

## **Wellness**

The RSU 40 Board of Directors (Board) recognizes that student wellness is a key factor in students' healthy development and readiness to learn. The Board is committed to providing a school environment that supports student wellness, healthy food choices, nutrition education, physical education, and regular physical activity. The Board prioritizes educating students to make wise choices regarding their own physical, mental, and social emotional health and well-being.

### **Specific Goals**

RSU 40's nutrition education and physical education programs will be based on research, will be consistent with the expectations established in the parameters for essential instruction based on the content standards of Maine's system of Learning results, and will be designed to build the skills students need to maintain a healthy lifestyle. Accordingly, the Board adopts the following goals:

#### **Nutrition Education**

The District aims to teach, model, encourage, and support healthy eating by students. Nutrition education is designed to provide students with the knowledge and skills necessary to promote and protect their health.

#### **Nutrition Promotion**

Support nutrition promotion and education by posting nutritional messages consistent with the federal nutritional standards in schools in places such as the cafeteria.

#### **Physical Activity**

Provide opportunities for physical activity for all students including through developmentally-appropriate physical education classes, recess periods for elementary school students, and extracurricular activities (clubs, intramural and interscholastic athletics).

#### **Other School-Based Activities to Promote Student Wellness**

1. The schools, with prior approval of the Superintendent, may implement other appropriate programs that support consistent wellness messages and promote healthy eating and physical activity. The schools are encouraged to collaborate with agencies and community organizations to support programs that contribute to good nutrition and physical activity.

2. Create a positive school culture that supports safe, responsible, and ethical technology use.
3. Raise awareness about substance abuse and provide support for appropriate interventions.
4. Promote education and awareness of mental health resources and interventions.

### **Standards for Food and Beverages Sold to Students**

For purposes of this policy, the school day is defined as the period 30 minutes before student start time and 30 minutes after the school's student dismissal time. The school day does not include after school events and activities.

School property is defined as all areas/property under the jurisdiction of the school that is accessible to students.

All food and beverages sold on school property during the school day will be a planned part of the total food service program that meets the federal Smart Snacks guidelines established by the National School Lunch Program, the School Breakfast Program, and all such sales will be conducted under the supervision of the Superintendent/designee. This includes all foods sold in school stores, snack bars and vending machines.

Any fundraisers or events where food or beverages outside the total food service program (competitive foods) are sold will only occur outside of the school day.

Funds raised through the authorized sales of competitive foods, made in accordance with this policy, will accrue to the sponsoring school or approved student organization in accordance with applicable policies, cash-management procedures and administrative directives.

This policy applies to sales of foods and beverages on school property by any person, group or organization.

### **Food and Beverage Advertising in Schools and On School Grounds**

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards.

The Board regards the following as "advertising" for the purpose of this policy:

1. Brand names, logos or tags, except those that are present as labels on the food or beverage product or its container;

2. Displays, such as vending machine exteriors;
3. Corporate brands, logos, names or trademarks on school equipment such as message boards or scoreboards;
4. Corporate brands, logos, names or trademarks on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment;
5. Corporate brands, logos, names or trademarks on posters, book covers, or school supplies distributed or offered by the school unit;
6. Advertisements in school and school unit publications or mailings;
7. 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.

To promote proper hydration, free drinking water will be available to all students throughout the day in each school, including during meal periods.

### **Standards for Food and Beverages Provided (But Not Sold) to Students**

Food and beverages served at parties or celebrations during the school day should meet federal Smart Snacks standards.

### **Implementation, Oversight and Monitoring**

The Superintendent will be responsible for the overall implementation and oversight of this policy, for monitoring efforts, maintaining necessary records, and for reporting progress on wellness programming to the Board. The Superintendent may delegate specific responsibilities to other administrators and staff as appropriate. Monitoring may include surveys or solicitation of input from students, parents, staff, and school administrators. All reports, evaluations, and wellness policy will be made available to the public on the school website.

Reports may include, but are not limited to:

- The status of the school environment in regard to student wellness issues.
- Evaluation of the school food nutrition program and compliance with nutrition guidelines.

- Summary/list of wellness programs and activities in the schools.
- Feedback from the District Wellness Committee.
- Recommendations for policy, program or curriculum revisions.

**Wellness Committee**

The Superintendent/designee will appoint a system-wide Wellness Committee composed of members from the following groups: The School Board, school administrators, Food Service, students, parents and families, the community, school nurses, physical education teachers, and others determined by the Superintendent/designee.

The Wellness Committee will serve as an advisory committee for developing, revising, and implementing the wellness policy with approval of the Board. The Superintendent or designee may delegate other specific and related responsibilities to the Wellness Committee and/or school administrators and staff as the Superintendent deems appropriate.

The Wellness Committee will periodically provide opportunities for the public and community to provide input into wellness programs, including parents, students, and representatives from Food Service, teachers (including physical education teachers), school health professionals, the school board, and school administrators.

**Triennial Assessment**

The Superintendent/designee will conduct an assessment of this policy at least every three years. Assessments will review progress made toward wellness goals under this policy, overall compliance with the policy, how the local wellness policy compares with model local wellness policies, and any other measure required under applicable law. The policy will be updated as necessary to support its goals.

**Public Notice**

The Superintendent/designee will annually notify the public about this policy, updates to the policy, and implementation progress by posting pertinent information on the RSU 40 website, and/or presenting information at Board meetings. The triennial assessment of wellness activities conducted under this policy will also be made available to the public.

Legal Reference: 42 U.S.C. §1751 et seq.  
7 C.F.R. Part 210 et seq.  
20-A M.R.S. §6601  
20-A M.R.S. §6662  
Maine Department of Education Rule Chapter 132

*This is a required policy.*

Adopted: February 2, 2017

Revised: October 3, 2019  
Revised: July 1, 2021