.

Nutrition education shall be made available to parents/guardians and community members. Schools will provide parents/guardians with information regarding healthy and nutritious food and beverage choices.

The school unit will provide foods that meet or exceed the federal nutrition standards, adequate time for students to obtain food and eat (ideally 30 minutes per lunch period for elementary students and 20 minutes per lunch period for middle school students), lunch and snacks scheduled at appropriate hours of the day (ideally snacks will not be scheduled within 1½ hours of lunch), adequate space to eat, and a clean and safe meal environment.

Administrators and staff will be encouraged to model nutritious food choices and eating habits.