

CODE: JL

WELLNESS POLICY

The School Committee recognizes that wellness and good nutrition are related to students' physical and psychological well-being and their readiness to learn. The School Committee is committed to providing a school environment that supports student wellness, healthy food choices, nutrition education, and regular physical activity. The School Committee believes 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.

Nutrition Standards

The district will ensure that meals provided by the School Nutrition Program meet the nutrition standards established by the National School Lunch Program (NSLP) guidelines and regulations, and will work toward meeting the recommendations of the Institute of Medicine (IOM). Healthy food choices shall be available to all students, and will be served in a clean, safe and pleasant environment.

Assurance

This policy serves as assurance that school unit guidelines for reimbursable meals are not less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to the National School Lunch Act and the Child Nutrition Act.

The district participates in and provides meals through the National School Lunch Program and the National School Breakfast Program. The Kittery School Nutrition Program shall be the sole provider for food served to students during school hours to maximize participation in these programs. District staff should be supportive of participation in school meal programs, in order to help the program remain financially self-sufficient and self-sustaining, and to help the program exceed the national standard of average daily participation (ADP) to meet the USDA's Healthier US School Challenge. Each school will encourage the use of the School Nutrition Program to meet the needs of such events as classroom celebrations, field trips, curriculum based events, etc., rather than food being provided by outside sources.

Nutrition Education

Nutrition education will be integrated into the instructional program through the health education program and/or the curriculum as aligned with the content standards of Maine's system of Learning Results. Nutrition education should focus on skills students need to adopt and maintain healthy eating behaviors. Students should receive consistent nutrition messages throughout the schools, including classrooms, cafeteria, and school-home communications.

Physical Activity

The school unit will strive to provide all students developmentally appropriate opportunities for physical activity through physical education classes, recess periods for elementary school students, and extracurricular activities (clubs, intramural and interscholastic athletics). School programs are intended to build and maintain physical fitness and to promote healthy lifestyles. The schools should encourage parents to support their children's participation in physical activities, including available before- and after-school programs.

Other School-Based Wellness Activities

The schools, with prior approval of the Superintendent/designee, may implement other appropriate programs that support consistent wellness messages and promote healthy eating and physical activities.

School administrators shall develop guidelines for refreshments served at parties or celebrations during the school day and to eliminate the use of food as a reward.

The Wellness Teams may develop programs that encourage staff to learn and engage in healthy lifestyle practices to model for students.

Implementation and Monitoring

The Superintendent/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 School Committee on an annual basis.

Monitoring may include surveys or solicitation of input from students, parents, staff, and school administrators.

Reports may include, but are not limited to:

- A. The status of the school environment in regard to student wellness issues;
- B. Evaluation of the school nutrition program and compliance with nutrition guidelines;
- C. Summary of wellness programs and activities in the schools;
- D. Feedback from students, parents, staff, school administrators and wellness committee; and

- E. Recommendations for policy, program or curriculum revisions.

Appointment and Responsibilities of the District Wellness Team

The School Committee shall appoint a district-wide Wellness Team comprised of at least one representative from each of the following groups:

- A. School Committee;
- B. School administration;
- C. School Nutrition Program;
- D. Physical Education/Health Education teacher(s)
- E. School counseling, psychological or social services
- D. Students;
- E. Parents; and
- F. Community members.

The District Wellness Team shall serve as an advisory committee in regard to student wellness issues and will be responsible for making recommendations related to the wellness policy, wellness goals, administrative or school regulations and practices, or raising awareness of student health issues.

Creation of Building-level Wellness Teams

Building level Wellness teams may be created to monitor and address building needs, as appropriate. The building level teams may be comprised of administration, teachers, students, parents and community members. At least one representative of the building level team shall serve on the District team and report out, as needed.

With the prior approval of the Superintendent/designee, the District or Building-level Wellness Team may survey parents, students and the community and/or conduct focus groups or community forums.

The School Health Coordinating Team(s) shall provide periodic reports to the Superintendent/ designee and, as requested, to the School Committee.

Adopted: July 18, 2006
Revised: June 30, 2014