

REGIONAL SCHOOL UNIT #1 WELLNESS POLICY

In 2006, all school districts participating in the National School Lunch Program were required to develop a written school wellness policy.

The 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 and staff wellness, healthy food choices, nutrition education, physical 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. While RSU 1 has a strong commitment to the health and wellness of our children, this policy is not meant to dictate food served by parents outside of the school or those provided for snack or lunch.

Regional School Unit #1 policy establishes criteria in the following seven areas:

- Section 1: Nutrition Education
- Section 2: Standards for USDA Child Nutrition Programs and School Meals
- Section 3: Nutrition Standards for sale or service of food outside USDA school meals
- Section 4: Physical Education
- Section 5: Physical Activity
- Section 6: Wellness Communication and Promotion
- Section 7: Evaluation

Section 1: Nutrition Education

1. The goals for nutrition education are designed to promote student wellness in a manner that the local education agency (RSU1 employees and school board) determines appropriate. Schools should provide nutrition education and engage in nutrition promotion.
2. A nutrition curriculum will be provided for each grade level upon completion by a curriculum workgroup. Nutrition topics shall be integrated within the comprehensive health education curriculum taught at every grade level (Pre-K-12).
3. Nutrition education will be coordinated within the larger school community. The entire school environment will have healthy goals that positively influence a students understanding, beliefs, and habits as they relate to good nutrition and regular physical activity.
4. Nutrition education extends beyond the school environment. School staff will cooperate with other community agencies to provide students with further nutrition education.
5. The RSU1 Wellness Council will find qualified, skilled professionals to educate all staff employed by the school unit (including but not limited to teachers, administrators, coaches and volunteers) in basic nutrition education and implement the principles of the health curriculum in all grades when applicable.

6. Nutrition education will be more greatly integrated into other subjects beyond health education. The RSU's Wellness Council and the Director of Curriculum will monitor the increased integration of nutrition into the overall curriculum.
7. Nutrition education will teach students the skills necessary to make nutritious choices. This includes, but is not limited to teaching variety when making food choices, maximizing nutrient levels while minimizing empty calories and balancing these principles with moderation.
8. The number of nutrition education hours that must be specified and required will be determined annually. The Wellness Council will make advisory recommendations to the school superintendent.
9. Nutrition education quality is addressed by having the curriculum align with current academic standards, follow best practice in an effective manner and is comprehensive in scope and sequence.

Section 2: Standards for USDA Child Nutrition Programs and School Meals

1. The district provides an assurance that guidelines for reimbursable school meals shall not be less restrictive than USDA meal regulations and guidance.
2. All schools will provide breakfast through the USDA School Breakfast Program.
3. The policy will address access to and/or promotion of the Summer Food Service Program if applicable.
4. The policy addresses nutrition standards for school meals beyond USDA minimum standards. School meals are required to meet specific standards set by but not limited to the "NUTRIKIDS" program.
5. Purchasing programs and preparation methods will be used to decrease fat, sugar, calorie and sodium levels in food.
6. Specific strategies to increase participation in school meal programs will include but are not limited to suggestion boxes located at each cafeteria to ensure that students will have the opportunity to provide input on local, cultural and ethnic favorites.
7. To improve student nutrition, scheduling of meals will be optimized. Recess will be scheduled before lunch whenever possible, rotating grades if necessary.
8. Students will be provided adequate time (minimum of 20 minutes) to eat lunch. All children will be given sufficient time to finish their meals.
9. School personnel will assist students in developing the healthy practice of washing hands before eating.
10. Food service staff shall be directed by a qualified nutrition professional.
11. The policy will provide professional development in the area of food and nutrition for appropriate food service staff. Implementation of such development is a high priority. Engagement of community professionals will be encouraged.

12. Appropriate supervision shall be provided in the cafeteria and rules for safe behavior consistently enforced.

13. Nutritional information for school meals will be available for students and parents and included in each school menu.

14. The policy will continue increasing whole grains, unprocessed foods and fresh produce from local farms through the Farm to School Program. The district currently uses a blend of white and whole wheat grains.

Section 3: Nutrition Standards for sale or service of food outside USDA school meals.

1. Foods and beverages served and prepared by RSU 1 staff during the school day on school grounds or in RSU 1 schools will comply with the RSU1 Approved List of Nutritious Foods. This list is will be determined and circulated to students, parents, staff and community organizations. Full compliance will be achieved by April 2010 (See RSU1 Approved List of Nutritious Foods). This does not include food items brought from home for individual school snack and school lunch. Requests for items to be added to this list should be made in writing to the RSU 1 Wellness Council. The requests shall include nutritional information. The list will be updated and distributed bi-annually.

