

RSU 13 WELLNESS POLICY

The RSU 13 School Board recognizes that student wellness, which includes nutrition and exercise, is essential to ensure students are healthy, safe, and ready to learn. The Board is committed to providing a school environment that supports healthy food choices, nutrition education, physical education, and regular physical activity while recognizing individual differences and medical necessities. Students who learn and practice healthy lifestyles in their formative years are 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.

To promote wellness, reduce childhood obesity, and send a message to students and the entire school community that is consistent with what is taught in our classrooms, the School Board is establishing this policy.

Nutrition Education

Nutrition education is a core piece of the health education curriculum.

1. Daily nutrition education is provided to staff and students in all schools. Daily nutrition “tips” which teach students about foods of minimal nutritional value will be posted monthly on the RSU 13 website.
2. RSU 13 will discourage the use of food as a reward to motivate behavior and will work to support a culture where alternatives are provided. A list of appropriate non-food rewards will be posted on the RSU 13 website.
3. Guidance on foods of minimal nutritional value will be provided to staff, students, parents, and outside organizations in all schools, as well as on the RSU 13 website.

Nutrient Standards for All Foods Available Anytime on School Grounds

“Foods of minimal nutritional value” as defined in Federal Regulations 7 CFR 210.11, means:

- (a) In the case of artificially sweetened foods, a food which provides less than 5 percent of the Reference Daily Intake (RDI) for each of the eight specified nutrients per serving; and
- (b) In the case of all other foods, a food which provides less than 5 percent of the RDI for each of eight specified nutrients per 100 calories and less than 5 percent of the RDI for each of eight specified nutrients per serving. The eight nutrients to be assessed for this purpose are: protein, vitamin A, vitamin C, niacin, riboflavin, thiamin, calcium, and iron.

Food Available during the School Day: In this policy the school day is defined as one-half hour before the beginning of the scheduled student day until student dismissal at the end of the day.

1. Federal and State regulations prohibit the sale of food and beverages to students in all schools during the school day other than the School Nutrition Program. Administration will comply with state and federal regulations pertaining to the National School Lunch Program, which includes the After School Snack Program, the School Breakfast Program and the School Milk Program. Money from the sale of such food items during the school day will be turned over to the School Nutrition Program. Exceptions to this must be requested in writing and approved by the superintendent.
2. Any time food or beverages are available, served, or sold to students, the appropriate single-serving size will be used. Exceptions include fruits, vegetables, and low-fat dairy products, 100% juices and zero calorie beverages.

3. Food or beverages available, served, or sold to students during the school day will not include foods of minimal nutritional value.
4. The School Nutrition Program will post a nutrient analysis on the RSU 13 website for all a la carte items served at middle and high schools. A weekly nutrient analysis will be posted for all menus serving elementary grades.
5. The A La Carte Program will offer only foods and beverages that meet Federal and State guidelines for the National School Lunch Program.

Food Available After School Hours:

1. All groups conducting fundraisers involving food or beverages will be directed to a list of healthy food items posted on the website. All groups will be encouraged to incorporate healthy food items into their fundraising efforts.
2. Any time food or beverages are available, served, or sold on school grounds, after school hours, foods of minimal nutritional value will not be the only available choice.
3. Whenever food or beverages are sold, and foods of minimal nutritional value are available, price differentials will be applied with healthy foods and beverages priced significantly less than food of minimal nutritional value.

