

## **RSU 22 School Wellness Regulation**

RSU 22 promotes health and wellness for all members of its learning community.

RSU 22 is committed to establishing health-related policies, programs, and resources that create a healthy school environment and provide students the skills and behaviors necessary to promote lifelong wellness.

To meet these goals RSU 22 adopts this school wellness policy with the following regulations:

- COMMITMENT TO NUTRITION
- COMMITMENT TO PHYSICAL ACTIVITY
- COMMITMENT TO COMPREHENSIVE HEALTH EDUCATION
- COMMITMENT TO MARKETING A HEALTHY SCHOOL ENVIRONMENT
- COMMITMENT TO IMPLEMENTATION, MONITORING, AND COMMUNICATION

<b>COMMITMENT TO NUTRITION EDUCATION and PROMOTION</b>
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RSU 22 will:

- Offer school lunch and breakfast programs at each school with menus that meet the meal patterns and nutrition standards established by the U. S. Department of Agriculture (2010 Healthy Hunger Free Kids Act) and the Maine Department of Education, Office of Child Nutrition Programs.
- Acknowledge that while the school nutrition program will aim to be financially self-supporting, the program should support education. Budget neutrality or profit generation will not take precedence over the nutritional needs of the students.
- Use locally produced foods from growers and vendors whenever possible..
- Encourage school staff and families to participate in the school nutrition program.

- Operate all school nutrition programs with staff who are properly qualified according to current professional standards.
- Maintain food safety as a key component of all school food operations and ensure that the food service permit is current.
- Follow the RSU 22 Competitive Food Policy EFE and the Maine Board of Education Chapter 51 Rules.
- Encourage staff to model healthful eating and physical activity.
- Incorporate nutrition education during classroom snack times.
- Encourage parents to send healthy and appealing snack and beverage options to school. The district can disseminate a list of healthy and appealing snack and beverage options to parents.
- Provide adequate time for students to eat and enjoy school meals (15-20 minutes at breakfast and 18-25 minutes at lunch).
- Schedule elementary school snack time for at least 1.5 hours before the lunch period.
- Add nutritious and appealing options whenever foods/beverages are sold or otherwise offered at school, including vending machines, school stores, concessions stands at sporting and academic events, parties, celebrations, social events, and other school functions as outlined in the RSU 22 Food Services Policy EF, & Chapter 51 Department of Education Rule.
- Not allow unsolicited food for children in the schools during the school day.
- Limit celebrations that involve food during the school day to no more than one celebration per class per month.
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- Eliminate foods or beverages as rewards for student accomplishment. The district will disseminate a list of non-food/beverage reward ideas.
- Encourage school-based organizations to use non-food items and/or healthy foods for contests and fundraising programs. All foods sold to students during the school day (12 midnight to 30 minutes after the last bell) must follow smart snack guidelines. This includes fundraisers, school stores and vending.
- Whenever possible prohibit student consumption of energy drinks and discourage drinking of caffeinated beverages in all schools at all times during the school day.
- Provide standards-based nutrition education, as outlined by *Parameters for Essential Instruction*, which:
  - Will be integrated into other areas of the curriculum such as math, science, language arts, and social studies.
  - Uses the school cafeteria as a “learning laboratory” to allow for student involvement and to apply skills taught in the classroom.
  - Provides information to families that encourages them to teach their children about health and nutrition to provide nutritious meals for their families.

<b>COMMITMENT TO PHYSICAL ACTIVITY</b>
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RSU 22 will:

- Provide all K – 12 students physical education that is aligned with applicable state and federal standards as outlined in *Parameters of Essential Instruction*.
- Offer a planned sequential program of physical education instruction that will:
  - Incorporate individual and group activities, which are student-centered and taught in a positive environment.
  - Be the environment where students learn, practice, and are assessed on developmentally appropriate motor skills, social skills, and knowledge.
- Incorporate physical movement in the classroom throughout the school day.
- Provide students in grades K – 5 the opportunity for daily physical activity which may include recess, classroom activities, and/or physical education. Students shall not be denied physical activity periods, including recess and physical education, for remediation and/or enrichment in other content areas or be denied recess as a punishment or discipline except as outlined in each school's *Positive Behavioral Intervention Support Plan*.
- Encourage schools to use physical activity as rewards or incentives for students' behavior or performance and as alternatives to food celebrations.
- Whenever possible, schedule recess before lunch.
- Provide instruction of individual activities as well as competitive and non-competitive team sports to encourage lifelong physical activity.
- Provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
- Provide information to families to help them incorporate physical activity into their lives.

