

STUDENT WELLNESS

In accordance with the vision for M.S.A.D. #3, the Board of Directors believes that students who begin each day as healthy individuals can learn more and learn better. The Board also believes that healthy staff can more effectively perform their assigned duties and model appropriate wellness behaviors. Likewise the Board also believes those students who learn and practice healthy lifestyles in their formative years may be more likely to practice them as adults. This policy encourages staff and student wellness that is sensitive to individual and community needs.

Nutrition Standards and Assurance

Academic performance and quality of life issues are affected by the choice and availability of good foods in our schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability, and ability to learn. The District will ensure that meals provided by its Food Services Program meet or exceed the nutrition standards established by federal regulations.¹ Sale of foods and beverages that compete with the school lunch program (and/or school breakfast program) must be in compliance with the Board's policy EFE Competitive Food Sales – Sales of Food in Competition with the School Food Service Program.

This policy serves as assurance² that the 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.

Nutrition Education

Nutrition education will be provided through the District's curriculum and aligned with the content standards of the Learning Results. Nutrition education should focus on the skills students need to adopt and maintain healthy eating choices and behaviors. Students should receive consistent nutrition messages throughout the schools, including classrooms, cafeteria, and school-home communications.

Physical Activity

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

¹ Title 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).

² See 42 U.S.C. § 1751(a)(2).

Other School-Based Wellness Activities

The schools, with prior approval of the Superintendent/designee, may implement other appropriate programs that support consistent wellness messages such as social and emotional choices and behaviors and promote healthy eating and physical activity.

The Board refers staff and administration to Policy EFE regarding refreshments served at parties or celebrations during the school day or for food as rewards.

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

Implementation and Monitoring

The Superintendent/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, employees, 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 or a list of wellness programs and activities in the schools
- Feedback from students, parents, employees, school administrators, and the Wellness Committee
- Recommendations for policy, program or curriculum revisions

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/designee
- Student representative
- Parent representative
- Community representative
- School nurse

In the interest of obtaining diverse points of view on the Wellness Committee other members to be considered may include:

- Teacher(s)
- Guidance counselor
- Social worker
- Community organization or agency representative
- Other staff, as designated by the Board
- Other persons, as designated by the Board

The Wellness Committee shall serve as an advisory committee to the Board in regard to 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/designee, the Wellness Committee may survey employees, parents, students (in accordance to Policy ILD), and the community and/or conduct focus groups or community forums.

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

Wellness Goals

The Board has identified the following goals associated with student wellness:

A. Goals for Nutrition Education

The schools will provide nutrition education that focuses on the skills students need to adopt and maintain healthy eating choices and behaviors.

The schools' nutrition education will be provided through the District's curriculum and aligned with the content standards of the Learning Results.

Nutrition education will be integrated into other subjects as appropriate to complement, not replace, the health education program.

The District will provide foods that meet or exceed the federal nutrition standards, adequate time for students to obtain food and eat, lunch scheduled at appropriate hours of the day; or as close to the middle of the school day as possible, adequate space to eat, and a clean and safe meal environment.

Consistent nutrition messages will be disseminated throughout the District in the classroom, the cafeteria, and school-home communications.

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

Appropriate professional development will be provided for food services staff.

B. Goals for Physical Activity

The physical education program will provide students with the knowledge and skills needed to be physically fit and take part in healthy physical activity on a regular basis.

Students will develop motor skills and apply them to enhance their coordination and physical performance.

Students will demonstrate responsible personal and social behaviors in physical activity settings.

The physical education curriculum will be aligned with the content standards of the Learning Results.

Physical education classes will keep all students involved in purposeful activity for a majority of the class period.

Physical education classes will provide an opportunity to learn for students of all abilities. The schools will provide:

1. a physical and social environment that encourages safe and enjoyable physical activity and fosters the development of a positive attitude toward health and fitness.
2. facilities adequate to implement the physical education curriculum for the number of students served.
3. opportunities for students to engage in age-appropriate activities on most days of the week in both school and community settings.
4. 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.

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

C. Goals for Other School-Based Activities

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:

1. maximum participation in school meal programs.
2. parents and students to take advantage of developmentally appropriate community-based after-school programs that emphasize physical activity.
3. parents to support their children's participation in physical activity, to be physically 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 student, employees, parent, and community use to encourage participation in physical activity.

School administrators, employees, 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 at home.

Student organizations are referred to Policy EFE regarding fundraising projects that involve food and beverages.

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

Legal reference: 42 U.S.C. § 1751

Cross Reference: EFE Competitive Food Sales – Sales of Foods in Competition with the School Food Service Program

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