

## **MSAD #32 Wellness Policy**

### **Policy Statement:**

The MSAD #32 School Board recognizes that student wellness and good nutrition are related to students' physical and psychological well being and their readiness to learn. The MSAD #32 School Board is committed to providing a school environment that supports student wellness, healthy food choices, nutrition education, and regular physical activity. The MSAD #32 School 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 District shall implement Nutrition Guidelines to ensure that all foods and beverages served, offered, or sold to students meet or surpass the parameters of Chapter 51 and promote appropriate single serving sizes, including those foods outside of the federally regulated child nutrition programs such as celebrations and fundraisers. These Nutrition Guidelines must be in compliance with the MSAD #32 School Board's policy EFE, Competitive food Sales/Sales in Competition with the School Food Service Program.

The District shall encourage healthful snacks or treats at school celebrations and events. Parents/guardians shall be encouraged to provide nutritionally sound food choices/snacks/treats for students and/or encourage the use of non-food rewards for classroom parties or award celebrations.

The District shall offer healthful food choices as alternatives for food items at district events, functions and activities.

### **Assurance:**

This policy serves as assurance that school unit 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 integrated into the instructional program through the health education curriculum and shall be aligned with the content standards of Maine's system for 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.

### **Physical Activity:**

The District will provide all students developmentally appropriate opportunities for physical activity during instructional classroom time, physical education classes, recess periods for elementary school students, and extracurricular activities such as 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. School staff should be encouraged not to withhold participation in recess from students for punishment or cancel recess to make up for missed instructional time.

**Other School-Based Wellness Activities:**

MSAD #32 may implement other appropriate programs that support the eight components of the Coordinated School Health Program and consistent wellness messages to promote healthy eating and physical activity.

MSAD #32 highly values the health and well being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.

MSAD #32 will provide support for on-going professional training and development for food service staff and teachers in the areas of nutrition and physical activity.

MSAD #32 will engage teachers, school personnel, students and parents to serve as models in practicing healthy eating and being physically active.

**Implementation, Monitoring and Evaluation:**

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 MSAD #32 School Board and community.

The appointed local Wellness Policy Committee will make annual recommendations for revisions to the activities plan and/or the local wellness policy administrative guidelines and practices, to the Superintendent. A report will be submitted at least annually to the Superintendent.

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

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

Adopted: March 12, 2012

MSAD #32 Board of Directors  
Ashland, ME