2. It is strongly recommended to use only non-food items to raise funds. However, the sale of food for fundraising during the school day, such as a school store is restricted to water, fruits, vegetables, whole grains and nuts as of April 2010. (See Appendix C: Smart Fundraisers for Healthy Schools). The superintendent can approve exemptions to after-school fundraisers on school property for the sale of food items that are solely for home consumption.

3. Foods and beverages served at school day celebrations must comply with the RSU1 Approved List of Nutritious Foods, with the exception of ethnic or cultural celebrations that feature specialty foods. It is then requested that such menus be in good faith compliance with the RSU 1 wellness policy.

4. Foods provided to classrooms for classroom celebrations, such as birthday parties, must comply with RSU 1 Approved List of Nutritious Foods.

5. Chaperones or coaches of school sponsored events are encouraged to access local grocery stores or sandwich shops that can provide fresh, nutritious and balanced meals that can serve students in a timely manner. Boxed meals, ordered in advance are available for students on field trips or athletic events for an appropriate fee through the school unit's food service and nutrition program.

6. Food and beverage sold or served at RSU1 evening and community events on school grounds including athletic events, dances, or performances are encouraged to comply with the RSU1 Approved List of Nutritious Foods or Appendix B: Healthy School Concessions, Banquets and Other Functions at all times beginning September 2009. A good faith compliance with the guidelines in Appendix B is expected by April, 2010. (See the RSU1 Approved List of Nutritious Foods or Appendix B: Healthy School Concessions, Banquets and Other Functions) This policy acknowledges that other agencies or groups do rent and use RSU facilities and are not subject to these guidelines.

7. The use of ingredients with questionable health effects including but not limited to artificial sweeteners, artificial foods, trans fats, and high fructose corn syrup will be limited in preparation of school meals.
8. The use of food or candy as a classroom reward for all students in RSU1 is prohibited. (See Appendix A: Alternatives to Using Food As A Reward)
9. Nutrition information for foods other than school meals shall be provided as applicable.
10. Beverages will be limited to 100% fruit juices, herbal tea, hot chocolate, water and low-fat milk, and limited to moderate serving sizes. Highly caffeinated drinks will not be served to students.
11. Soda will not be sold or served to students at RSU 1 events on school grounds. Personal soda consumption is discouraged and only water is recommended for all while in the classroom.
12. All students and staff will have access to free, safe, and fresh drinking water throughout the school day.
13. In compliance with state law, no alcohol will be served at any function on school grounds.

Section Four: Physical Education

1. The Physical Education curriculum will provide opportunities to learn for all students of all abilities K-12.
2. Physical Education will be provided at least 1X per week for 40 minutes or its equivalent for each student in grades K-8
3. Students at the high school will be required to take at least one credit of physical education. The Board will revisit this requirement on a regular basis. In addition to this requirement, students are encouraged to take elective courses throughout their four years.
4. Physical Education will help promote a physically active lifestyle and the promotion of lifetime physical activity.
5. Physical Education curriculum includes competency assessment of knowledge, skills or practice.
6. Physical education curriculum will be aligned with the Maine State Learning Results, and will be comprehensive in scope and sequence.
7. Physical Education classes will include students of all abilities, promote confidence, and encourage sportsmanship.
8. Physical Education classes will maintain a student to teacher ratio of 30:1 or better.
9. Safe and adequate space and equipment will be maintained for the use of Physical Education classes.

10. All Physical education classes will include at least 50% of moderate to vigorous activity in all or most lessons.
11. Physical Education will be taught by a certified instructor.
12. Physical Education teachers will receive yearly professional development.
13. Physical Education class exemptions are not permitted. Instead, a delay may be granted or a modified program put in place through an agreement with the principal, health care provider, teacher, parent or guardian.
14. All students in Physical Education classes will participate in Fitnessgram or other health assessments annually; teachers will assist students with interpretation.
15. Physical Education class should never be denied for the purpose of completing other subject area work or for disciplinary reasons. Exceptions to this rule will lie at the discretion of the principal.

Section Five: Physical Activity

1. Teachers, administrators and trained professionals will work together to learn new strategies to incorporate physical activity and movement breaks within the school day for all grade levels.
2. Each school in the RSU should encourage parents to support their children's participation in physical activities through school-home communications and by encouraging volunteerism.
3. Each school will encourage student participation in other community physical activity programs.
4. Each school will make available periodic and ongoing programs to increase activity for staff (such as participation in intramurals, a walking club, or pedometer challenges...)
5. All schools in the RSU should provide regular physical activity. Students in grades Pre-K - 8 will receive at least 10 minutes of physical activity time each day through a combination of either physical education and/or during class time (not including recess).
6. The school unit will strive to provide students grades K-12 with developmentally appropriate opportunities for physical activity through before and after school programs including, but not limited to, intramural sports, interscholastic athletics and physical activity clubs.
7. The RSU will work to expand onsite physical activity facilities for student use with adult supervision and to promote community based physical activity programming and facilities.
8. Each school will be responsible for promoting walking and biking to school by students and staff using safe routes and safe practices.
10. Fresh air, unstructured play and social time are important to student's health and wellness. School staff should not withhold or cancel participation in recess from students to make up for missed instructional time, or for disciplinary reasons, unless participation would cause the student to be a danger to him/herself or others. Exceptions to this rule will lie at the discretion of the principal.

