

[Insert District Name] Model Local Wellness Policy

(NOTE: Adapted from the State of Michigan Local Wellness Policy with approval from Dayle Hayes)

The Maine State Board of Education is committed to creating a healthy school environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activity.

Nutrition Education

All students Pre - K-12 shall receive nutrition education that teaches the knowledge and skills needed to adopt healthy eating behaviors and is aligned with the federal statutes and the State of Maine laws. Nutrition education shall be integrated into the curriculum. Nutrition information and education shall be offered throughout the school campus including but not limited to school dining areas and classrooms. School staff members who provide nutrition education shall have the appropriate training.

Physical Education and Physical Activity Opportunities

The district shall offer physical education opportunities that include the components of a quality physical education program. Physical education shall equip students with the knowledge, skills, and values necessary for lifelong physical activity. Physical education instruction shall be aligned with the federal statutes and the State of Maine laws. All Pre-K-12 students of the District shall have the opportunity to participate regularly in supervised, organized or unstructured, physical activities, to maintain physical fitness, and to understand the short- and long-term benefits of a physically active and healthy lifestyle.

Nutrition Standards

The District shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations. The District shall encourage students to make nutritious food choices.

The District shall monitor all food and beverages sold or served to students, including those available outside the federally regulated child nutrition programs. The District shall consider nutrient density¹ and portion size before permitting food and beverages to be sold or served to students.

The Superintendent shall continually evaluate vending policies and contracts. Vending contracts that do not meet the intent and purpose of this policy shall be modified accordingly or not renewed.

¹ Nutrient Density is the ratio of the amount of a nutrient in foods compared to the amount of energy or calories provide by the same food. More nutrient dense food choices help people get the most nutrition from their foods or make their calories count more!

Other School-Based Activities Designed to Promote Student-Wellness

The District may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity.

Maintaining Student Wellness

The Superintendent shall develop and implement administrative rules consistent with this policy. Input from teachers (including specialists in health and physical education), parents/guardians, students, representatives of the school food service program, the school board, school administrators, and the public shall be considered before implementing such rules. A sustained effort is necessary to implement and enforce this policy. The Superintendent shall measure how well this policy is being implemented, managed, and enforced. The Superintendent shall report to the Board, as requested, on the District's programs and efforts to meet the purpose and intent of this policy.

*NOTE: ***End of Model Policy –
The following page begins “Administrative Rules.”****

Administrative Rules Regarding [insert district name] Local Wellness Policy

In order to enact and enforce [insert district name] Local Wellness Policy, the Superintendent and administrative team, with input from teachers (including specialists in health and physical education), parents/guardians, students, representatives of the school food service program, the school board, school administrators, and the public, have developed these administrative rules.

These rules are subject to ongoing administrative review and modification as necessary to help assure compliance with the purpose and intent of [insert district name] Local Wellness Policy. Any District stakeholder wishing to express a viewpoint, opinion, or complaint regarding these rules should contact:

Superintendent of Schools
(District Address)
(District Phone)
(District FAX)

Coordinated School Health Team

The District shall establish a Coordinated School Health Team² to provide an ongoing review and evaluation of the [insert district name] Local Wellness Policy and these administrative rules.³

The Superintendent shall appoint a member of the administrative staff of the District to organize the Coordinated School Health Team⁴ and invite appropriate District stakeholders to become members of the Coordinated School Health Team. A Coordinated School Health Team may include representatives from the following areas:

- health education;
- physical education;
- health services;
- food services;
- counseling/psychological/and social services;
- administration;
- Parent, student and community (including health care providers, hospital and public health department staff, non-profit health organizations, physical activity groups, community youth organizations, and university or other governmental agencies).

(Note: An existing committee may assume the responsibility of the Coordinated School Health Team.)

² Refer to the Centers for Disease Control's Coordinated School health web site:
<http://www.cdc.gov/HealthyYouth/CSHP/index.htm>.

