

## **REGIONAL SCHOOL UNIT #1 LOCAL WELLNESS POLICY**

Regional School Unit 1 is committed to developing students' skills and behaviors that promote lifelong health and wellness. 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.

### **Nutrition Education**

All students, Pre-K- to High School shall receive nutrition education integrated within the comprehensive health education curriculum. 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. RSU1 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. School staff will collaborate with other community agencies when possible to provide students with further nutrition education.

### **Physical Education**

The Physical Education curriculum will provide opportunities to learn for all Pre-K to 12 students of all abilities and will promote confidence and encourage sportsmanship. PE will be provided at least 1X per week for 40 minutes or its equivalent for each student in grades Pre-K-8 and maintain a student to teacher ratio of 25:1 or better whenever possible. Physical Education classes will help promote a physically active lifestyle and the promotion of lifetime physical activity. Curriculum will be assessed for competency of knowledge, skills and practice; and aligned with State standards, comprehensive in scope and sequence.

All students in Physical Education classes will participate in Fitnessgram or other fitness assessments annually; and teachers will assist students with interpretation. All Physical education classes will include at least 50% of moderate to vigorous activity opportunities in all or most lessons.

Safe and adequate space and equipment will be maintained for the use of Physical Education classes. Physical Education classes will be taught by a certified teacher and yearly professional development will be provided to PE staff.

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, PE teacher, parent or guardian. 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. Students at the high school level will be required to take at least one credit of physical education and are encouraged to take elective courses throughout their four years.

### **Physical Activity**

All RSU1 staff will work together to learn new strategies to incorporate physical activity and movement breaks within the school day for all grade levels. This includes using physical activity as a reward. Each school in the RSU should encourage parents to support their children's participation in community physical activities through school-home communications. Each school will make available periodic and

ongoing programs to increase activity for staff. One RSU 1 Late Start Wednesday Session during each academic year will be dedicated to support Staff Wellness Activities.

All students, Pre-K to 12, shall have the opportunity to participate regularly in either organized or unstructured physical activity. Strategies that incorporate physical movement in the classroom and into routine daily activities are encouraged. Students in grades Pre-K -5 shall have the opportunity for a minimum of 15 minutes of daily physical activity which may include recess, classroom activities and/or physical education.

Effort should be made to allow all elementary school students to go outdoors as frequently as possible for their daily recess time. If recess must be held indoors due to weather, teachers should allow reasonable and appropriate physical activity in the classroom. Whenever possible, the daily recess period shall be scheduled before lunch. Schools shall have proper equipment and a safe area designated for supervised recess. Students who remain inside due to health concerns 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. 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.

The school unit will strive to provide students grades Pre-K to 12 with developmentally appropriate opportunities for physical activity before, and after school programs including, but not limited to intramural sports, interscholastic athletics and/or physical activity clubs. 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.

#### In School Meal Standards

The district provides an assurance that guidelines for reimbursable school meals shall not be less restrictive than USDA meal regulations and guidance. The food service purchasing program and preparation methods will continue to decrease fat, sugar and sodium levels in food, while increasing whole grains, unprocessed foods and fresh produce from local farms when possible through the Farm to School Program. Nutritional information for school meals will be available for students and parents and included in each school menu.

Before eating, school personnel will assist students in developing the healthy practice of cleansing hands. Students will be provided adequate time (minimum of 20 minutes) to finish their meals and appropriate supervision shall be provided in the cafeteria with rules for safe behavior consistently enforced.

Food service staff shall be directed by a qualified nutrition professional and appropriate professional development provided in the area of food and nutrition for food service staff.

#### Nutrition Standards for sale or service of food outside of USDA school meals.

Foods and beverages served and prepared by food service staff (outside of USDA reimbursable meals) such as a la carte and vending will comply with both federal regulations and state mandates.

Food items brought from home for a student's **personal consumption** (not served or sold to others) is not required to follow federal or state guidelines and cannot be confiscated, nor can the student be given disciplinary actions for such items.

Soda and candy will not be sold or served to RSU 1 students during the school day. Personal soda consumption is discouraged and only water is recommended for all while in the classroom.