Food Available Anytime on School Grounds:

1. All adults working in RSU 13 are role models for students. Modeling healthy behaviors is another way of educating students. To foster an environment where healthy choices can be easily made, price differentials will be applied to non-student vending machines with healthy foods and beverages priced significantly less than items of minimal nutritional value.
2. At functions where food is served – not sold – such as school parties, celebrations, banquets, and meetings, foods of minimal nutritional value are discouraged as a choice. A list of Foods of Minimal Nutritional Value is available to such groups on the RSU 13 website. Catering for any such events will encourage this rule as the standard.
3. At school functions that are limited to students and staff, foods of minimum nutritional value will not be sold.
4. At functions open to the public, such as at functions where food is sold by sports boosters, bake sales and other for profit food sale functions, foods of minimal nutritional value will not be the only available choice, and price differentials will be applied so healthy foods and beverages are priced significantly less than food of minimal nutritional value.
5. An Energy Drink is a soft drink that advertises as such, offering metabolic stimulation through a variety of vitamins herbal supplements and central nervous system stimulation through large doses of caffeine. Due to the unhealthy and distracting nature of energy drinks these beverages are prohibited in all schools at all times during the school day.

Physical Education:

1. District Physical Education curriculum will emphasize life-long skills and activities in Grades K-12 that address the following:
 - Integrates physical education topics or physical activity into other curricula when appropriate.
 - Influences personal and social skill development.

- Keeps all students involved in purposeful activity for the majority of the class period.
 - Strives to build students' confidence and competence in their physical abilities.
 - Includes students of all abilities
2. The RSU 13 Physical Education Curriculum will be analyzed periodically to determine if it is meeting the needs of the students and following current State guidelines.
 3. Administrators will ensure all physical education teachers are trained in best practice physical education methods and hold a valid certification from the State of Maine.

Physical Activity:

1. All K-12 students will have the opportunity and will be encouraged to participate regularly in supervised physical activities, to maintain physical fitness and to understand the short and long-term benefits of a physically active lifestyle. Through physical education classes, recess periods for elementary students, and extra-curricular activities (clubs, intramural sports, and interscholastic athletics), schools will encourage parents to support their children's participation in physical activity programs before, during and after school.
2. Fresh air, unstructured play and social time are important to a student's wellness. Therefore, students will not be excluded from recess as a punitive measure, as a result of an unrelated behavior program, or for disciplinary reasons, unless participation would be a danger to the student or others. Exceptions to this rule will be at the discretion of the principal. All principals for grades K-7 will make recess available on a daily basis with exclusion from recess used only as an absolute last resort.
3. Elementary school students will go outdoors for recess unless the weather dictates otherwise. Students should be dressed appropriately for weather conditions to play outdoors. It is assumed that if children are well enough to attend school, they are well enough to go outside for recess. Students who remain inside for medical reasons must have a specific request from their primary care medical provider. Children with asthma for whom cold air is a trigger will stay in as directed in their School Asthma Health Plans. Exceptions to this rule will be at the discretion of the principal.
4. RSU 13 intends that all students in grades K-7 get 150 minutes per week of physical activity, including recess, physical education, and other school-based physical activities.

School-Based Wellness Activities:

1. An after-school fitness program will be established at Oceanside High School East, where students and staff can use the Fitness Center and engage in daily wellness activities, with appropriate supervision.
2. RSU 13 Administrators will encourage and support staff to learn and engage in healthy lifestyle practices on a regular basis. Goals of the Program:
 - a) Offer group fitness programs and classes for staff
 - b) Provide appropriate supervision and safety procedures for the Fitness Center and fitness related programs
 - c) Continue to make the maintenance and repairs of Fitness Center equipment a priority
 - d) Promote non-traditional fitness activities such as yoga, and dance
 - e) Offer incentives for staff to participate in such programs and activities

3. The School Health Leadership Team (SHLT) will be formed and charged with the task of monitoring and evaluating the effectiveness of this policy and prioritizing action items to create a yearly action plan. All RSU 13 schools, the School Nutrition Program, Facilities and Maintenance, Transportation, Nurses, Guidance, and Adult Education will have representation on the SHLT.

Monitoring and Evaluation System:

1. The District shall work through the SHLT to monitor and evaluate this policy.
2. A sustained effort will be necessary to implement and enforce this policy. The SHLT will measure how well this policy is being implemented, managed and enforced.
3. The SHLT shall report to the Board annually on the status of implementation of this policy.

Adopted: 6/2/11