³ Refer to State of Maine's State Board of Education's Policy on Coordinated School Health Programs To Support Academic Achievement and Healthy Schools:
http://www.michigan.gov/documents/CSHP_Policy_77375_7.pdf

⁴ Centers for Disease Control coordinated school health program model:
<http://www.cdc.gov/HealthyYouth/CSHP/index.htm>

Nutrition Education

Nutrition education shall be offered to all students of the District, Pre-K-12. The District may offer age appropriate nutrition education classes. In addition, nutrition education topics shall be integrated into the curriculum when appropriate.

Nutrition education shall be designed to help students acquire knowledge and skills regarding:

- Health benefits of consuming food and beverages from all food groups;
- Recommended portion sizes;
- Information found on food labels;
- Factors that influence dietary choices;
- Factors that affect food safety, from production through consumption;
- Planning for snacks and balancing meals with physical activity;
- Weight management; and
- Communicating nutrition research findings to others.⁵

Nutrition education shall also be made available to parents/guardians and the community. This nutrition education may be provided in the form of handouts, wall or bulletin board posters or banners, postings on the District website, community and student oriented presentations or other communications focused on promoting proper nutrition and healthy lifestyles. The students, staff, and community will be informed about the Local Wellness Policy on an annual basis.

Physical Education and Physical Activity Opportunities

Age appropriate physical education shall be offered to all students of the District.⁶ In addition, physical education topics shall be integrated into the curriculum when appropriate.

The District shall implement a quality physical education program that addresses the following:

Curriculum:

- Has a curriculum aligned with the Michigan K-12 *Physical Education Content Standards and Benchmarks*.
- Equips students with the knowledge, skills, and attitudes necessary for lifelong physical activity.
- Influences personal and social skill development.

Instruction and Assessment:

- Is taught by a certified physical education teacher trained in best practice physical education methods.
- Aligns curriculum, instruction, and assessment.
- Engages students in curriculum choices that prepare them for a wide variety of lifetime activities.
- Keeps all students involved in purposeful activity for a majority of the class period

⁵ State of Maine Model for Comprehensive School Health Education®
nutrition lessons meet this administrative rule:

⁶ Offering physical activity opportunities is required by federal law (Section 204 of Public Law 108-265). Physical education, while recommended, is not required.

- Builds students' confidence and competence in physical abilities
- Includes students of all abilities.

Opportunity to Learn:

- Offers instructional periods totaling 150 minutes per week (elementary) and 225 minutes per week (middle and high school).
- Has a teacher to student ratio consistent with those of other subject areas and/or classrooms.
- Provides facilities to implement the curriculum for the number of students served.
- Has enough functional equipment for each student to actively participate.
- Builds students' confidence and competence in physical abilities.
- Includes students of all abilities.⁷

The District should offer daily opportunities for unstructured physical activity, commonly referred to as recess, for all students Pre-K through grade six. Recess should be in addition to physical education class time and not be a substitute for physical education. Each school shall provide proper equipment and a safe area designated for supervised recess in the elementary setting. School staff should not withhold participation in recess from students or cancel recess to make up for missed instructional time. Schools should provide opportunities for some type of physical activity for students in grades seven through twelve apart from physical education class and organized sports. Examples include: before and after school extracurricular physical activity programs, Safe Routes to School Programs,⁸ and use of school facilities outside of school hours.

Nutrition Standards

The District shall offer school meal programs with menus meeting the meal patterns and nutrition standards established by the United States Department of Agriculture (USDA). The District shall encourage students to make food choices based on the most current Dietary Guidelines for Americans. Food and beverages that compete with the District's policy of promoting a healthy school environment shall be discouraged.

