

**RSU 19 WELLNESS POLICY**  
**Fit, Healthy and Ready to Learn: A Wellness Policy for RSU 19**

**I. POLICY STATEMENT:**

RSU 19 supports good nutrition as part of a school environment that contributes to student health and encourages positive food choices and eating habits. The Board believes that nutrition influences a student's ability to take full advantage of the school system's education program and is, therefore, related to student achievement.

**II. NUTRITION EDUCATION GOALS:**

- District health education curriculum standards and guidelines include both nutrition and physical education and are sequential and consistent with the current Maine Department of Education approved health education standards.
- Nutrition education is based on the most recent Dietary Guidelines for Americans.
- School administrators encourage teachers to attend nutrition-related training and support their participation.
- Students in grades pre-K-12 receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
- Students receive consistent nutrition messages throughout schools, classrooms, cafeterias, homes, community and media.
- Parents will be provided the opportunity to give feedback on wellness goals

**III. PHYSICAL ACTIVITY GOALS:**

- Primary school students shall have up to 30 minutes of supervised recess periods daily, unless the child cannot safely or cooperatively participate in recess or does not meet curriculum expectations.
- Primary school classrooms shall incorporate short breaks that include physical movement, when possible.
- Schools will make an effort to plan classes so that middle school and high school students may participate in physical education.
- Physical education curriculum is sequential and consistent with the Maine Department of Education approved physical education teaching standards

for PK-12 and taught by physical education teachers that are licensed by the Maine Department of Education.

- Schools are encouraged to create a culture of physical activity.
- Physical education classes will have student/teacher ratios similar to those in other classes.
- Physical activity, facilities, and equipment on school grounds are safe.
- Schools encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.
- The school district will make efforts to keep school or district-owned physical activity facilities open for use by students, parents and community members outside school hours for planned activities.

#### **IV. WELLNESS GOALS:**

- The staff wellness committee will develop, promote and oversee a multifaceted plan to promote staff health and wellness. The plan is based on solicited input from school staff and outlines ways to promote healthy eating, physical activity and other elements of a healthful lifestyle among school staff.
- At least one school-wide activity is conducted each year that promotes staff wellness.
- RSU 19 supports sending a team to the Maine School Site Health Promotion Conference sponsored by Maine Department of Education.
- The school district will provide opportunities for on-going professional training and development for food service staff and teachers in the areas of nutrition and physical education.
- The school district encourages parents, teachers, school administrators, students, food service professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.
- Principals should request that their staff refrain from drinking and eating unhealthy foods during class time.
- Teachers are discouraged from assigning physical activity as student punishment.
- The administration believes that recess and other opportunities for physical activity are an essential part of the school; day. Teachers are encouraged to find alternatives to withholding recess or other physical activities as a punishment.

## V. SUN SAFETY GOALS:

- Sun safety information will be provided as needed to school populations throughout the school year.
- Staff will promote student use of protective items such as clothing, hats, sunglasses, and lip balm during all outdoor activities including physical education, recess, and all before and after school activities. Sunscreen will be recommended for activities that take place outside most of the day between peak sun hours of 10:00-2:00 (such as a field day).
- An assessment of the amount of and availability of shade on school campus will be conducted and a plan will be developed to increase the amount of shade.
- The Health Promotion team will develop strategies to educate and involve families and the community in supporting sun safety habits.

## VI. IMPLEMENTATION PLAN

The Superintendent/designee shall be responsible for the implementation of the wellness policy, monitoring efforts to meet the intent of the policy, and reporting to the School Board on an annual basis. For the purpose of this policy, the program day will end at 3:00 pm.

## VII. NUTRITION GUIDELINES

Students' lifelong eating habits are greatly influenced by the types of foods and beverages available in their daily environment. In addition to ensuring that reimbursable school meals meet program requirements and nutrition standards, schools must also establish standards or guidelines to address all foods and beverages sold or served to students, including those available outside of the school meal programs. The guidelines will be as follows:

- **All food and beverages sold or served during the program day (unless approved by the Superintendent), will meet the following criteria:**
  - Foods of minimal nutrition value are not allowed. (Federal Regulation 7CFR210 Appendix B defines these foods as soda, diet soda, chewing gum, candy bars, hard candy, jellies, marshmallow candies, fondant, licorice, spun candy and candy coated popcorn). For a full list, this regulation can be accessed at: <http://www.regulations.gov>; FNS-2011-

0019.

- Total sugar must be at or below 35% by weight per serving excluding dairy products, fruit/fruit juices and vegetables. (This is determined by dividing the grams of sugar by the gram weight of the product and multiplying by 100).
- These single-serving size snacks (except for nuts, seeds, and cheese) should meet the following criteria:
  - Be a grain product that contains 50 percent or more whole grains by weight (have a whole grain as the first ingredient); or
  - Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
  - Be a combination food that contains at least  $\frac{1}{4}$  cup of fruit and/or vegetable; and
  - The food must meet the nutrient standards for calories, sodium, sugar, and fats.

<u>Nutrient</u>	<u>Snack</u>	<u>Entrée</u>
Calories	200 calories or less	350 calories or less
Sodium	200 mg or less	480 mg or less
Total Fat	35% of calories or less	35% of calories or less
Saturated Fat	Less than 10% of calories	Less than 10% of calories
Trans Fat	0 g	0 g
Sugar	35% by weight or less	35B by weight or less

- **SCHOOL MEALS**

- Ensure that School Lunch and School Breakfast Program meals meet all nutrition standards outlined by the Federal USDA and Department of Education's Child Nutrition Program.
- All schools will provide breakfast through the USDA School Breakfast Program.
- To the extent possible, school and transportation schedules shall be designed to encourage participation in school meal programs
- At least five different fruits and five different vegetables will be offered each week.
- All food with grains will be "whole grain rich".
- Low fat/fat free milk will be offered daily.

- RSU 19 will provide students with a minimum of 20 minutes to eat their meals.
  - High School staff strive to provide a lunch period schedule that allows adequate time and space for all students to eat.
  - Appropriate supervision shall be provided in the cafeteria and rules for safe behavior shall be consistently enforced.
  - Competitive foods are sold from the same lines as reimbursable meals.
  - Schools are encouraged to schedule recess before the lunch period.
  - Applications for free and reduced priced meals are sent home to all families at the beginning of the school year and whenever a student enrolls.
- A LA CARTE
    - Permit no a la carte sales of individual foods that do not meet the nutritional standards outlined above in elementary, middle and high schools, in order to help students learn to eat well-balanced meals that have been planned to meet nutrition standards.
    - Fruit and/or vegetables will be offered daily.
    - Food items containing whole grains will be offered daily.
    - Low-fat and/or fat free milk & dairy products will be offered daily.
    - Offer desserts occasionally in small portion sizes to help students learn to enjoy quality, not quantity of food.
  - To the extent that is financially feasible, offer larger-than-required portions of fruits and vegetables **without** added sauces and seasonings that add calories.
  - Limit beverage sales to water (any size), low-fat or nonfat (1% or less fat) flavored and unflavored milk (any size), and 100% fruit or vegetable juices (no larger than 8 ounces for elementary and 12 ounces for middle and high schools).
  - Students (and staff) will have access to free, safe, and fresh drinking water throughout the school day.
  - Food Service must post caloric information for pre-packaged food served in each middle and high school at the point of decision making.
  - The National Farm to School Program will be implemented as much as possible.
  - In middle and high schools, limit portions to specific sizes, as long as items/sizes meet nutritional standards:
    - Snacks: 1.25 oz.
    - Cookies and cereal bars: 2 oz.

- Bakery items: 3 oz.
- Frozen desserts: 3 oz.
- Yogurt: 8 oz.
- Pizza: no more than 5 oz.
- Food Service Vending Machines - All food or beverages offered in vending machines will meet the nutritional standards outlined above.
- Healthy food options will be comparably priced.

## VIII. SALE OF FOODS AND BEVERAGES OUTSIDE OF THE SCHOOL NUTRITION PROGRAM

USDA's Smart Snacks in Schools (see JL-E) states any food or beverage sold at any time on school property of a school participating in the National School Lunch or School Breakfast Programs shall be a planned part of the total food service program of the school and shall include only those items which contribute both to the nutritional needs of children and the development of desirable food habits, and shall not include foods of minimal nutritional value, except

- A. to school staff;
  - B. to the public at community events sponsored by the school or held on school property;
  - C. to the public at community events held on school property in accordance with the school board's facilities use policy;
  - D. in State-approved, instructional Career and Technical Education (CTE) Culinary Arts Programs; and
  - E. by a school, approved student organization or program if consistent with the requirement that such sales not include foods of minimal nutritional value.
- FUNDRAISING - In many schools, students, faculty members, and parent groups use fundraising to generate funding for schools. With school budgets tight, fundraising helps pay for many classroom activities. Unfortunately, many fundraisers involve selling food items of little or no nutritional value, such as candy, which do not support a healthful diet. All food or beverage items that are sold are REQUIRED to meet the nutrition guidelines mentioned above unless sold after the program day. When these requirements are met, the student organization can benefit from the sales.

- SCHOOL STORES / VENDING MACHINES - School stores and vending machines should support a healthy school environment. Items that students purchase should contribute valuable nutrients to their diet and not excessive amounts of components such as sugar, fat and sodium. All food or beverage items sold to students are REQUIRED to meet the nutrition guidelines outlined above unless sold at the end of the program day, which for the purpose of this policy, is 3:00 pm. The organization can benefit from the sales.

## IX. FOOD AND BEVERAGE SERVED OUTSIDE OF THE SCHOOL NUTRITION PROGRAM

Schools should teach children how to make healthy choices, to eat to fulfill nutritional needs, and provide an environment that fosters healthy eating.

- SNACK TIME - Good nutrition provides the foundation for student growth, development and learning. It is strongly recommended for students of RSU 19 to come to school with a healthy snack. It is requested that soda and candy be left at home. Families should encourage their children to participate in the Fresh Fruit and Veggie Program, in the schools where it is available, instead of bringing snacks to school.
- CLASSROOM PARTIES - Students are taught in classrooms about good nutrition and the value of healthy food choices. However, many times foods served in the classroom, in the case of a class party, are low in nutrients and high in calories. School celebrations are fun and provide a chance to reinforce the message that nutritious food choices lead to healthier bodies and sharper minds. The celebration should take place during the last hour of the day so it will not interfere with the school meal. Teachers and parents are encouraged to choose non-food ways to celebrate. If food is involved it is REQUIRED that a healthy option is offered as a choice.
- SCHOOL SPONSORED EVENTS AND MEETINGS - All adults working in RSU 19 are role models for students. To foster a healthy environment, any event that serves food involving RSU 19 staff, parents or community members on school property will be expected to serve a healthy food option that meets the criteria outlined above.

- **FOOD AS A REWARD** - It is the intent of RSU 19 to use rewards and incentives that do not undermine the health of students and/or reinforce unhealthful eating habits. Non-food rewards and incentives should be used as the first choice to encourage healthy behavior.

## **X. ADVERTISING**

RSU 19 will not allow advertising of unhealthy food options on school grounds.

## **XI. MONITORING AND EVALUATION**

The Superintendent, Food Service Director, and other volunteer members of the RSU19 Safety and Wellness Committee will oversee the implementation of the policy. The Safety and Wellness Committee meets on a regular monthly schedule throughout the school year and students, parents, staff, and/or community members are welcome to join the committee. Principals, classroom teachers, and parent volunteers will monitor adherence to the policy. Every year, the Safety and Wellness Committee will review the latest national recommendations pertaining to school health and will update the Wellness Policy accordingly. Progress reports and/or updates to the Wellness Policy will be reviewed by the RSU19 Safety and Wellness Committee, the Superintendent, the Policy Committee, and the School Board. The RSU19 Wellness Policy is available to the public and can be found at [www.rsu19.org](http://www.rsu19.org). Any questions regarding the Wellness Policy or the Safety and Wellness Committee can be sent to the Food Service Director.