

RSU #63

- a. NEPN/NSBA Code: JL
- b. Title: Student Wellness
- c. Author: Superintendent
- d. Replaces Policy:
- e. Date Approved: Under Review
- f. Previously Approved: 09/23/2024 RSU #63
11/29/2021
- g. Policy Expiration: Review Every 3 Years
- h. Responsible for Review: Superintendent/Policy Committee/Wellness Committee
- i. Date Reviewed: 09/08/2026 Policy Committee
09/18/2024 Superintendent
09/18/2024 Policy Committee
09/18/2024 Wellness Committee
- j. References: 42 U.S.C. § 1751
Title 7-U.S. Dept. of Agriculture, Chapter II-
Food and Nutrition Service, Dept. of
Agriculture, Part 210-National School Lunch
Program (7 C.F.R. § 210)
20-A MRSA Subchapter 9 § 6662
- Cross Referenced Policies: EFE - Competitive Food Sales/Sales in Competition
with the School Food Services Program
KHB - Advertising in Schools**

k. Narrative

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

I. Nutrition Standards

- A. The school district will ensure that meals provided by its Food Services Program meet the nutrition standards established by federal regulations. Foods and beverages sold or available to students during the school day ("competitive foods") must meet federal Smart Snacks guidelines. Sales of foods and beverages that compete with the school lunch program (and/or school breakfast program) must be in compliance with Board policy EFE - Competitive Food Sales/Sales in Competition with the School Food Services Program.

II. Food and Beverage Advertising

- A. Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snack standards.

Food and beverage marketing includes but is not limited to:

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

Corporate brands, names, logos or 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.

For the purposes of the subsection cited, “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.

III. Assurance

- A. This policy serves as assurance that school district 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 Child Nutrition Act.

IV. Nutrition Education

- A. 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. The promotion of 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.

V. Nutrition Promotion

- A. Schools will support healthful eating by students and encourage parents/guardians to provide healthy meals for their children by providing consistent nutrition messages and information and by cooperation with other agencies and organizations.

VI. Physical Activity

- A. The school district will strive to provide all students developmentally appropriate opportunities for physical activity through physical education classes, recess periods for all RSU #63 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 students' participation in physical activities, including available before- and after-school programs. In collaboration with families, RSU #63 will strive to provide opportunities for students to participate in 60 minutes of physical activity per day (as per CDC guidelines).

VII. Other School-Based Wellness Activities

- A. 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 activity.
- B. The Board may approve policy, regulations, or guidelines for refreshments served at parties or celebrations during the school day or for food as rewards, or may delegate the responsibility for such guidelines to administrators at the district or school level.
- C. The school district may develop programs that encourage staff to learn and engage in healthy lifestyle practices.

VIII. Implementation and Monitoring

- A. The superintendent/designee will be responsible for the implementation of the wellness policy, for monitoring efforts to meet the intent of this policy, and for reporting to the Board on an annual basis. This information can be provided in various verbal or monthly reports to the Board by the Superintendent.
- B. Monitoring may include surveys or solicitation of input from students, parents, staff, and school administrators.
- C. Reports may include, but are not limited to:
 - i. The status of the school environment in regard to student wellness issues.
 - ii. Evaluation of the school food services program and compliance with nutrition guidelines.
 - iii. Summary (or list) of wellness programs and activities in the schools.
 - iv. Feedback from students, parents, staff, school administrators, and wellness committee.
 - v. Recommendations for policy, program or curriculum revisions.

IX. Appointment and Role of the Wellness Committee

The Board will appoint a district-wide Wellness Committee comprised of at least one of each of the following:

- A. Board Member
- B. School Administrator
- C. Food Services Director/designee
- D. Student Representative
- E. Parent Representative and/or
- F. Community Representative
- G. Representatives from a district-wide Coordinated Health Team if one exists.

In the interest of obtaining input from diverse points of view within the school system, the Board is encouraged to add at least the school nurse, one or more teachers, and a

guidance counselor or social worker to the Wellness Committee because these individuals have a direct interest in student health issues.

The Wellness Committee will 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.

With the prior approval of the Superintendent/designee, the Wellness Committee may survey parents, students, and the community and/or conduct focus groups or community forums.

The Wellness Committee will provide periodic reports to the Superintendent/designee and, as requested, to the Board.

X. Communication

The local Wellness Policy content and implementation of the wellness policy including progress made in attaining the goals of the policy will be communicated with school staff, students, parents and community members.

XI. Triennial Progress Assessments

Every Three years, the Superintendent/Designee will:

- A.** Assess the extent to which the school unit's schools are in compliance with the wellness policy;
- B.** Assess the extent to which the school unit's wellness policy compares to model wellness policies; and
- C.** Provide a description of the progress made in attaining the goals of the school unit's wellness policy.

XII. Wellness Goals

The law requires each school district's wellness policy to include goals for nutrition promotion and education, physical education, and other school-based activities designed to promote student wellness. Examples are:

- A.** Nutrition promotion and education will be integrated as a compliment to subjects throughout the curriculum, but will not replace the health education program.
- B.** The school district will provide foods that meet or exceed the federal nutrition standards.
- C.** The school district will provide free breakfast and lunch for as many students as possible. This will be a complement to funding available under federal funding programs.
- D.** The physical education program will provide students with the knowledge and skills needed to be physically fit and take part in healthful physical activity on a regular basis.
- E.** Students will demonstrate responsible personal and social behaviors in physical activity settings.
- F.** The school district 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.

- G.** Schools will provide opportunities for physical activity through a variety of before- and/or after-school programs including, but not limited to, intramural sports, interscholastic athletics, and physical activity clubs.
- H.** Goals of the wellness policy will be considered when planning school or classroom parties, celebrations, or events.
- I.** Parents will be encouraged to provide nutritionally sound snacks from home and food for classroom parties or events.
- J.** School will encourage maximum participation in school meal programs.
- K.** Student organizations will be encouraged to engage in fundraising projects that are supportive of healthy eating and student wellness.