



Fryeburg Academy Wellness Policy

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas, the items most commonly sold from school vending machines, school stores, and snack bars included low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, Fryeburg Academy is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of Fryeburg Academy:

- The Academy will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing nutrition and physical activity policies.

- All students in grades 9-12 will have opportunities, support, and encouragement to be physically active on a regular basis. Through Fitness classes, Strength and Conditioning classes, May term offerings (biking, hiking etc.) and intercollegiate programs, club programs and intramural programs when possible.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the National School Lunch Program.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, Fryeburg Academy will participate in available federal school meal program, National School Lunch Program

Nutritional Quality of Foods and Beverages Sold and Served on Campus

School Meals: The Academy offers the Offer v/s Serve meal plan

Meals served through the National School Lunch will:

- be appealing and attractive to children;
- be served in clean and pleasant settings; that do not restrict socializing.
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;
- offer water as a choice of beverage at all meals
- serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- ensure that all of the served grains are whole grain.

Information will be made available to parents and students upon request about the nutritional content of meals.

Free and Reduced-priced Meals: The Academy will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.

Meal Times and Scheduling, the Academy:

- will provide students with at least 20 minutes to eat after sitting down for lunch;
- will schedule lunch between 10:30 a.m. and 12:30 p.m.
- will not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

Qualification of School Food Service Staff: Qualified nutrition professionals will administer the school meal programs. As part of the Academy's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility. At the Academy all kitchen staff are Service-Safe Certified.

Sharing of Food and Beverages: Students will be discouraged from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Foods sold outside the reimbursable school meal program

All foods and beverages sold individually outside the reimbursable school meal program (including those sold through a la carte [snack] lines, vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards:

- Beverages: All beverages will meet the Federal and State guidelines (Smart Snacks).
- Foods: All food will meet the Federal and State Guidelines (Smart Snacks).
- The Head of Food Services will monitor and ensure the portion size of food and beverages will meet the current Federal Guidelines

Competitive food Policy: Food will not be sold during the day that would compete with the school lunch program

Fundraising Activities: To support children's health and school nutrition-education efforts, school fundraising activities are discouraged from selling food. The Academy will encourage fundraising activities that promote physical activity.

Snacks: Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage.

Nutritional supplements: The Academy does not encourage the use of Protein drinks and other supplements in place of proper nutrition without parental supervision.

Rewards: Schools will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

Celebrations: Schools should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually.

School-sponsored Events (such as, but not limited to, athletic events, dances, or performances) : Food and beverages offered or sold as school- sponsored events outside the school day as well as the vending machines and food sales in the faculty room are exempt.

The Academy discourages extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, periodic exercise and stretch breaks will be provided.

Physical Activity and Punishment: Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity, as punishment.

Food Marketing: School-based marketing will be consistent with nutrition education and health promotion. All Marketing will be approved by the Head of School or designee, including but not limited to vending machines, logos, scoreboards, school supplies (book covers) and sports equipment. Marketing activity that promotes healthy behaviors (and therefore allowable) including: vending machine covers promoting water; price structure in the S.U. and vending machines that promote healthy options; sales of fruit for fundraisers and coupons for discount gym memberships.

Staff Wellness: The Academy values the health and well-being of every staff member and implements policies that support personal efforts by staff to maintain a healthy lifestyle. (Example: the Academy allows free fitness center use for employees and provides free lunch).

Safe Routes to School: The Academy will work with the school district and community to assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate. The Academy will support the district if it explores the availability of federal "safe routes to school" funds, administered by the state department of transportation, to finance such improvements.

Use of School Facilities Outside of School Hours: School spaces and facilities are available to students, staff, and community members before and after the school day, on weekends, and during school vacations. These spaces and facilities can be available to community agencies and organizations offering physical activity and nutrition programs upon request and approval of the Head of School or Athletic director. School policies concerning safety will apply at all times.

Communication with Parents: The Academy will support parent's efforts to provide a healthy diet and daily physical activity for their children. The school will encourage parents to pack healthy lunches and snacks and to refrain from including beverages and food that do not meet the nutritional standards of individual foods and beverages. The parent's newsletter may be used to promote information about proper nutrition and encourage healthy eating habits. Information about school based physical activity opportunities before, during and after school are communicated via the web-site, curriculum bulletin, and student and athletic handbooks.

Wellness Requirement

Two credits of wellness are required to earn a Fryeburg Academy diploma. Half a credit of Health is required as a component of this two credit requirement, health cannot be waived. Students who play two seasons of sports are waived on half a credit and students who participate in four or more seasons are waived one full credit.

In addition to a robust athletic program, Fryeburg Academy offers the following wellness opportunities:

Strength and Conditioning Program

The strength and conditioning programs for athletes stresses the high level of importance that must be placed upon strength, stamina, endurance and overall mental conditioning required for any athlete to safely and competitively participate in interscholastic competition.

Fitness Classes during the School Day

The fitness classes focus on educating students in improving health and well-being. These classes include fitness as well as tutorial based projects in nutrition, hydration, stress and time management, conventional and alternative exercise and life skills. Mountain Center provides instruction in the three afternoon classes and four morning classes are taught by Academy faculty. All fitness instructors collaborate two hours per month to ensure effective curriculum, goals and objectives across all sections of the course.

Afternoon Activity Class

The afternoon activity program consists of informational sessions on health and fitness, guest speakers and organized movement based programs as well as instruction on how to properly train and use equipment in the fitness center.

May Term

Mountain Center will provide four educational and experiential learning opportunities during the Academy's May Term. Possible courses include introduction to sports management, advanced weight training and more.

Mountain Center staff are licensed and certified professionals in the field of sports medicine.

Outdoor Education

Ninth and tenth grade courses offered as part of the school's Outdoor Learning and Research Center involve regular walking and hiking as a component of outdoor study, as do numerous courses during May Term.

Health class provides a sequential, comprehensive, standards-based program designed to provide students with knowledge and skills necessary to promote and protect their health. Information will include promoting fruits, vegetables, whole grains, and low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices. There will be an emphasis on calorie balance between food intake and exercise expenditure. It will also teach media Literacy and emphasis on food marketing.

Monitoring and Policy Review: The policy will be reviewed yearly to reflect current practice in Health and Nutrition. The Director of Food Services will ensure compliance with nutrition guidelines established by the National School Lunch Program. The Head of School or designee will ensure compliance. The policy will be posted on the employee website.

Reviewed and updated 1/4/2016