

**JEFFERSON SCHOOL COMMITTEE
WELLNESS POLICY**

The Jefferson School 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 wellness, healthy food choices, nutrition education, and regular physical activity. The Board 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.

In order to promote student health and reduce childhood obesity, the Jefferson School Board is committed to providing a school environment that enhances learning and the development of lifelong wellness practices.

To accomplish these goals:

- The Child Nutrition Program will comply with the federal, state and local requirements. Child Nutrition Programs are accessible to all children.
- Central Lincoln County School System (CLCSS) will implement a sequential and interdisciplinary nutrition education program which will be supported through the CLCSS Comprehensive Health Education Program in grades K-8.
- School sponsored activities will make every effort to implement the attached guidelines.
- All food and beverages served by the CLCSS Food Service Program during the school day will be consistent with the current USDA Guidelines for Child Nutrition.
- All foods made available on campus will adhere to food safety and security guidelines.
- The Superintendent/designee will monitor and evaluate the policy based on MSMA Guidelines. The Superintendent/designee shall be responsible for the implementation, monitoring efforts, and of the reporting to the Boards on an annual basis. Monitoring may include surveys or solicitation from students, parents, staff, and school administration.

JEFFERSON SCHOOL COMMITTEE GUIDELINE RECOMMENDATIONS FOR WELLNESS POLICY

The following are guideline recommendations that are supported and encouraged by the Jefferson Village School. The CLCSS / AOS #93 Wellness Team, the Coordinated School Health Leadership Team and the CLCSS / AOS #93 Administrative Team have contributed to the development of these guidelines.

NUTRITION EDUCATION AND WELLNESS PROMOTION

- Nutrition education will be offered at each grade level, in the health curriculum, as a part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.
- Nutrition education will be integrated into other areas of the curriculum as appropriate.
- Support for the Kitchen to Classrooms program in Central Lincoln County schools which links the school food service program with the Nutritional Education Program will continue.
As such:
 - Staff are encouraged to integrate hands on experiences in gardens and kitchen classrooms and enriched activities such as farm field studies, farmers market tours, and visits to community gardens, with core curriculum so that students understand how food reaches the table and the implications that has for their health and future.
 - Staff members are encouraged to utilize food from school gardens and local farms in kitchen classrooms and cafeterias based upon availability, time of year, and nutritional cost-benefit analysis.
- The CLCSS/AOS#93 Health Education Curriculum Committee will assess and report on all nutrition education curricula materials for accuracy, completeness, balance, and consistency with the district's education goals and standards.
- Nutrition Education will involve sharing information with families and the broader community to positively impact students and the health of the community.
- Students will be encouraged to start the day with a healthy breakfast per USDA standards.
- Staff will be encouraged to model healthy eating and physical activity as a valuable part of daily life.

PHYSICAL EDUCATION

- Physical education classes will provide an environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills, and fitness skills and knowledge where attempts will be made to engage students in moderate to vigorous physical activity for 50% of the class time.
- Student participation in physical education, recess and physical activity is an important and required part of a student's day. Physical activity will be used to enhance learning in all aspects of the student day. Students will have full benefit of these activities unless they pose a safety risk to themselves or others.
- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities.

- Adaptive physical education instruction for students who have difficulty participating in regular physical education classes will be provided as guided by plans developed within the IEP / 504 / health plan development process.

PHYSICAL ACTIVITY

- Staff development will be provided to increase the integration of assessment, increasing student physical activity, and technology.
- Classroom teachers will work to integrate physical activity into daily / weekly lessons.
- Daily recess will be encouraged for all K-8 students.
- When possible recess will be scheduled before lunch since research indicates that physical activity prior to lunch can increase the nutrient intake and reduce food waste.
- The school will provide a physical and social environment that encourages safe and enjoyable activities for all students.
- Information will be provided to families to help them incorporate physical activity into their student's lives.