11. Staff are encouraged to use physical activity as a reward. (See Appendix D: Physical Activity Resources)

12. Elementary school students will go outdoors for recess unless the temperature is below 15 degrees Fahrenheit, including wind chill. Students should be dressed for specific and changing weather conditions. Students who remain inside must have a valid request from their primary care medical provider or a note from their parent if they are acutely injured and have not yet seen a physician. If children are well enough to attend school, they are well enough to go outside for recess. Children with asthma for whom cold air is a trigger, will stay in as directed by their School Asthma Health Plans. Exceptions to this rule for safety reasons may be made at the discretion of the school nurse or principal.

13. If recess must be held indoors due to weather, teachers will allow reasonable and appropriate physical activity in the classrooms.

14. Outdoor recess spaces will be conducive to safe and enjoyable activity.

Section Six: Wellness Communication and Promotion

1. The development of this policy included the following:

- Parents
- Student
- Food Nutrition Director
- School Board
- Superintendent
- School Administrators
- Community Members
- Health Care Professionals
- Physicians

2. A Wellness Committee at each school in the school unit will be maintained and supported through staff involvement, each school's administrator, and will include staff wellness activities. This may include presentations, workshops, physical activities and/or personal health management activities. Each building's principal and/or administrators are responsible for overseeing and implementing this policy.

3. The school environment, including cafeteria and classroom, shall provide clear and consistent messages that reinforce healthy eating.

4. School administrators, staff, parents, students, coaches and community members will be strongly encouraged to model healthy eating and physical activity as a valuable part of daily life.

5. The superintendent, or designee, will be responsible for health and wellness communication beyond required policy implementation reporting.

6. The school unit will continue to work towards developing and implementing a Coordinated School Health Program as recommended by the Centers for Disease Control and Prevention.

7. Students, teachers, parents will be solicited for input in regards to school unit's wellness programs. This can include, but is not limited to surveys, promotions, parent meetings, open houses and other forums of communication to improve school wellness.
8. The school unit will engage parents and the community through newsletters or handouts sent home, presentations focusing on nutrition and healthy lifestyles and through any other appropriate means available to reach parents.
9. The school unit will communicate content/information to parents about the Wellness Policy, along with resources and lists of healthy snacks, celebration guidelines and opportunities for physical activity before and after school.
10. Organizations operating concessions at school functions are encouraged to use marketing strategies to promote healthy food choices at a reasonable profit margin.
11. The marketing of unhealthy food choices will be discouraged, including those of minimal nutritional value. Education materials shall be free of brands and illustrations of unhealthful foods. Soft drink logos will not appear on school materials or on other school property. This does not apply to individual clothing.

Section 7: Evaluation

1. A district-wide Wellness Council will be maintained in the unit and be comprised of at least one of each of the following:

- Board member
- School administrator
- Food Services Director/designee
- Student representative
- Parent representative
- Community representative

The Wellness Council may also include:

- Individual School Wellness Team members
- School nurse
- Teacher(s)
- Guidance counselor
- Social worker
- Community organization or agency representative
- Liaisons to community athletic groups, teachers, parents, boosters, SAGs, the Recreation Department and other groups

2. The Wellness Council 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.

3. With the prior approval of the superintendent/designee, the Wellness Council may survey parents, students and the community and/or conduct focus groups or community forums.

4. The Wellness Council shall provide periodic reports to the superintendent/designee and, as requested, to the Board.

5. The superintendent/designee shall be responsible for the appointment of members of the Wellness Council, 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 [OR: List] 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

6. Efforts will be made to increase support for wellness activities through grants, fundraisers, and other solicitations as well as networking with other organizations mission directed to support wellness.

Chapter 51: Child Nutrition Programs in Public Schools and Institutions, 20-A MRSA, Sec. 6602

Adopted: August 17, 2009

Sources of Information RSU 1 Wellness Policy May, 2009

StallingsV, Yaktine A, Editors. Committee on Nutrition Standards for Foods in Schools. Institute of Medicine. Nutrition Standards for Healthy Schools: Leading the Way Toward Healthier Youth. 2007 www.nap.edu/catalogue/11899.html

A Lifestyle We Can't Afford: How physical inactivity and excess weight are costing Maine billions of dollars each year. Topline report Chenoweth & Associates, 2006 www.mainehealth.org

Obesity in Maine. Dora Mills, MD, MPH May 2007 www.mainepublichealth.gov

Childhood Obesity Prevention Legislation. 2008 State Legislation Report, American Academy of Pediatrics www.aap.org/advocacy/statelegprpt.pdf

