

## **Mt. Blue Regional School District Wellness Policy**

### **Nutrition Education Goals**

Students shall receive nutrition education that teaches the knowledge and skills needed to adopt healthy eating behaviors and is aligned with the federal statutes and State of Maine laws. Nutrition education shall be integrated into the curriculum. Nutrition information and education shall be offered throughout the school campus including but not limited to school dining areas and classrooms. School staff members who provide nutrition education shall have appropriate training.

### **Physical Education and Physical Activity Goals**

The district shall offer physical education opportunities that include the components of a quality physical education program. Physical education shall equip students with the knowledge, skills, and values necessary for lifelong physical activity. Physical education instruction shall be aligned with the federal statutes and the State of Maine laws. Students shall have the opportunity to participate regularly in supervised, organized or unstructured, physical activities to maintain physical fitness, and to understand the short and long term benefits of a physically active and healthy lifestyle.

### **Nutrition Standards for All Foods Available on School Campus During the School Day**

The district shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations. The district shall encourage students to make nutritious food choices.

The district shall monitor all food and beverages sold or served to students, including those available outside the federally regulated child nutrition programs. The district shall consider nutrient density<sup>1</sup> and portion size before permitting food and beverages to be sold or served to students.

The Superintendent shall continually evaluate vending policies and contracts. Vending contracts that do not meet the intent and purpose of this policy shall be modified accordingly or not renewed.

### **Other School-Based Activities Designed to Promote Student Wellness**

The district may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity.

### **Measurement and Evaluation Goals**

The Superintendent shall develop and implement regulations consistent with this policy. Input from teachers, parents/guardians, students, representatives from the school food services program, the school board, school administrators, and the public shall be considered before implementing such regulations. The Superintendent shall measure how

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<sup>1</sup> Nutrient Density is the ratio of the amount of a nutrient in foods compared to the amount of energy or calories provided by the same food. More nutrient dense food choices help people get the most nutrition from their foods or make their calories count more.

well this policy is being implemented, managed, and enforced. The Superintendent shall report to the school board, as requested, on the district's programs and efforts to meet the purpose and intent of this policy.

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Reviewed: November 17, 2009

## **Mt. Blue Regional School District Wellness Policy Regulations**

### **School Health Advisory Committee**

The district shall establish a School Health Advisory Committee to provide an ongoing review and evaluation of the Local Wellness Policy and these regulations.

The Superintendent shall appoint a member of the administrative staff to the district to organize the School Health Advisory Committee and invite appropriate district stakeholders to become members of the School Health Advisory Committee. A School Health Advisory Committee may include representatives from the following areas:

- Health education
- Physical education
- Health services
- Foods services
- Counseling/psychological/social services
- Administration
- Parent
- Student
- Community
- Board Member
- Classroom Teacher

### **Nutrition Education**

Nutrition education shall be offered to all students. Nutrition education shall be aligned with Maine State Law. Nutrition education shall be designed to help students acquire knowledge and skills regarding:

- Health benefits of food and beverages from all food groups
- Recommended portion sizes
- Information found on food labels
- Factors that influence dietary choices
- Factors that affect food safety from production through consumption
- Planning for snacks and balancing meals with physical activity
- Weight management

Nutrition information shall also be made available to parents/guardians and the community. The students, staff and community will be informed about the Local Wellness Policy on an annual basis.

### **Physical Education and Physical Activity Opportunities**

Age appropriate physical education shall be offered to all students of the district grades K-8 and 1 year in high school. In addition, physical education topics shall be integrated into the curriculum when appropriate.

The district shall implement a quality physical education program that addresses the following:

### *Curriculum*

- Has a curriculum aligned with the Maine Learning Results Physical Education standards.
- Equips students with the knowledge, skills, and attitudes necessary for lifelong physical activity.
- Influences personal and social skill development.

### *Instruction and Assessment*

- Is taught by a certified physical education teacher.
- Aligns curriculum, instruction, and assessment.
- Engages students in curriculum choices that prepare them for a wide variety of lifetime activities
- Keeps all students involved in purposeful activity for a majority of the class period.
- Builds students' confidence and competence in physical abilities.
- Includes students of all abilities.

### *Opportunity to Learn*

- Provides facilities to implement the curriculum for the number of students served.
- Has enough functional equipment for each student to actively participate.
- Builds students confidence and competence in physical abilities.
- Includes students of all abilities.

The district should offer daily opportunities for unstructured physical activity, commonly referred to as recess, for all students K through grade 8. Recess should be in addition to Physical Education class time and not be a substitute for physical education. Each elementary school shall provide proper equipment and a safe area designed for participation in recess in the elementary setting.

The district shall encourage recess immediately before lunch for all students grades K-8.

### Nutrition Standards

The district shall offer school meal programs with menus meeting the meal patterns and nutrition standards established by the United States Department of Agriculture (USDA).

The district shall encourage students to make healthy food choices based on the most current Dietary Guidelines for Americans. Food and beverages that compete with the District's policy of promoting a healthy school environment shall be discouraged.

The district will be encouraged to use locally grown foods.

The district shall monitor food service distributors and snack vendors to ensure that they provide predominantly healthy food and beverage choices that comply with MSAD #9 policies. The district will not knowingly purchase and serve food that has been irradiated.

The district shall encourage healthy school parties and rewards. Notices shall be sent to parents/guardians either separately or as a part of a school newsletter, reminding them of the necessity of providing healthy treats for students and/or encouraging the use of non-food treats for classroom birthday or award celebrations.

The district shall use healthy fundraisers and cease fundraising that involves selling food items of limited nutritional value, such as candy, cupcakes, some cookies, or sugary beverages.

### School Wellness

Employees are expected to set a positive healthy lifestyle role model for students by following, at a minimum, these local wellness policy regulations. Students can learn healthy lifestyle habits by observing the food and physical activity patterns of school personnel and other adults who serve as role models in their lives. In order to send consistent messages to students, adults in the school environment are encouraged to make healthy food choices and engage in physical activity. The district shall work through the Wellness Team and building level staff to find low or no cost ways to encourage staff wellness.

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