OTHER SCHOOL BASED PROGRAMS

- To the extent possible, before, during, and after school programs will encourage physical activity and healthy habit formation.
- School fundraisers will be asked to promote healthy choices such as non-food items, physical activity or healthy foods.
- The Jefferson School Board will support local wellness committees comprised of families, teachers, administrators, community members, and students that will recommend plans, implement and improve nutrition and physical activity in the school environment.
- Jefferson Village School will continue to develop connections with the community to address the health and well-being of its members, such as partnerships with the Healthy Maine Partnerships, F.A.R.M.S. (Focus on Agriculture in Rural Maine Schools), Lincoln County Healthcare and the Y.M.C.A.
- The school will continue to involve the school nurses in the development of health education programs that directly impact the health and wellness of our students.

NUTRITION GUIDELINES FOR ALL FOODS ON CAMPUS

- All foods made available on campus during school hours will comply with the current USDA Guidelines for Child Nutrition. For the health of our children, sharing of food and drinks is strongly discouraged due to allergies and other medical conditions.
- Meals served through the National School Lunch and Breakfast Program will:
 - Be appealing and attractive to children;
 - Offer a variety of fruits and vegetables;
 - Provide foods and beverages that meet federal, state and local laws and guidelines; and
 - Include a variety of age appropriate health food and beverage selections for the elementary schools.
- Only low fat (1%) milk, fat free milk and nutritionally-equivalent non-dairy alternatives, (to be defined by the USDA) will be served.
- Whole grain foods will be offered throughout the menu planning process.
- To the extent possible, schools will offer at least two non-fried vegetable and two fruit options each day and will offer five different fruits and five different vegetables over the

course of a week. Schools are encouraged to source fresh fruits and vegetables from local farmers when practicable.

- The School will engage students and parents through taste tests of new entrees and surveys, in selecting foods sold through the school meal program to identify new, healthful, and appealing food choices. (USDA guidelines)
- Nutrition information for products on snack carts, a la carte and vending machines will be readily available near the point of purchase.
- Classroom snacks are encouraged by teachers to be healthy choices (see appendix for suggested healthy food choices). Foods of low nutritional value are strongly discouraged.
- Snacks served during the school day will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water or low-fat milk as the primary beverage.
- For classroom celebrations, non-food activities are encouraged. If food is served, teachers/staff will encourage parents to bring in healthy snacks and beverages and also consider portion sizes. In this manner, food can be included within a celebration; however will not be used as a reward. A list of healthy party ideas for parents and teachers is included in the Appendix.
- Food projects that are part of the curriculum are exempt from the policy.

EATING ENVIRONMENT:

- Daily schedules will be reviewed and constructed so that students will be provided adequate time to eat meals (recommendations include at least 10 minutes for breakfast and 20 minutes for lunch, starting from the time the student is seated).
- Lunch periods will be scheduled as near the middle of the school day as possible.
- Dining areas will be attractive and have enough space for seating all students.

CHILD NUTRITION OPERATIONS:

- Adequate funding will be provided to support the School Nutrition Program to meet or exceed current USDA guidelines.
- The school will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free or reduced lunch.
- The school will strive to increase participation in the available federal National School Lunch Programs (school lunch and breakfast).
- The school district will employ a food service director who is properly qualified, according to current professional standards, to administer the school food service program and satisfy reporting requirements.
- All food service personnel shall have adequate training in food service operations.

FOOD SAFETY AND SECURITY:

- All foods made available on campus will comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.
- For the safety and security of the food and facility, access to the food service operations will be limited to the Food Service Staff and authorized personnel. For further guidance, see the US Department of Agriculture food security guidelines.

APPENDIX:

- CHILD NUTRITION GUIDELINES.
- (STATUTORY AUTHORITY: 20-A MRSA, Section 6602)
- FOODS OF MINIMAL NUTRITIONAL VALUE
- CHAPTER 51: STATE OF MAINE
- NUTRITION STANDARDS FOOD LIST

Board Approved: November 5, 2012