

## WELLNESS POLICY

The RSU 13 School Board recognizes that student wellness, which includes nutrition and exercise, is essential to ensure Students are healthy, safe, and ready to learn. The Board is committed to providing a school environment that supports healthy food choices, nutrition education, physical education, and regular physical activity while recognizing individual differences and medical necessities. Students who learn and practice healthy lifestyles in their formative years are 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.

To promote wellness, reduce childhood obesity, and send a message to students and the entire school community that is consistent with what is taught in our classrooms, the School Board is establishing this policy.

### Nutrition Standards

RSU 13 will ensure that meals provided by its Food Services Program meet the nutrition standards established by federal regulations. Foods and beverages sold or available for sale to students during the school day (“competitive foods”) will meet the federal Smart Snacks guidelines.

### Assurance

This policy serves as assurance that the RSU 13 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, the Child Nutrition Act and the Healthy, Hunger – Free Kids Act of 2010.

### Nutrition Education

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 and maintain healthy eating behaviors. Students should receive consistent nutrition messages throughout the schools, including classrooms, cafeteria, and school-home communications.

### Nutrition Promotion

Schools will support healthful eating by students 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.

### Physical Activity

RSU 13 will strive to provide all students developmentally appropriate opportunities for physical activity through physical education classes, recess periods for elementary school students, and extra-curricular activities (clubs, intramural and inter-scholastic 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.

Physical Education:

1. District Physical Education curriculum will emphasize life-long skills and activities in Grades K-12 that address the following:
  - Integrates physical education topics or physical activity into other curricula when appropriate.
  - Influences personal and social skill development.

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.

Food and Beverage Marketing in Schools

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks standards. Food and beverage marketing includes but is not limited to:

- Brand names, logos or tags, except those that are present as labels on the food or beverage product or its container;
- Displays, such as vending machine exteriors;
- Corporate brands logos, names or trademarks on school equipment such as message boards or scoreboards;
- Corporate brands, logos, names or trademarks on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment;
- Corporate brands, logos, names or trademarks on posters, book covers, or school supplies distributed or offered by the school unit; or
- Advertisements in school publications or school mailings; or on product coupons or free samples.

Corporate brand names, logos and trademarks for companies that market products that comply with the USDA Smart Snacks in School nutrition standards will not be prohibited solely because they offer some noncompliant food or beverage items in their product line.

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, 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

Communication

The local Wellness Policy will be communicated with school staff, students, parents and community members.

Triennial Progress Assessments

Every three years, the Superintendent/Designee will:

- Assess the extent to which the school unit's schools are in compliance with the wellness policy;
- Assess the extent to which the school unit's wellness policy compares to model wellness policies; and
- Provide a description of the progress made in attaining the goals of the school unit's wellness policy.

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 / Team Leader

The Wellness Committee may also 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 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/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/designee and, as requested, to the Board.

Approved: 4/1/21

Cross Reference: Policy KHB – *Advertising in the Schools*