

**WINSLOW PUBLIC SCHOOLS  
25 MESSALONSKEE AVENUE  
WATERVILLE, ME 04901**

**WELLNESS**

The School Board believes that schools play a critical role in creating a healthy school environment. The Board recognizes the importance of good nutrition and physical activity in a student's ability to learn effectively and achieve high standards in school. The healthy habits that students develop in childhood will affect their health & fitness throughout their life.

The School Board understands that a healthy staff can perform more effectively in their assigned duties and the Board encourages the modeling of positive wellness behaviors.

The Board shall appoint a district-wide Wellness Committee comprised of at least one of each of the following:

- A. Board member;
- B. School administrator;
- C. Food Service Director/designee;
- D. Student representative;
- E. Parent representative; and/or
- F. Community representative

The Wellness Committee may also include:

- A. School Nurse;
- B. Teacher(s);
- C. Guidance Counselor;
- D. Social Worker;
- E. Community organization or agency representative;
- F. Other staff, as designated by the Board; and or
- G. Other persons, as designated by the Board

### EDUCATION GOALS

#### Health /Physical Education

Health/Physical Education class expectations shall be consistent with the School Districts' Health and Physical Education curriculum. The Health/Physical Education curriculum will be sequential, comprehensive and aligned with the content standards of the Maine system of Learning Results.

#### Health Education

The School Board believes that health education can provide the foundation for lifelong healthy living. Students will acquire the knowledge, habits, and skills necessary for life-long wellness & fitness.

#### Physical Education

The School Board recognizes that the physical education program is an integral and crucial part of a student's education. The schools will provide a comprehensive physical activity program, which encompasses a variety of opportunities for students to be physically active. Students will develop the knowledge and skills to increase and maintain their physical fitness levels and understand the short and long-term benefits of a physically active and healthy lifestyle.

### PHYSICAL ACTIVITY GOALS

The School Board recognizes that a comprehensive physical activity program encompasses a variety of opportunities for students to be physically active, such as: physical education, recess, walk-to school programs, after-school physical activity programs, and physical activity breaks within regular classrooms.

- Schools will promote a broad range of physical activities that meet the needs,

interests and abilities of all students within our school community to promote fitness.

- Schools shall encourage various periods of physical activity daily.
- Appropriate professional development will be provided for physical education staff.

#### NUTRITION AND NUTRITION PROMOTION GOALS

The School Board supports good nutrition as part of the school environment that contributes to student health and encourages positive food choices and healthy eating habits. The Board believes that nutrition influences a student's ability to take full advantage of the school system's educational program.

#### School Nutrition Programs

1. Meet nutrition requirements established by local, state, and federal statutes and regulations.
  - Nutrition Standards: The School District will ensure that meals provided by its food Service Program meet or exceed the nutrition standards established by federal regulations. (1) Sales of food and beverages that compete with the school food service program must be in compliance with the Board's policy EFE, Competitive Food Sales/Sales in Competition with the School Food Services Program. (2)
  - Nutrition Assurance: This policy serves as assurance (3) that the Union's 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.
2. Include nutrition education in the sequential, comprehensive health education program aligned with the content standards of the Maine system of Learning Results.
3. Provide the food service staff an opportunity to work cooperatively to integrate the cafeteria experience with classroom teachings.
4. Offer ongoing professional development for nutrition professionals in all schools.
5. Schedule meals at appropriate times. Tutoring time, club, or organizational meetings should not be scheduled during mealtime unless students may eat during such activities.
6. Supply meals that are appealing and attractive to students that are served in a clean and pleasant setting.
7. Present meals that promote a variety of fresh fruit, vegetables and whole grain foods.
8. Post calorie information for prepackaged a la carte menu items at the point-of-decision.
9. Encourage the use of local farm products and organic foods when available and affordable.
10. Foods and/or beverages marketing techniques including logos, vending machines, books, curricula, textbook covers, school supplies, scoreboards, sports equipment, incentive programs, free samples, and coupons will promote healthy options.

#### COMPETITIVE FOODS DURING THE SCHOOL DAY

Any foods or beverage sold during the normal day on school property of a school participating in the National School Lunch and Breakfast Programs shall be a planned part of the total food service program and shall include only those items which contribute both to the nutritional needs of students, as defined in applicable federal and state regulations and the development of desirable food habits.

- Funds from all food and beverage sales to students during the normal school day on school property shall accrue to the benefit of the school's non-profit school food service program.
- Sales of food and beverages that compete with the school food service program must be in compliance with the Board's policy EFE, Competitive Food Sales/Sales in Competition with the School Food Services Program. (2)

#### OTHER FOODS DURING THE SCHOOL DAY

- School events, parties/celebrations, meetings – food that is provided to students

and staff shall offer a variety of foods that include healthy options that make a positive contribution to one's health with emphasis on fruits and vegetables and water.

- Classroom rewards and snacks: School staff will provide students with an opportunity to make healthy choices when offered rewards and snacks. Rewards and snacks should be distributed in moderation.

#### COMPETITIVE FOODS AFTER SCHOOL HOURS

The Board recognizes that proceeds from the sale of foods and beverages outside of the School Lunch Program ("competitive foods") are a significant source of funding for an organization. All proceeds will accrue to the fundraiser's organization.

- Food related fund raising after school hours - to support student's health and the school nutrition education efforts, school fund raising activities will promote healthy food and beverage options. Exemption: Fundraising event open to the public.
- Food and/or beverage contracts will be consistent with nutrition education of our students. The school administration including the Food Service Director will approve all contracts.

#### Wellness Goals

The School Board recognizes the importance of promoting and maintaining a healthy lifestyle for students and staff.

- Support a Wellness Team that addresses the needs of students and staff in the area of wellness.

#### Measurement and Evaluation Goals

The School Board recognizes the importance of implementing and maintaining the Wellness Policy.

- The school administrators and the Wellness team will oversee the implementation of the wellness policy.
- The Wellness Team will create a 3-year plan with annual review of goals and objectives and share it with the administration.
- Evaluation techniques will be in accordance with all policies with the School Board.

**ADOPTED:** November 6, 2006; **REVISED:** 1/25/16

**SOURCE:** Board Policy