All students and staff will have access to free, safe, and fresh drinking water throughout the school day. Beverages served will be limited to water, 100% fruit juices, plain or flavored fat-free and low fat milk with serving size based on grade span. (See RSU1 List of Healthy Snacks and Beverages, Rev. 2012). Caffeinated drinks will not be served to students grades Pre-K through 8. Caffeinated drinks in the form of coffee or tea can be served to students grades 9-12. Caffeinated drinks (as specified above) will not be part of the school breakfast meal or lunch meal, and will only be available as an ala carte item. Efforts will be taken to minimize the amount of sugar and fat (in the form of creamers) that accompany these beverages.

Food or beverages (including candy) shall not be used as a reward or incentive for students' behavior or performance. The use of non-food items at classroom parties and school celebrations is encouraged. If foods or beverages are served at school day celebrations or events, consideration should be given to also include options from the RSU1 List of Healthy Snacks and Beverages List, Rev. 2012 (Refer to the last page of this policy).

All RSU1 employees are **encouraged** to model healthy eating, including snacks and beverages served at their own celebrations and events held within the school building in view of students. (See RSU1 List of Healthy Snacks and Beverages, Rev. 2012).

It is strongly recommended to use only non-food items to raise funds. The superintendent can approve exemptions to after-school fundraisers on school property for the sale of food items that are solely for home consumption.

Coaches and chaperones of school sponsored events need to provide access to fresh, nutritious balanced meals that serve students in a timely manner. Boxed meals may be ordered in advance from food service for field trips and athletic events. Students may bring food items from home for personal consumption. All students are strongly encouraged to make healthy choices.

Food and beverages sold or served at RSU 1 evening and community events on school grounds, including athletic events, dances, and performances, will include healthy options. It is acknowledged that outside agencies use RSU 1 facilities and agree to provide healthy options.

#### Implementation, monitoring and evaluation of the Local Wellness Policy:

The Superintendent/Designee shall be responsible for the implementation of the Local Wellness Policy for monitoring efforts to ensure that the intent of the Wellness Policy is adhered to and for reporting to the School Board and community. The Superintendent/Designee shall report annually to the school board on the implementation of the policy including:

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 committees
- Recommendations for policy, program or curriculum revisions
- A survey will be sent home annually in May to collect data from parents on the Wellness Program.

It is recommended that there be a Wellness Committee at each school in the school unit to 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. Building principals and/or administrators are responsible for overseeing and implementing this policy.

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

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 forms of communication to improve school wellness. 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. Through the RSU 1 and individual school's webpages, the district 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.

The marketing of unhealthy food choices is 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.

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

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. 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.

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

Attached: RSU1 List of Healthy Snacks and Beverages, Rev. 2012

Adopted: June 25, 2012

Revised: February 26, 2015; August 27, 2018

## RSU 1 List of Healthy Snacks and Beverages Revised 2018

### Drinks (Follows Alliance for a Healthier Generation School Beverage Guidelines)

- Water, any size – no added sugars, artificial sweeteners or sodium
- 100% fruit juice (or 100% juice plus water)
  - Elementary students: 8 oz (120 cal.)
  - Middle students: 10 oz (150 cal.)
  - High students: 12 oz (180 cal.)
- Plain or flavored fat-free or low fat milk
  - Elementary: 8 oz (150 cal.)
  - Middle: 10 oz (188 cal.)
  - High: 12 oz (225 cal.)

No or low calorie beverages (up to 10 calories per 8 oz) for high school students only  
Other drinks (up to 99 calories or 12 oz) for high school students only
- Caffeinated drinks (coffee and tea) – high school students only

### Fruit

- Whole, cut-up, fresh, frozen in bars or for smoothies, canned (not in syrup), or 100% dried (no added sweeteners)

### Apple sauce

- No sugar added / unsweetened varieties

### Nuts, seeds and nut butters

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

### Vegetables

- Any variety including dark green or orange

**Whole grain foods:** (whole grain listed first in the ingredients, low-salt or no salt)  
granola bars, popcorn, pretzels, rice cakes, corn tortilla chips, mini whole grain bagels

### Trail Mix

- Made with whole grain cereals, nuts, dried fruit. No candy or marshmallows.

### String Cheese

### Yogurt

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