

STUDENT WELLNESS

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

In order to promote overall student wellness, the School Committee also recognizes that school staff serve as role models for good nutrition and a healthy, active lifestyle. Consequently, the Committee is committed to the importance of staff wellness, school environments that permit ample time and space for eating meals, and a comprehensive health education curriculum, K-12. Working with the school administration, a representative district School Health Advisory Council will assist with the implementation of this policy and overall support for district health education curricula.

[‡] "Healthy" is defined as the condition of being physically and mentally sound; promoting good health.

Health Education

All students in grades K-12 shall have access to health education curricula that teaches the knowledge and skills required for a healthy lifestyle, aligned with Maine's *Learning Results*.

Nutrition Education

Whenever possible, nutrition education will be integrated into the instructional program as a component of the health education program and curriculum, as aligned with the content standards of Maine's *Learning Results*. 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.

Goals for Nutrition Education

- Schools will encourage participation in school meal programs.
- The schools will provide nutrition education that focuses on the skills students need to adopt and maintain healthy eating behaviors.
- Nutrition education will be provided as part of the district's sequential, comprehensive health education program, which is aligned with the content standards of the Maine's *Learning Results*.
- Nutrition education will be integrated into other subjects as appropriate to complement, not replace, the health education program.

- The school department will serve foods that meet or exceed the federal nutrition standards, provide adequate time for students to obtain food and eat lunch scheduled at appropriate hours of the day, provide adequate space to eat, and provide a clean and safe meal environment.
- Consistent nutrition messages will be disseminated throughout the school district: in the classroom, the cafeteria, and school-home communications.
- Administrators and staff will be encouraged to model nutritious food choices and eating habits.
- Appropriate professional development will be provided for food services staff.

Nutrition Standards

The Biddeford School Department will ensure that meals provided by its Food Services Program meet the nutrition standards established by federal regulations.* Sales of foods and beverages that compete with the school lunch program (and/or school breakfast program) must comply with the School Committee's policy EFE, Competitive Food Sales/Sales in Competition with the School Food Services Program.

Nutrition Goals

- The school nutrition program will plan meals that include amounts of fat, sodium, and sugar consistent with federal regulations.*
- The school nutrition program and school staff will encourage the selection of low-fat milk and other dairy products, as well as a variety of fruits and vegetables.
- Whenever snacks, meals, or refreshments are served in schools, at school-related activities, or at school-endorsed events, nutritional choices are encouraged. Adults in charge of school events should select meals or snacks consistent with nutritional choices taught in the school's health curriculum.
- Staff members responsible for making choices for beverages and snacks in school vending machines are encouraged to consider the "5% rule."[†]
- Information regarding healthy snacks and school lunch choices should be provided regularly to students and parents as part of the district's comprehensive health education program.
- Goals of the wellness policy will be considered when planning school or classroom parties, celebrations or events.
- Parents will be encouraged to provide nutritionally sound snacks from home and food for classroom parties or events.

- Student organizations will be encouraged to engage in fundraising projects that are supportive of healthy eating and student wellness.
- School-based marketing of foods and beverages, such as through advertisements in school publications, school buildings, athletic fields, and other areas accessible to students should support the goals of the wellness policy.
- The schools are encouraged to cooperate with agencies and community organizations to support programs that contribute to good nutrition and physical activity.

*Title 7 – U.S. Department of Agriculture, Chapter II – Food and Nutrition Service, Department of Agriculture, Part 210 – National School Lunch Program (7 C.F.R. § 210)

†The 5% rule requires that for every 100 calories, a food must provide 5% of the Reference Daily Intake (RDI) for one of the following nutrients: protein, vitamin A, vitamin C, niacin, riboflavin, thiamin, calcium, or iron.

Assurance

This policy serves as assurance that district guidelines for reimbursable meals meet or exceed regulations and guidance issued by the Secretary of Agriculture pursuant to the National School Lunch Act and the Child Nutrition Act.

Physical Activity

The Biddeford School Department will strive to provide all students with developmentally appropriate opportunities for physical activity through physical education classes, recess periods for elementary school 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 children's participation in physical activities, including available before- and after-school programs.

Physical Activity Goals

- The physical education curriculum will be aligned with Maine's *Learning Results*.
- Whenever possible, physical education classes shall have a student/teacher ratio similar to other classes.
- Whenever possible, school staff should consider alternatives to withholding recess from students as a punishment or canceling recess to compensate for missed instructional time.
- Recesses for elementary students provide daily opportunities for physical activity, but should not be used as a substitute for physical education.

- Whenever possible, students in middle school and high school should be encouraged to pursue some type of physical activity apart from physical education classes and interscholastic athletics.
- Whenever possible, the school staff is encouraged to provide opportunities for up to four, five-minute structured breaks each day. Breaks may include walking or movement in the classroom or school corridors, stretches, exercises, etc.
- Schools will encourage parents and students to take advantage of developmentally appropriate community-based after-school programs that emphasize physical activity.
- The schools will encourage parents to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.
- Consistent with School Committee policy (KF – Community Use of Schools), school physical activity facilities will be made available after school hours for student, parent and community use to encourage participation in physical activity.
- School administrators, staff, parents, students and community members will be encouraged to serve as role models in practicing healthy eating and being physically active, both in the school environment and at home.

Implementation and Monitoring

The superintendent or superintendent's designee shall be responsible for the implementation of this wellness policy, for monitoring efforts to meet the intent of this policy, and for reporting to the Biddeford School Committee on an annual basis.

School Health Advisory Council

The School Health Advisory Council shall serve as the district's representative advisory committee for 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.

The School Health Advisory Council will be chaired by the district's school health coordinator or other designee and will report to the Assistant Superintendent. The School Health Advisory Council will be comprised of:

- A member of the Biddeford School Committee
- School administrator(s)
- Food Services Director (or designee)
- Student representative(s)
- Parent representative(s)

- Community representative(s)
- School nurse
- Teacher(s)

Additionally, the Council may include:

- Guidance counselor
- Social Worker
- Community organization or agency representative
- School staff

Legal Reference: 42 U.S.C. § 1751

Cross Reference: EFE – Competitive Food Sales of Foods in Competition with the
 School Food Service Program
 KF – Community Use of School Facilities

Adopted: July 11, 2006