

## WELLNESS POLICY

### Mission Statement

The Scarborough Board of Education recognizes that student and staff wellness and good nutrition are related to physical and psychological well-being and readiness to learn. The district is committed to providing a healthy school environment that supports student and staff wellness, healthy food choices, nutrition education, physical education, and regular physical activity. The Board recognizes that students who learn and practice healthy lifestyles in their formative years and see it modeled by the adults around them are more likely to be conscious of the importance of good nutrition and exercise as adults. This awareness leads to healthy habits, and may reduce their risk of obesity and chronic disease.

The Board acknowledges that a collaborative community effort is needed to support this policy. Scarborough Public Schools are encouraged to cooperate with families, agencies, and community organizations to support programs that contribute to good nutrition and physical activity.

### Wellness Goals

Scarborough Public Schools are committed to the following goals:

- 1.0 Nutrition Standards - School Meals Program
- 2.0 Nutrition Standards - Sale or Service Outside School Meals Program
- 3.0 Nutrition Education
- 4.0 Nutrition Promotion
- 5.0 Farm to School Initiative
- 6.0 Food and Beverage Marketing in Schools and on School Grounds
- 7.0 Physical Education and Other Physical Activity
- 8.0 Screen Time
- 9.0 Wellness Promotion
- 10.0 Other School-Based Wellness Activities
- 11.0 Measuring Implementation and Evaluation

#### **1.0 Nutrition Standards - School Meals Program**

- 1.1 All food and beverages sold during the school day, including all reimbursable school meals, will meet or exceed federal and/or state nutritional standards.

1.2 Scarborough Public Schools will:

- 1.2a Strive to provide maximum available time for all K-12 students to eat their meal.
- 1.2b Schedule snack time at least one hour before the lunch meal.
- 1.2c Provide access to free drinking water.
- 1.2d Provide access to hand washing and/or sanitizing.
- 1.2e Provide appropriate daily nutritional information via the school nutrition website or upon request.
- 1.2f Analyze a la carte options annually to ensure that nutritional content of the foods offered to align with this Wellness Policy mission statement.

**2.0 Nutrition Standards - Sale or Service Outside School Meals Program**

- 2.1 Food sold at activities outside of the school day will include healthy food choices.
- 2.2 Foods and beverages will not be used as individual student rewards or incentives without administrative approval.
- 2.3 Fundraising groups are prohibited from selling food items during the school day.
- 2.4 Healthy food choices are strongly encouraged for school classroom events and activities.

**3.0 Nutrition Education**

- 3.1 All students shall receive comprehensive health education, including nutrition education that is aligned with federal and state laws and educational standards.
- 3.2 Health and nutrition education shall be sequential and provide students with knowledge and skills necessary to adopt and maintain healthy eating behaviors.
- 3.3 Health and nutrition education are important for the overall well-being of students, therefore pulling students out of health or nutrition classes for purposes of make-up work, academic support, testing, etc. during the school day is strongly discouraged.

**4.0 Nutrition Promotion**

- 4.1 Age appropriate materials will be displayed where food and beverages are served to students, highlighting and encouraging the value of good nutrition.
- 4.2 Food service staff members will promote new menu items with posters, flyers and/or handouts regarding the nutrient analysis data.
- 4.3 Schools will ensure that all children eligible for free and reduced-price meals will have the opportunity to participate in the National School Lunch and Breakfast Programs and make every effort to eliminate any social stigma attached to participation.
- 4.4 School staff will strive to identify students who are at risk of food insecurity and link them to available resources, including the district Backpack Program.
- 4.5 All students will have access to a meal regardless of account balance.

## **5.0 Farm to School Initiative**

- 5.1 The Food Service program, when possible, will sell locally grown food in the cafeterias.
- 5.2 The Food Service program, in partnership with other school departments and community organizations, shall work to creatively market and promote locally-produced food to students and staff.

## **6.0 Food and Beverage Marketing in Schools and on School Grounds**

In accordance with M.R.S.A. 20-A §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 rules outlined throughout this policy.

Any food and/or beverage marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks standards. Food and beverage marketing includes but is not limited to:

- Brand names, logos or tags, except those that are present as labels on the food or beverage product or its container;
- Displays, such as vending machine exteriors;
- Corporate brands' logos, names or trademarks on school equipment such as message boards or scoreboards;
- Corporate brands, logos, names or trademarks on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment;
- Corporate brands, logos, names or trademarks on posters, book covers, or school supplies distributed or offered by the school unit; or
- Advertisements in school publications or school mailings; or on product coupons or free samples.

"Advertising" does not include advertising on broadcast media or in print media such as newspapers and magazines, clothing with brand images worn on school grounds or advertising on product packaging.

Corporate brand names, logos and trademarks for companies that market products that comply with the USDA Smart Snacks in School nutrition standards will not be prohibited solely because they offer some noncompliant food or beverage items in their product line.

## **7.0 Physical Education and Other Physical Activity**

- 7.1 The Scarborough Public Schools will provide a physical and social environment that encourages safe and enjoyable physical activity and fosters the development of a positive

attitude toward health and fitness.

7.2 All students shall receive comprehensive physical education that is aligned with federal and state laws and educational standards. Physical education shall provide students with the knowledge and skills necessary for lifelong physical activity.

7.3 Physical activity is important for the overall health of a student, therefore withholding physical activity or denying access to physical activity, including recess, for purposes of make-up work, academic support, testing, etc. during the school day is strongly discouraged. Physical activity shall not be used as a consequence for behaviors. Physical activity should be encouraged as a reward or incentive for students.

## **8.0 Screen Time**

8.1 Screen time including television, computers, video games and other electronic media will be used for educational purposes only.

8.2 Exceptions will be made for screen time that engages physical activity at the discretion of each building principal.

## **9.0 Wellness Promotion**

9.1 Each phase level is encouraged to establish a wellness committee.

9.2 Schools are encouraged to provide staff wellness activities three times per year.

## **10.0 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, physical, and social-emotional learning activities.

## **11.0 Measuring Implementation and Evaluation**

11.1 The District Health, Wellness, and Workplace Safety Team shall serve as an advisory committee. This team will be responsible for making recommendations related to the Wellness Policy, wellness goals, administrative or school regulations and practices for raising awareness of student and staff health issues. Members of the District Health, Wellness, and Workplace Safety Team shall include:

- School Administrator
- School Nutrition Director/designee
- School Nurse or other health professional
- Physical Education/Health teacher
- General Education teacher
- Central Office Benefits staff
- Student representative

- Others as designated by the Superintendent
- 11.2 District Health, Wellness, and Workplace Safety Team representatives will report to the Superintendent annually on the progress and status of the Wellness Policy and wellness initiatives.
- 11.3 The Superintendent will provide an update of Wellness Policy compliance and wellness initiatives annually to the School Board. Monitoring may include solicitation of community input.

Cross References: JLCEA - Students with Diagnosed Allergies and Sensitivities  
JLCEA-R - Students with Diagnosed Food Allergies and Sensitivities  
Regulations

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