Commission to Study Public Health, Chapter 95 H.P.363-L.D. 477 Resolve to study obesity and methods to decrease the cost of health care and increase public health July 2004 www.state.me.us/legis

Department of Education, Chapter 51: Child nutrition programs in public schools and institutions, initiated October 1978 as 20-A MRSA Section 6602, amended July 2005

Commission to Study Public Health, Public Law 2005, Chapter 435 www.state.me.us/legis

Public Law 108-265, The Child Nutrition and WIC Reauthorization Act 2004

Healthy Maine Partnerships: Physical Activity and Nutrition Program and Plan 2005-2010 www.mainepublichealth.gov

Growing Up Healthy. The Harvard Pilgrim Health Care Foundation. June 2008 www.harvardpilgrim.org/foundation

Obesity in Maine: Maine Obesity Reports and Statistics. www.mainehealthforum.org

Maine Department of Human Services, Bureau of Health. Healthy Maine 2010: Opportunities for All. December 2002

Healthy Eating Research, A National Program of the Robert Wood Johnson Foundation. School Wellness Policy Coding Tool. 2008

Maine Dietetic Association and the Maine School Food Service Association: Nutrition Services in Maine Schools 2003 www.eatrightmaine.org

Suitor CW, Kraak VI, Adequacy of Evidence for Physical Activity Guidelines Development: Workshop Summary. Institute of Medicine. 2007

Healthy Celebrations, Connecticut State Department of Education, Bureau of Health and Nutrition Services: Pennsbury School District Wellness Policy May 2006

Appendix A:

ALTERNATIVES TO USING FOOD AS A REWARD

At school, home, and throughout the community kids are offered food as a reward for “good” behavior.

Often these foods have little or no nutritional value but are easy, inexpensive, and can bring about short-term behavior change.

There are many disadvantages to using food as a reward:

- It undermines nutrition education being taught in the school environment.
- It encourages over-consumption of foods high in added sugar and fat.
- It teaches kids to eat when they're not hungry as a reward to themselves.

Kids learn preferences for foods made available to them, including those that are unhealthy. ¹

Poor food choices and inadequate physical activity contribute to overweight and obesity. Currently, obesity among kids is at epidemic levels and can often lead to serious health problems. ²

Students Learn What They Live

Kids naturally enjoy eating healthy and being physically active. Schools and communities need to provide them with an environment that supports healthy behaviors. Below are some alternatives for students to enjoy instead of being offered food as a reward at school.

1 . Birch LL. Development of Food Preferences. Annu.Rev.Nutr.1999, 19:41-62.

2. Ogden CL, Flegal KM, Carroll MD, and Johnson CL. Prevalence and Trends in Overweight Among US Children and Adolescents, 1999-2000. JAMA, October 9, 2002 Vol 288, No.14.

Zero-Cost Alternatives

“**Social Rewards**” involve attention, praise, or thanks which are often more highly valued by children than a toy or food.

Recognition – in a school-wide announcement, on school website, phone call, email or letter sent home or a note from the teacher to the student commending his or her achievement.

- Sit by friends
- Watch a video
- Read to a younger class
- Get a no homework pass
- Make deliveries to the office
- Listen to music while working
- Play a favorite game or puzzle
- Earn play money for privileges
- Walk with a teacher during lunch
- Eat lunch outdoors with the class
- Enjoy class outdoors
- Have an extra recess/break
- Play a computer game that includes physical activity such as Wii or DDR
- Be a helper in another classroom
- Eat lunch with a teacher or principal
- Dance to favorite music in the classroom
- Get “free choice” time at the end of the day
- Have a teacher perform special skills (i.e., sing)
- Have a teacher read a special book to the class
- Give a 5-minute chat break at the end of the day
- Stacking cups game/competition
- Teach the class
- Have extra art time
- Read outdoors

Low-Cost Alternatives

- Select a paperback book
- Enter a drawing for donated prizes
- Take a trip to the treasure box (non-food items)
- Get stickers, pencils, and other school supplies
- Get a set of flash cards printed from a computer
- Receive a “mystery pack” (notepad, folder, sports cards, etc.)
 - Ideas from Teachers -bookmarks, key chains, sidewalk chalk, gel pens, magazine, Frisbee, hacky-sack, jump rope

Constructive Classroom Rewards, Center for Science in the Public Interest

www.cspinet.org/nutritionpolicy/constructive_rewards.pdf

Alternatives to Using Food as a Reward, Michigan State University Extension

www.tn.fcs.msue.msu.edu/foodrewards.pdf

Prohibition against Denying Meals and Milk to Children as a Disciplinary Action, U.S.
Department of Agriculture Food and Nutrition Service
www.schoolwellnesspolicies.org/resources/ProhibitionAgainstDenyingMealsAsPunishment.pdf

HEALTHY SCHOOL CONCESSIONS, BANQUETS AND OTHER FUNCTIONS

As an administrator, teacher, coach or parent, you can help teach children lifelong healthy eating habits by promoting healthy eating behaviors. There are many opportunities to be a good role model for healthy eating habits, including special school activities such as sports events (concessions and banquets), intramural activities, dances, programs, concerts, plays and musicals. Since many athletes purchase concession items, an additional consideration for sports events is that an athlete's performance is greatly affected by the food and beverages consumed before, during, and after an event. The availability of healthy food and beverages can enhance athletic performance as well as overall health.

