

## **AOS 93 WELLNESS POLICY**

The School Boards of AOS 93, (which include Bristol Consolidated School, Great Salt Bay School, Jefferson Village School, Nobleboro Central School and South Bristol Elementary School) recognize that student wellness and good nutrition are related to students' physical and psychological well-being and their readiness to learn. The Boards are committed to providing school environments that support student wellness, healthy food choices, nutrition education, and regular physical activity. The Boards believe 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. Healthy eating and daily physical activity can improve academic performance, attendance, mood, alertness, and behavioral issues.

Therefore, the Boards are committed to providing school environments that enhance learning and the development of lifelong wellness practices by supporting student and staff wellness, healthy food choices, nutrition education, and regular physical activity.

The Boards believe that a collaborative community effort is needed to support this policy. The schools are encouraged to cooperate with agencies and community organizations to support programs that contribute to good nutrition and physical activity.

### **Nutrition Education**

Nutrition education will be integrated into the instructional program through the health education curriculum as aligned with Maine Learning Results. It may also be integrated into the standards - based lesson plans of other school subjects, as well as through the use of school gardens, taste testing, cooking demonstrations, and school-wide events.

Students shall receive consistent nutrition messages based on the latest Dietary Guidelines for Americans throughout the school community, including classrooms and the school cafeteria. The schools may provide parents/guardians with information regarding healthy and nutritious food and beverage choices.

### **Nutrition Guidelines**

#### **Water**

To promote hydration, free, safe, unflavored drinking water will be available to students throughout the school day, including mealtimes, at every school.

#### **Food Sold**

In support of promoting healthy eating and sending consistent nutrition messages, the AOS 93 Food Services Director and AOS 93 Schools will ensure that meals provided by its Food Services Program meet the nutrition standards established by federal regulations and be consistent with the USDA Guidelines for Child Nutrition. The District recommends adequate time and space for students to obtain food and eat in a clean and safe meal environment.

Sales of foods and beverages that compete with the total food service program must be in compliance with Smart Snack regulations. Local produce shall be integrated as much as possible into the School Nutrition Program.

### **School Meals**

Meals served through the National School Lunch and Breakfast programs will:

Meet nutrition requirements established by local, state and federal statutes and regulations with pleasant eating areas for students and staff.

### **Breakfast**

To encourage that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

Schools will, to the extent possible, arrange and utilize methods to serve breakfast that encourages participation, including serving breakfast in the classroom, “grab and go” breakfast, or breakfast during morning break or recess.

### **Free and Reduced Meals**

AOS 93 Schools will make every effort, as is required, to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced price meals.

### **Food and beverage Marketing**

Food and beverage advertising: Brand-specific advertising of food or beverages is prohibited in school buildings or on school grounds except for food and beverages meeting standards for sale or distribution on school grounds in accordance with rules adopted under subsection 12. For the purposes of this subsection, “advertising” does not include advertising on broadcast media or in print media such as newspapers and magazines, clothing with brand images, work on school grounds or advertising on product packaging.

### **Food Served**

Food provided during the school day including snacks and celebrations should limit unhealthy choices and are encouraged to be healthy choices which will provide nutritional value to the students

### **Snacks**

Snacks served during the school day will make a positive contribution to children's diets and health, with an emphasis on serving whole grains, and fruits and vegetables as the primary snacks and water as the primary beverage.

### **Rewards**

Schools/teachers will not use foods or beverages as rewards for academic performance or good behavior, and will not withhold food or beverages as a punishment. Instead, all schools within the district will encourage using physical activity as a reward.

### **Celebrations**

For classroom celebration non-food activities are encouraged. If food is served, teachers/staff will encourage parents to bring in healthy snacks and beverages. A list of healthy celebrations ideas can be found in the

Appendix.

Food or beverages (including food served through school meals) will not be withheld as a negative consequence or disciplinary measure, nor used as a reward, unless it is specified in an IEP.

The School Boards encourage that food and beverages offered or sold at student-only, school-sponsored events outside the school day will meet the nutrition guidelines in Exhibit A. Healthy food alternatives are encouraged. The District will disseminate nutrition guidelines and a list of healthy food alternatives to school groups upon request. A healthy school environment will be supported by encouraging primarily non-food items being sold through school fundraising activities.

### **Physical Education**

The physical education program will provide all students in K-8, including students with disabilities, special health care needs, and in alternative education settings, with knowledge and skills needed to be physically fit and take part in healthful physical activity on a regular basis.

### **Physical Activity**

AOS 93 will strive to provide all students developmentally appropriate opportunities for daily physical activity through recess periods, extracurricular activities (clubs, intramural and interscholastic athletics), integration of physical activity in the classroom, walking/movement breaks, and/or alternative study periods. The schools will strive to provide these opportunities for at least 30 minutes per day for all students, K-8.

All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which moderate to vigorous physical activity will be encouraged through the provision of space and equipment. In partnership with Let's Go! 5-2-1-0 to reduce screen time and encourage activity, sedentary technology will not be permitted at outdoor recess.

Administrators, teachers and other school community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as a negative consequence, during the academic school day. Recess may be shortened or withheld for the educational or physical well-being of the individual or the school community.

### **Staff Wellness**

Representatives of AOS 93 Schools shall be a part of the AOS 93 Wellness Team and shall utilize this team as a resource along with building-level staff to find low or no cost ways to encourage staff wellness.

School administrators will communicate the importance of staff modeling healthful habits for students.

### **Wellness Team**

The Boards or designee shall appoint members to a Wellness Committee. The following roles are eligible to be a part of this team:

- Board Member;
- School Administrator;

- School Nutrition Director/designee;
- Student Representative;
- Parent Representative; and/or
- Community Representative;
- One or more teachers, especially teacher of physical education;
- School nurse, guidance counselor, or social worker

The Wellness Team shall serve as an advisory committee in regard to student/staff wellness issues and will be responsible for making recommendations related to the wellness policy, wellness goals, administrative or school regulations and practice, or raising awareness of school community health issues. The Wellness Team is encouraged to create an Action Plan on an annual basis to promote health and wellness.

### **Communication**

The Superintendent or Designee will assure that the Wellness Policy is posted on the District and School websites and communicated annually to keep students, parents, staff, and the community informed of wellness initiatives.

### **Monitoring and Evaluation**

The Superintendent or 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 Boards on an annual basis. Monitoring may include surveys or solicitation of input from students, parents, staff, and school administrators collected by the Wellness Committee after approval by the Superintendent/designee.

District to conduct an assessment of the wellness policy every three years, at a minimum, to determine:

- Compliance with the wellness policy;
- How the wellness policy compares to model wellness policies;
- Progress made in attaining the goals of the wellness policy.

### **Cross Reference:**

Policy EFE: Competitive Food Sales / Sales in Competition with the School Food Services Program

#### **Exhibit A -**

Healthier School Day: <http://www.fns.usda.gov/healthierschoolday>

USDA Nutrition Guidelines:

<http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>

#### **Appendix-**

Non-Food Rewards:

<https://mainehealth.org/-/media/lets-go/files/childrens-program/schools/k-5-school/useronfoodrewardsschools20152016.pdf?la=en>

Healthy Celebration Ideas:

<https://mainehealth.org/-/media/lets-go/files/childrens-program/schools/k-5-school/ideasforonfoodcelebrations5.pdf?la=en>

<https://mainehealth.org/-/media/lets-go/files/childrens-program/schools/k-5-school/ideasforhealthysnacks.pdf?la=en>

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