<b>COMMITMENT TO COMPREHENSIVE HEALTH EDUCATION</b>
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RSU 22 will:

- Provide a K – 12 comprehensive health education curriculum which is aligned with all applicable state and federal standards as outlined in *Parameters of Essential Instruction*.
- Require 1 credit of comprehensive health education as a graduation requirement.
- Ensure that teachers who provide health education have appropriate endorsement and/or training.

## **COMMITMENT TO MARKETING A HEALTHY SCHOOL ENVIRONMENT**

RSU 22 will:

- Provide positive, motivating messages, both verbal and nonverbal, about healthy lifestyle practices throughout the school setting. All school personnel will help reinforce these positive messages.
- Annually educate staff on the school wellness policy.
- Involve students in planning for a healthy school environment. Students will be asked for input and feedback through the use of student surveys.
- Promote healthful eating, physical activity, and healthy lifestyles to students, parents, faculty, staff, and the community at school events (e.g. school registration, parent-teacher conferences, PTO meetings, open houses, health fairs, teacher in-services, and other events).
- Enhance school and community awareness of physical activity programs available to the RSU 22 communities.
- Eliminate advertising and other materials on the school campus that promote foods or beverages of minimal nutritional value. As stated by Maine Statute 6662: Brand-specific advertising of food or beverages is prohibited in school buildings or on school grounds except for food and beverages meeting standards for sale or distribution on school grounds in accordance with the Smarter Snack guidelines.
- Work with local media to inform the community about the benefits of a healthy school environment.

## **COMMITMENT TO IMPLEMENTATION, MONITORING, & COMMUNICATION**

The Superintendent/Designee shall be responsible for the implementation of the school wellness policy, for monitoring efforts to ensure that the intent of the school wellness policy is adhered to, and for reporting to the School Board and community.

RSU 22 will:

- Support administrators, including building principals and directors, with the implementation, monitoring, and communication of the school wellness policy.
- Support the School Board's Wellness Subcommittee that addresses all aspects of a Whole School, Whole Community, Whole Child Program, including a School Wellness Policy.

- Support the Health and Wellness Coordinator and/or Wellness Team who, annually, writes and implements a wellness action plan for the benefit of both the staff and students of the school district.
- Support the school wellness policy implementation, monitoring, and communication plan outlined below:
  - Review and revise the school wellness policy in accordance with the District's Revision and Review Policy BGC and the 2010 Healthy Hunger Free Kids Act (reviewed annually and assessed triannually).
  - Conduct a review of the progress toward the school wellness policy goals each year to identify areas for improvement. The process will be as follows: The School Board's Wellness Subcommittee will review and make recommendations to the District Safety Committee. The District Safety Committee will endorse the revisions and submitted the updated policy and regulation for further review as outlined in the Revision and Review Policy BGC.
  - Prepare and submit a yearly report to the school board regarding the progress toward implementation of the school wellness policy and recommendations for any revisions to the policy as necessary.
  - Inform the public each time the school wellness policy is updated.
  - Publish all wellness-related policies in the District's Policy Handbook and on the district's website and social media
  - Schools will communicate with parents, staff, and students regarding the wellness-related policies at least once per year (e.g., staff meeting, parent newsletter, student handbooks, back-to-school packets, and or any other means at the discretion of the principal).

Any person who observes practices inconsistent with the School Wellness Policy should contact the school principal. If inconsistencies are not adequately addressed, any person may contact the District School Health Coordinator, and/or School Nutrition Program Director. If inconsistencies are still not adequately addressed, any person may contact the Superintendent or Designee for resolution.

Legal references: Chapter 51 Department of Education Rule  
RTI

Cross References: JL – School Wellness Policy

EFE Exhibit V 11-D Competitive Food Sales – Sales of Foods in  
Competition With The School Food Service Program.

EF – Food Services Policy

IGA – Curriculum Development Policy

BGC - District's Policy Revision and Review Policy

Adopted: 12/6/06

Revised: 1/23/18