There are many healthy and tasty food and beverage options for special activities. Portion control is also important.

Try to offer smaller portions of foods, such as mini muffins or mini bagels.

Healthy Snack Suggestions for Concessions - See RSU 1 Approved Nutritious Foods List

Appendix B:**Healthy Meal Suggestions for Concessions, Banquets and Other School Functions****Main Dishes**

- Grilled chicken or veggie sandwich wrap/roll-up on whole grain, +/- cheese and low-fat condiments
- Chili and/or soup with little or no lean meat
- Spaghetti (whole wheat pasta) with little or no lean meat.
- Pizza made with whole grain crust, no extra cheese, no more than one meat, +/- vegetables
- Sandwich wraps/roll-ups on whole grain, +/- cheese and low-fat condiments
- Baked potato bar (suggested toppings: shredded cheese, low fat sour cream, salsa, broccoli)
- Casseroles and lasagna with little or no lean meat including vegetarian dishes

Sides Dishes:

- Raw vegetable tray with low fat dip
- Any cooked vegetables
- Whole grain bread rolls
- Green leafy salad or pasta salad with low fat dressing
- Fruit tray, basket, or kabobs
- Corn tortilla chips, preferably low fat or baked with salsa or bean dip

Beverages:

- Single-serve low fat or fat free milk (regular or flavored)
- Coffee for adults only
- Water
- 100% juice in small single-serve (8 oz) containers

Desserts - It is recommended that there be only one of these items at any occasion and roughly one serving per student:

- Angel food cake with berries
- Apple or peach crisp
- Oatmeal raisin cookies
- Fruit Newtons
- Pudding made with low-fat milk (if pre-made, store bought, refrigerated brands only)
- 100% fruit and yogurt (light or fat-free varieties) smoothies
- Parfaits made with yogurt (light or fat-free varieties), granola, and fresh fruit
- Muffins – small, made with whole wheat or corn and fruit

Be sure to keep cold foods cold and hot foods hot. (Visit www.fightbac.org for more on food safety)

Note: Visit www.mealsmatter.org for meal planning tools and recipes.

Many baked goods can still taste great and can be made healthier by doing one or two of the following things: replacing 1/3 to 1/2 of the oil with unsweetened apple sauce, cutting the sugar by 1/4th, replacing butter or margarine with canola oil, adding a Tbsp of wheat germ. The texture may change so you may need to experiment. The use of sweeteners like Splenda... will lower calorie content, but because there is controversy about how these sweeteners may be contributing to obesity, we are not recommending their use at this time.

Recipes for many of these items can be found in the RSU 1 *In Health* Booklet or on our website: www.rsu1.org (effective 8/09)

Requests for items to be added to this list should be made in writing to the RSU 1 Wellness Council. Please include nutrition information. This appendix will be updated and distributed annually.

Appendix C:

SMART FUNDRAISERS FOR HEALTHY SCHOOLS

Raising money is a constant challenge for schools and youth programs. School fundraisers may help pay for computers, field trips, athletics, music, art, and other programs that educate and enrich young lives – important programs that are not always covered by shrinking school budgets.

More than just raising money to pay for valuable programs, a well-run fundraiser can also be an experience that educates, builds self-esteem, provides community service, and promotes school and community spirit.

Fundraising doesn't have to involve selling food items of limited nutritional value, such as candy. When healthy food choices are used as fundraising items, the healthy eating message presented in the schools is reinforced. Some of the ideas even have the added benefit of providing additional physical activity opportunities for students.

Following are web sites and fundraising ideas that offer alternatives to selling candy. Take a look and help your school select a creative fundraising alternative to selling foods of limited nutritional value.

Search the Web

Select a search engine and type in "school fundraisers" to access 112,000+ sites.

A few of these sites follow: www.afrds.org/homeframe.html

Association of Fund-Raising Distributors and Suppliers Site includes a Toolbox with "Fundraising Fundamentals," a checklist for evaluating fundraising companies, and a resource on product fundraising issues and trends. www.PTOtoday.com

Lists fundraising activities by categories, has a "work vs. reward" equation, contains a parent sharing section on "what works, what doesn't and why." www.fundraising-ideas.com

Offers a free newsletter with programs, services, and press releases. Links to www.amazon.com with books on fundraising.