Each school building in the District shall offer and promote the following food and beverages in all venues outside federally regulated child nutrition programs:

- Whole and enriched grain products that are high in fiber, low in added fats and sugars, and served in appropriate portion sizes consistent with the current USDA standards;
- Fresh, frozen, canned or dried fruits and vegetables using healthy food preparation techniques, and 100 percent fruit or vegetable juice in 12-ounce servings or less;
- Nonfat, low-fat, plain and/or flavored milk and yogurt, nonfat and/or low-fat real cheese, rather than imitation cheese. Offer the following serving sizes: yogurt in eight-ounce servings or less, milk in 16-ounce servings or less, cheese in 1.5-ounce (two-ounce, if processed cheese) servings or less;

⁷

⁸ Safe Routes to Schools Program Information:

- Nuts, nut butters, seeds, trail mix, and/or soybean snacks in one-ounce portions or less⁹; portions of three ounces or less of cooked lean meat, poultry, or fish using healthy food preparation techniques; and
- Accompaniments (sauces, dressings, and dips), if offered, in one-ounce servings or less.¹⁰

The District shall monitor food service distributors and snack vendors to ensure that they provide predominantly healthy food and beverage choices that comply with this policy's purpose in all venues.¹¹

The District shall encourage healthy school parties. Notices shall be sent to parents/guardians either separately or as part of a school newsletter, reminding them of the necessity of providing healthy treats for students and/or encouraging the use of non-food treats for classroom birthday or award celebrations.¹²

The District shall encourage serving healthy food at school parties. Notices shall be sent to parents/guardians either separately or as part of a school newsletter, reminding them of the necessity of providing healthy treats for students and/or encouraging the use of non-food treats for classroom birthday or award celebrations.¹³

The District shall encourage healthy fundraisers as alternatives to fundraising that involve selling food items of limited nutritional value, such as candy, cupcakes, or sugary beverages. Example: Sales of candy items (candy bars, sugar coated chocolate snacks, or the like) as a school or grade level fundraising project should be replaced with non-food items such as candles, wrapping paper, greeting cards, etc.¹⁴

(Vending sales of soft drink, artificially sweetened drinks, and candy will not be permitted on school grounds prior to the start of the school day and throughout the instructional day, but may be permitted at special events that begin after the conclusion of the instructional day. For suggestions on healthier foods, refer to the Action for Healthy Kids Tips and Tools document:

For the federal law memorandum stating, "it is not permissible for a school to serve FMNV during a meal service period..." refer to the following link:

<http://www.fns.usda.gov/cnd/Governance/Policy-Memos/2001-01-16.pdf>)

⁹ The District shall assure that the dietary needs of food-allergic students are taken into consideration in menu planning. (Cf. 4460)

¹⁰ State of Michigan's Board Of Education's Policy On Offering Healthy Food And Beverages In Venues Outside Of The Federally Regulated Child Nutrition Programs

¹¹ For a healthy food and beverages criteria and healthy snack list meeting the State of Michigan's Board Of Education's Policy On Offering Healthy Food And Beverages In Venues Outside Of The Federally-regulated Child Nutrition Programs see Action for Healthy Kids, Nutrition Tips and Tools document as a guide

¹² For healthier school parties, see Action for Healthy Kids, Nutrition Tips and Tools document as a guide:

¹³ For healthier school parties, see Action for Healthy Kids, Nutrition Tips and Tools document as a guide:

¹⁴ For healthier fundraisers, see Nutrition Tips and Tools document as a guide:

Maintaining Student Wellness

All employees of the District are expected to set a positive healthy lifestyle role model for students by following, at a minimum, these administrative rules. Students can learn healthy lifestyle habits by observing the food and physical activity patterns of school personnel and other adults who serve as role models in their lives. In order to send consistent messages to students, all adults in the school environment are encouraged to make healthy food choices and engage in physical activity.¹⁵ The District shall work through its Coordinated School Health Team and building level staff to find no or low cost ways to encourage staff wellness.

(Employees choosing to violate or ignore these rules will be subject to possible disciplinary action as determined by the Superintendent of Schools in accordance with applicable collective bargaining agreements. – District option)

¹⁵ For healthy food and beverages for parent, teacher, and meetings see page 22 of the Maine Action for Healthy Kids, Nutrition Tips and Tools document as a guide: