

FIVE TOWN CSD POLICY

STUDENT WELLNESS

The Board recognizes that student wellness and good nutrition are related to students' physical and psychological wellbeing 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.

NUTRITION STANDARDS

Five Town CSD 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 be in compliance with the Board's policy EFE, Competitive Food Sales/Sales in Competition with the School Food Services Program.

ASSURANCE

This policy serves as assurance that school unit 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 the Child Nutrition Act.

NUTRITION EDUCATION

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. Nutrition education should focus on skills students need to adopt and maintain healthy eating behaviors. Students should receive consistent nutrition messages throughout the school, including classrooms, cafeteria, and school-home communications.

NUTRITION PROMOTION

The school 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.

PHYSICAL ACTIVITY

Five Town CSD will strive to provide all students developmentally appropriate opportunities for physical activity through physical education classes and extracurricular activities (clubs, intramural and interscholastic athletics). School programs are intended to build and maintain physical fitness and to promote healthy lifestyles. The school should encourage parents to support their children's participation in physical activities, including available before- and after-school programs.

SAFER SEX

The Five Town CSD Board acknowledges the fact that some of the Camden Hills Regional High School students are sexually active. In an effort to help prevent sexually transmitted infections (STI's) and unintended pregnancies, the Five Town CSD will provide students access to free condoms in the nurse's office and other appropriate locations, in conjunction with written information on condom use, sexual readiness and STI's.

OTHER SCHOOL-BASED WELLNESS ACTIVITIES

The school, with prior approval of the Superintendent/designee, may implement other appropriate programs that support consistent wellness messages and promote healthy eating and physical activity.

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 regulations or guidelines to administrators at the district or school level.

Five Town CSD may develop programs that encourage staff to learn and engage in healthy lifestyle practices.

IMPLEMENTATION AND MONITORING

The Superintendent/designee shall be responsible for the oversight of implementation of the wellness policy in the school, for monitoring efforts in the school to meet the intent of this policy and achieve wellness goals, and for reporting to the Board on an annual basis.

Monitoring may include surveys or solicitation of input from students, parents, staff, and school administrators.

Reports may include, but are not limited to:

1. The status of the school environment in regard to student wellness issues
2. Evaluation of the school food services program and compliance with nutrition guidelines
3. Summary of wellness programs and activities in the school
4. Feedback from students, parents, staff, school administrators and wellness committee, including suggestions for improvement in specific areas
5. Recommendations for policy and/or program revisions

Five Town CSD will publicly disseminate information about school wellness activities, healthy eating and school nutrition, and the results of wellness program evaluations/monitoring on Five Town CSD wellness policy implementation efforts on Five Town CSD website or by other means, as appropriate.

The Board will review the wellness policy periodically to set or revise goals.

APPOINTMENT AND ROLE OF THE WELLNESS COMMITTEES

The District shall have a school-based Wellness Committee that should include a variety of stake holders appointed by the Principal.

The Wellness Committee shall serve as an advisory committee to the school 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.

The Wellness Committee may survey parents, students and the community and/or conduct focus groups or community forums.

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

The Wellness Committee shall conduct an assessment of the wellness policy every three years, at a minimum, to determine:

- Compliance with the Wellness policy;
- How the wellness policy compares to model Wellness policies;
- Progress made in attaining the goals of the Wellness policy.

The Wellness Policy will be posted on the District website and communicated annually to keep students, parents, staff, and the community informed of wellness initiatives.

WELLNESS GOALS

The Board has identified the following goals associated with student wellness:

1. Goals for Nutrition Education

The school will provide nutrition education that focuses on the skills students need to adopt and maintain healthy eating behaviors.

The school's nutrition education will be provided in a sequential, comprehensive health education program aligned with the content standards of the Maine system of Learning Results.

Nutrition education will be integrated into other subjects as appropriate to complement, not replace, the health education program.

Five Town CSD will provide foods that meet or exceed the federal nutrition standards, adequate time for students to obtain food and eat, lunch scheduled at appropriate hours of the day (OR: as close to the middle of the school day as possible), adequate space to eat, and a clean and safe meal environment.

Appropriate professional development will be provided for food services staff.

2. Goals for Nutrition Promotion

Five Town CSD staff will cooperate with agencies and community organizations to provide opportunities for appropriate student projects and learning experiences related to nutrition as it appropriately complements the curriculum.

Consistent nutrition messages will be disseminated throughout the Five Town CSD in the classroom, the cafeteria, and school-home communications.

Administrators and staff will be encouraged to model nutritious food choices and eating habits.

School will encourage parents/guardians to provide healthy meals and snacks for their children through take-home materials or other means.

3. Goals for Physical Activity

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.

Students will develop motor skills and apply them to enhance their coordination and physical performance.

Students will demonstrate responsible personal and social behaviors in physical activity settings.

The physical education curriculum will be aligned with the content standards of the Maine system of Learning Results.

Physical education classes will keep all students involved in purposeful activity for a majority of the class period.

Physical education classes will provide opportunity to learn for students of all abilities.

The school 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.

The school will provide facilities adequate to implement the physical education curriculum for the number of students served.

The school will promote efforts to provide opportunities for students to engage in age-appropriate activities on most days of the week in both school and community settings.

The school 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.

Appropriate professional development will be provided for physical education staff and other staff involved in the delivery of such programs.

4. Goals for Other School-Based Activities

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.

School will encourage maximum participation in school meal programs.

School will encourage parents and students to take advantage of developmentally appropriate community-based after-school programs that emphasize physical activity.

The school 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.

As feasible, 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.

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 school is encouraged to cooperate with agencies and community organizations to support programs that contribute to good nutrition and physical activity.

THE WELLNESS ROOM

1. Goal

The Wellness Room offers students a variety of wellness activities that are designed to promote student wellness through voluntary participation in practices designed to reduce stress and enhance relaxation.

2. Staffing and oversight

The room is staffed by a variety of health care practitioners and overseen by a Wellness Room Coordinator, who reports to the building administrator or his/her designee. All health care practitioners must have been fingerprinted and undergone criminal background checks prior to working with students. At least two adults should be present in the Wellness Room at any time a practitioner is working with a student. If it is not possible for two adults to be in the room, the activity may occur if there are two or more students in the room with the health practitioner and the door is left open.

3. Participation

Student participation in Wellness Room activities may occur only with written parental permission on the Wellness Room Permission Form for the specific activities indicated by the parent or legal guardian. Students may participate before and after school, during lunch, at breaks, and from study halls with a pass from the study hall teacher.

4. Activities

All activities being offered in the Wellness Room must have been approved by the Five Town CSD Board of Directors. While the Board may permit a variety of activities, such permission neither constitutes nor implies a responsibility for the efficacy of any of the activities.

Legal Reference:

- 42 U.S.C. § 1751
- The Hunger-Free Kids Act of 2010 – Public Law 111-296

Cross Reference:

- Policy EFE – Competitive Food Sales – Sales of Foods in Competition with the School Food Services Program

History: Adopted: 07/12/06, 07/09/08, 05/07/14, 09/07/16, 09/06/17

First Reading: February 6, 2019

Second Reading: March 6, 2019

Adopted: March 6, 2019