Healthier Food Ideas:

- Bottled water with school name/logo
- Gift baskets of fruit/cheese
- Naturally low fat pretzels
- Specialty shaped pastas
- Boxes of citrus fruits
- Popcorn
- Cheese
- Apples
- Nuts

Activity-Related Fundraisers

- Skate night
- Yard Sale
- Jog-a-thons/Walk-a-thons
- Tennis/horseshoe competition
- Jump rope-a-thons
- Golf, dodgeball, badminton tournament
- Bowling night

Show-Your-School Spirit Fundraisers with School Name/Logo

- Mugs
- Scarves
- Megaphones
- Stadium cushions
- Water bottles
- bumper stickers/decals
- T-shirts & sweatshirts
- “Rally rags,” “Team towels,” “Homer hankies”
- License plate frames

Fun and Entertaining Fundraisers

- Dances
- Talent Shows
- Magic Shows
- School art drawings
- Buttons, pins and stickers
- Balloon bouquets
- Temporary tattoos
- Singing telegrams
- Milk Mustache photos
- Valentine’s Day flowers

Community-Related Fundraisers

- Customized signs
- Family portraits
- Scratch & Help Cards
- Gift wrapping (at holiday time)
- Selling local agricultural products
- Recycling cans/paper/ink cartridges
- Emergency kits for cars
- Car washes

Material Fundraisers

- Candles
- Jewelry
- First aid kits
- Bath accessories
- License plate frames
- Spirit/seasonal flags
- Frisbees
- Magnets
- Hats
- House decorations
- Computer software
- Holiday ornaments
- Plants, flowers & bulbs
- Greeting cards/stationery
- Stone/brick/tile memorials
- Books, calendars and magazines
- Cookbook of easy & healthy after-school snacks
- CD or collection of student songs
- Rent a Special Parking Place
- Pet treats, toys, accessories

APPENDIX D:

PHYSICAL ACTIVITY RESOURCES

Cross-curricular Instruction: Integrating Physical Activity into classroom subjects

Integrating physical activity among the subject areas provides opportunities for teachers to work together. Below are several ideas for integrating physical movement into various subject areas:

Physical activity guides for elementary classroom teachers that integrate physical movement into classroom subjects; language arts, math, science and social studies.

Brain Breaks: www.emc.cmich.edu/BrainBreaks

Energizers: www.ncpe4me.com/energizers.html

Take Ten: www.take10.net

Take It Outside: www.take-it-outside.com

Take Time: www.actionbasedlearning.com

Physical activities to reward students:

- have an extra recess
- walk with a teacher during recess
- dance to favorite music in the classroom
- hold Friday Physical Activity Time (based on good behavior during the week)
- challenge another class to a sport or activity
- turn a class party into a dance
- modify traditional games for traditional use
- hold contests or relays

Other Physical Activity resources:

All Children Exercising Simultaneously (ACES) day: A one day event where millions of children of all ages exercise at the same time worldwide in a symbolic event of fitness and unity. www.michiganfitness.org

Hoops for Heart: Engages student in playing basketball while learning the lifelong benefits of physical activity, volunteering, and fundraising. www.americanheart.org

Jump Rope for Heart: Engages students in jumping rope while learning the lifelong benefits of physical activity, the seriousness of heart disease and stroke, volunteering and fundraising. www.americanheart.org/jump

National Physical Education & Sport Week: Designated week for encouraging and promoting physical activity. www.aahperd.org/naspe/may

Walk to School Day/Safe Routes to School: Join in the effort to promote walking to school as a way to provide an opportunity for more physical activity! www.michiganfitness.org

Alliance for a Healthier Generation: Provides resources and grant opportunities to help schools implement healthy changes to promote physical activity and healthy eating. www.healthiergeneration.org

RSU1 APPROVED NUTRITIOUS FOODS FOR SCHOOL CELEBRATIONS
SEPTEMBER 2009

Drinks –

- Water, 100% fruit juice, 1% Milk (chocolate is allowed), or seltzer mixed with fruit juice are the only drinks that may be served at school celebrations.

*** Note that 100% juice is not the same as 100% vitamin C. There must not be any high fructose corn syrup or other artificial sweeteners.

Fresh Fruit (purchased locally when possible)

- Whole
- Cut up and served with or without nut butter or low-fat cream cheese dip
- Fruit Salad – made with or without yogurt
- Fruit and Cheese Kabobs
- 100% Frozen Fruit Smoothies (made with or without low fat yogurt or 100% fruit juice)
- 100% Frozen Fruit Ices or bars with no added sweeteners
- Canned Fruit in fruit juice not syrup

Dried Fruit – any variety

- 100% dried fruit snacks (no added sweeteners)

Nuts and seeds

- Peanuts, soybeans, walnuts, almonds, sunflower seeds, flax seeds, macadamia, chickpeas, cashew, coconut, pistachio, pine nuts*

Raw Vegetables (purchased locally when possible)

- Any variety w/low fat dips, hummus ...

