

JEFFERSON SCHOOL COMMITTEE WELLNESS POLICY

The Jefferson School Committee recognizes that student wellness and good nutrition are related to students' physical and psychological well-being and their readiness to learn. The JSC is committed to providing a school environment that supports student wellness, healthy food choices, nutrition education, and regular physical activity. The JSC believes that students who learn and practice healthy lifestyles in the formative years may be more likely to be conscious of the importance of good nutrition and exercise as adults, practice healthy habits, and reduce the 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 JSC is committed to providing a school environment that enhances learning and the development of lifelong wellness practices through the support of student and staff wellness, healthy food choices, nutrition education, and regular physical activity.

The JSC believes that a collaborative community effort is needed to support this policy. The school is 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 the Maine Learning Results. It may also be integrated into the standards-based lesson plans of other 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 school will provide parents/guardians with information regarding healthy and nutritious food and beverage choices.

Nutrition Guidelines

Food Sold

In support of promoting healthy eating and sending consistent nutrition messages, the AOS 93 Food Services Director and Jefferson Village School 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 the JSC's *Competitive Food Sales/Sales in Competition with the School Food Services Program Policy (EFE/1015), Chapter 51, and meet the nutrition guidelines of the HealthierUS School Challenge (Exhibit A)*. Local produce shall be integrated as much as possible into the School Nutrition Program.

Food Served

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 JSC encourages 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

Jefferson Village School 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 school 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 concert 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 Jefferson Village School 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 JSC/Designee shall appoint members to Wellness Team. The following roles are eligible to be a part of this team:

- Jefferson School Committee 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 website 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 JSC 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.

Cross Reference:

Policy EFE/1015: Competitive Food Sales / Sales in Competition with the School Food Services Program

Maine Department of Education: Chapter 51, Child Nutrition Programs in Public Schools and Institutions

Exhibit A –

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

USDA Nutrition Guidelines: <http://www.usda.gov/school-meals/nutrition-standards-school-meals>

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