

## Maine Consolidated School's Wellness Policy

Date Created: 12/10/2019

Last Updated: 02/11/2020

### **I. Wellness Policy Goals**

*Goal for Nutritional Promotion:* The school district encourages students to participate in appropriate meal programs with the menus posted to the district website each week. The school district also encourages both staff and students to be actively engaged in the school garden and other local events when appropriate (county fair, local farms, etc.). Students will not be permitted to bring soda, energy drinks, or other drinks high in sugar and/or caffeine. Unopened confiscated beverages will be returned at the end of the school day, and replaced with a more appropriate beverage from the cafeteria.

*Goal for Nutrition Education:* Nutrition education will be taught based on the current standards to all students, kindergarten – 8<sup>th</sup> grade. Nutrition education is to be included in both health and physical education classes along with other subjects, such as math, science, language arts, and social sciences. Through teaching and through example, staff will cover a variety of nutrition topics with students throughout the year, including the importance of breakfast and water consumption, eating a variety of foods each day, choosing foods with little added sugar, and more.

*Goal for Physical Activity:* Physical activity to be provided for at least 45 minutes each day for all students throughout the day. Physical activity may not be used or withheld as punishment for **any reason**. All playground and physical education equipment is to be open to inspected and repaired if unsafe, and outdoor physical activity facilities are open to the community outside of school hours. All elementary students are to receive 90 – 149 minutes of physical education each week, along with 20 minutes of recess each school day. Classroom teachers are encouraged to provide short (3 – 5 minute) physical activity breaks at least 3 times per week. Physical activity topics such as physical activity benefits, preventing injury during physical activity, and overcoming barriers to physical activity are to be addressed as part of the physical education and/or health curriculum.

*Goal for Other School-Based Activities that Promote Student Wellness:* There will be a staff wellness challenge encouraged at least once per school year. Literature is also to be provided to families throughout the school year promoting health and family engagement in student well-being.

### **II. Nutrition Standards**

#### ***School Meals***

The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

- a. The school district will participate in the National School Lunch Program.
- b. All meals will, at a minimum, meet the New Meal Pattern requirements.
- c. Free, potable water will be available to all students during meal periods.
- d. Vending machines will not have soda, candy, chips, etc. available for sale during meal periods.

### ***Competitive Foods and Beverages***

- e. Nutrition standards for competitive foods and beverages must, at a minimum, meet the USDA's Smart Snacks in Schools guidelines. *These guidelines apply to all foods sold on the district's campus.*
- f. Competitive foods are defined as all food and beverages sold in competition with the meal programs on campus, during the school day (midnight to thirty minutes after the end of the school day).

### ***Celebrations and Rewards***

Arizona Law (ARS 15-242) states that all food and beverages served to students in grades K – 8 must meet the USDA's Smart Snacks in Schools guideline.

- g. Classroom snacks brought in by parents are included.
- h. Teachers and other school staff are expected to be nutrition role models for all students during the school day. The following are not to be permitted on campus, by faculty, staff, or students during the school day:
  - Energy drinks
  - Soda
  - Milkshakes
  - Slushies
  - Other common beverages not meeting the Smart Snacks in Schools guidelines
- i. The Smart Snacks in Schools guidelines state a snack must:
  - Be 200 **calories** or less
  - Have 200mg or less of **sodium**
  - 35% or less of the calories from **fat**
  - 10% or less of the calories from **saturated fat**
  - 0g of **trans fat**
  - Be 35% or less **sugar** by weight
- j. These guidelines apply to (*check all that apply*):
  - School-sponsored events
  - Celebrations and parties
  - Classroom snacks provided by parents
  - Classroom rewards and incentives

## ***Fundraising***

- k. Food sales for fundraising outside of school hours or with the intention of being sold off of the district campus are exempt from this policy pending approval by administration.

## ***Food and Beverage Marketing***

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage markets often includes an oral, writing, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. All products marketed on school campus must, as a minimum, meet the Smart Snacks guidelines.

## **III. School Wellness Committee**

### ***Committee Role and Membership***

The District will convene a representative district wellness committee that meets to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy.

- a. The wellness committee will meet at a minimum of three times per school year.
- b. Parents, students, teachers, staff, health professionals, school board members and school administrators are permitted to participate in the wellness policy process.
- c. The public will be notified of their permission to attend wellness committee meetings via school board meeting notes.

### ***Leadership***

The District has designed one or more LEA and/or school official(s) who have the authority and responsibility to ensure the school complies with the local wellness policy.

- d. *The designated official for oversight implementation at the school is:* Phyllis Fielder
- e. *The designated official for convening the wellness committee is:* Rick Zink
- f. *The person designated for informing the public about the wellness policy is:* Dylan Hearn

## **IV. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement**

### ***Implementation of the Wellness Policy***

- a. The author of the wellness policy will distribute the policy to all staff, and the policy will be distributed to all parents/guardians of current students at the beginning of each

school year. The wellness policy will also be available on the school website, or from the front office upon request.

- b. The wellness policy is something that all teachers, staff, students and parents are expected to collectively execute the wellness policy when appropriate.

### ***Triennial Progress Assessments***

At least once every three years, the LEA must conduct an assessment of their wellness policy. To accomplish this, the District will evaluate compliance with their wellness policy and assess progress toward meeting the goals of the District Wellness policy. Additionally, USDA requires that the District will compare their policy to the Alliance for a Healthier Generation's model wellness policy.

- c. The District will assess compliance and progress of their local wellness policy as least once every three years.
  - i. The District will assess the progress made in attaining the goals of the District's wellness policy through meetings with members of the wellness committee along with community members mentioned in section III.
  - ii. The school board will verify the school's compliance with sections I – IV of this wellness policy, with input from school faculty and staff when needed.
- d. The District will assess how their wellness policy compares to model wellness policies.
  - i. The District will compare their wellness policy to wellness policies provided by ADE as well as neighboring school district's policies.

### ***Revisions and Updating the Policy***

The District will update or modify the wellness policy as appropriate.

- e. The LEA will review the wellness policy on a yearly basis and update when needed.

### ***Notification of Wellness Policy, Policy Updates and Triennial Assessment***

The District will inform families and the public each year of any updates to the wellness policy and every three years their compliance with the written wellness policy.

- f. The District wellness policy will be available to the public via the District website or from the front office upon request.
- g. The annual progress reports and updates when appropriate can be found on the District website or from the front office upon request.
- h. The District will make the Triennial Assessment available on the District website or from the front office upon request.