Whole Grain Crackers w/ cheese slices, peanut butter, hummus...

- (eg. Triscuits, Wheat Thins Multigrain, Wheat Thins Fiber Select, Shaw's Woven Wheats, Shaw's Reduced Fat Wheat Crackers (Baked), Kashi TLC Crackers, Goldfish - whole grain variety)

*** Note that whole grain and whole wheat are not the same thing. Whole grain refers to 2 grams of fiber per serving. Read the package nutrition info to determine this. Many children who do not like whole wheat will do fine with whole grain.

Trail Mix

- Preferably made with whole grain cereals and/ or low sugar (< 6 grams per cup such as Life, Cheerios (plain), Multigrain Cheerios, Shaw's Toasted Oats, Kix, Puffins varieties, and Kashi Heart to Heart...) mixed with nuts, seeds, pretzels. No candy or marshmallows. (recipes will be made available)

Granola Bars

- Quaker Chewy **25% less sugar** varieties
- Kashi TLC Granola Bars – all boxed varieties
- Kellogg's Fiber Plus
- General Mills Fiber One – all varieties
- Shaw's Good Day Cereal Bars
- Shaw's Fiber Max chewy bars
- Hannaford Apple Cinnamon Cereal Bars
- Hannaford Fiber Max – oats and chocolate or oats and peanut butter flavors
- Mae's Café granola bars
- Homemade (recipe will be made available)

String Cheese

- Such as Polly – O Twisterellas, Borden or Sargento Light Mozzarella, Kraft Twistums...

Popcorn

- Home popped with no butter added
- Any microwave brand that is 94% fat free

Pretzels

- Preferably mini, whole wheat and low-salt

Rice Cakes

- made with Brown whole grain rice, any flavor

Corn tortilla chips

- Preferably low fat or baked, with salsa or bean dip

Yogurt

- Any variety, but recommended light or fat-free varieties. Yogurt parfaits with fruit and/or low-fat granola.

Apple sauce

- No sugar added / unsweetened varieties

Mini Whole Grain Bagels

- With nut butter, low-fat/light cream cheese, or fruit preserves that have no added sugar.

Sandwich Wraps/roll ups or other sandwiches

- on whole grain breads with ham, turkey, chicken with veggies, +/- cheese and low fat condiments (Wonder Whole Grain White meets criteria)

Recipes and ideas for fun fruit and vegetable snacks will be available in the *RSU 1 In Health* handbook in the fall of 2009.

Approved for occasional/limited consumption – it is recommended that only 1-2 of these items is served at any one event and only enough for 1 serving per student.

- Unfrosted Animal Crackers – Look for varieties that are not made with trans fats or partially hydrogenated oils.
- Teddy Grahams
- Graham Crackers
- Oatmeal/ Raisin Cookies (recipes will be available)
- Fruit Newtons
- Baked Lays potato chips
- Pudding made with low fat milk (if pre-made store bought, refrigerated brands only)
- Muffins - Small, made with at least 1/3 whole wheat, or corn, **and** fruit
- (recipes will be made available)
- Single servings (1 slice) of Pizza, preferably made with whole grain crust or whole grain English muffins, sauce and cheese (part skim milk mozzarella), +/- vegetables.

This is not a comprehensive list of all foods that meet the nutrition standards, but it gives a good variety. Some foods may be just over the limit in either the sugar or fat category, but they are still be considered nutritious because of high levels of fiber and protein.

Requests for items to be added to this list should be made in writing to the RSU 1 Wellness Council. Please include nutrition information when possible. The list will be updated and distributed bi-annually if changes have been made.

Criteria for this list came mainly from the “Let’s Go” program through Maine Health, as well as from the Hannaford Guiding Star system. These programs used PhD nutritionists to determine which kinds of foods were most nutritious. All of the details of the Hannaford system are not available to us, but for prepared foods, we chose only items that had at least a one star rating. These foods had to meet criteria based on content of vitamins, minerals, fiber, whole grains, trans or saturated fats, cholesterol, sugar and sodium.

As a general guideline, food on this list (by serving) should have no more than:

- 35% sugar by weight, except natural sugars in fruit
- 30% calories from fat, except nuts
- 600 mg of sodium.
- 60 mg or less of cholesterol
- The use of whole grains as much a possible.
- Very limited or no trans/saturated fats, high fructose corn syrup or artificial sweeteners.

Common Questions & Answers for the RSU 1 Wellness Policy

1) Q - Why has this Wellness Policy been developed?

A – The epidemic of obesity in United States, that is affecting the health of our population and especially our youngsters, has prompted Federal and State Legislators to require schools to have a wellness policy. The RSU is following those regulations.

Beyond this, schools are an excellent venue for teaching good nutrition and physical activity as a means of slowly changing the culture of unhealthy food use and inactivity that have strongly contributed to the epidemic. This is a great opportunity to improve the overall health of our students and community.

2) Q - Will all schools in Maine have a similar policy?

A – How each school writes their policy will be an individual choice. But schools that are not in compliance with the federal and state regulations are at risk for losing food subsidy monies. Some school systems are ahead of others in the development of these policies. Policies like ours are developed not only to comply, but to positively impact the long term health of our students.

3) Q – Do the policies and RSU1 approved List of Nutritious Foods apply to foods that an individual brings from home for their personal consumption?

A – **No.** Anyone may bring in whatever they choose for their **own** lunch or snacks. **The policy applies only to what is served to students, sold to students or brought in to share with other students... at any time on school grounds.**

Parents will be encouraged to send in healthy lunches, but teachers and staff will not need to police lunches or confiscate food. (See Section 3, #1,2,4,5)

4) Q – Can teachers and staff still drink coffee and soda?

A – Yes. Although soda consumption is discouraged, and there will be no soda sold in the school, staff may bring it in from home if they choose. Coffee/caffeinated beverages will not be sold or served to students. Staff may make coffee in staff lounges... and consume it wherever they choose, but they are asked to set a good example. (See section 3, #11)

5) Q - Can students bring soda or caffeinated beverages into school?

A – Yes, but it should be consumed before entering a classroom. Only water should be allowed in classrooms. This is not only for nutritional reasons, but for the protection of books, supplies and equipment and reduce janitorial time.(See section 3, #2 and 11. We will not sell or serve sweetened or caffeinated beverages to students.)

6) Q – How was the approved list of food developed?

A – We used guidelines from the *Lets Go* Program, the Hannaford Star System and several other similar school wellness policy lists developed by nutritionists. (See bibliography/sources)

7) Q – Does this policy mean the foods not on the approved List of Nutritious Foods cannot be sold on school grounds as fundraisers during or after school?

A – In general yes, but limited exemptions can be granted by the superintendent for after school fundraisers where the sale of the foods is clearly intended for home consumption.

Foods sold or served at events on school grounds, for immediate consumption must comply with the approved list. (See section 3, #3, 6, 7)

8) Q – How does the policy affect events with pot luck dinners, banquets or cultural educational activities?

A – If the events are on school grounds, people will be expected to comply in good faith with the List of Approved Foods and Appendix B as closely as possible. Drinks must be in full compliance. School related events not on school grounds (team dinners...) will also be encouraged to comply as part of the overall wellness education of our students. (See section 3, #6, 7)

9) Q- Since food will no longer be allowed as a reward in the classroom, does this mean we can never have a party...?

A – No. Food for parties to celebrate special days, holidays and/or birthdays must be on the approved list. Events that are part of occasional educational cultural enrichment (Ethnic or cultural meals...) are allowed, but good faith use of the approved list of nutritional foods and following guidelines in Appendix B is expected. Drinks must be in full compliance. We encourage teachers to use ideas from Appendix A: Alternatives to Food Rewards.

(See answer to #8 above and Section 3, #4,5,6,7)

10) Q - How does this policy affect athletic teams?

A – Coaches and volunteers will receive basic nutritional training. Sports teams will be encouraged to eat in a healthy way and will not stop for fast food on the way to or from games. Athletes should bring healthy foods from home, though no food for personal consumption will be policed. **Food brought to be shared by a team must comply with the list of RSU1 Approved Nutritious Foods.** Team dinners not on school grounds are not bound by this policy, but good faith compliance with the list of RSU1 Approved Nutritious Foods and Appendix B examples are strongly encouraged as part of the RSU's overall efforts at teaching good nutrition. (See section 2, #5 and Section 3, #6)

11) Q - How are the Booster's concessions affected by this policy?

A – When Booster's concessions are on school property, they must comply with this policy. If they are on private or city property such as McMann Field, they are exempt, but are highly encouraged to support the school's efforts to teach healthy eating habits for our athletes, other students and the public in general. (See section 3, #6,7)

12) Q – What about fundraisers like cookies (Girl Scout...), candy bars or lollipops? What about candy that is part of a catalog fundraiser or frozen cookie dough?

A – Items that lend themselves to immediate consumption, like cookies, cannot be sold on school grounds. **Candy is never allowed to be served or sold.** Groups that in the past have sold such items are encouraged to use Appendix C for other non food fundraising ideas, or must do so on non school property.

Frozen cookie dough and catalog food sales are clearly intended for home consumption and or sale to the public not on school grounds; so sales of items like this can apply for a exemption with the Superintendent. Dessert Auctions where it is announced that food is for home consumption can also apply for exemption. The Superintendent will only allow a limited number of reasonable exemptions per year. (See section 3, #2,3)