

Section J: Students

JL Student Wellness

The Board of Directors of Region 8 recognizes that student wellness and good nutrition are related to students' physical and psychological well-being and readiness to learn. Region 8 is committed to providing a school environment that promotes and protects student's health, well-being, and ability to learn by supporting student wellness, healthy food choices, nutrition education and physical activity.

Nutrition Standards for Foods Available During the School Day

A. Foods Sold During the School Day

Region 8 will ensure that all food and beverages sold to students during the school day through its food service program meet or exceed the nutrition standards set forth by federal regulations for the school lunch and breakfast programs.

B. Other Food and Beverages Available During the School Day

The school recognizes that the sharing of food and beverages is often an important aspect building classroom and community. To the extent that food and beverages outside of the school meal programs are allowed in school for celebrations or other activities, the Board encourages parents and staff members to provide, to the extent possible, healthy choices that meet or exceed USDA guidelines.

Goals to Promote Student Wellness

The school is committed to promoting overall student wellness in each of the areas listed below. The Wellness Committee, will, on an annual basis, identify specific activities or initiatives designed to improve student wellness in each of these overarching goal areas. In the development of specific goals, the Wellness Committee shall review and consider evidence- based strategies and techniques.

A. Nutrition Promotion and Education

The school is committed to providing education about healthy nutrition choices and promoting positive nutrition to support the development of lifelong healthy eating habits in students. To that end, Region 8 will support healthful eating choices by students by providing consistent positive nutrition messages and information to students and parents.

Goals:

- The school will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through implementing at least two (2) evidence-based healthy food promotion techniques through the school meal programs.

- The food service director, manager and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA Professional Standards for Child Nutrition Standards description.
- The school will model, encourage and support healthy eating habits by all students.

B. Physical Activity

The Board encourages all staff and teachers to consider ways of incorporating positive movement within the school day, as appropriate and consistent with curriculum goals. The Board encourages parents and families to support their children's participation in physical activity.

C. Other School-Based Activities

School staff are encouraged to identify and implement other activities which promote wellness within their buildings and the community. To this end, staff are encouraged to integrate wellness activities into areas beyond the cafeteria, to integrate wellness concepts into other curriculum areas where appropriate, and to consider school and community activities and partnerships that promote wellness and healthy lifestyles.

Goals:

- The school will develop relationships with community partners (e.g. hospitals, universities/colleges, local business, etc.) in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.
- The school will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors.

Wellness Committee

The Director/designee will appoint a school-wide Wellness Committee to oversee the school's wellness plan and the implementation and review of this policy. The Director/designee will include representation from each of the following stakeholder groups: board members, school administrators, parents, students, food service director, school nurse, community members and any others determined by the Director/designee.

The Wellness Committee shall meet at least annually to make recommendations to the Director/designee in regard to student wellness issues and will be responsible for making recommendations relating to the wellness policy, wellness goals, administrative or school procedures, or raising awareness of student wellness issues. The Director/designee shall share this information with the Board on an annual basis.

Policy Implementation and Monitoring

The Director/designee shall be responsible for the implementation of the wellness policy, for monitoring efforts to meet the intent of the policy, and for ensuring that the school is in

compliance with this policy.

At least once every three years, the Director/designee will assess the school's compliance with this policy and communicate the results of this assessment to the public. This review will include a description of progress toward obtaining the goals expressed in this policy, an explanation of the extent to which the school is in compliance with the policy, and an assessment of how the local policy compares to model wellness policies.

Legal Reference: 42 U.S.C. §1758b; 7 C.F.R. §210.30
20-A M.R.S.A. §6601-6602
Maine Department of Education Rules, Chapter 51

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