

M.S.A.D. #12 POLICY WELLNESS

I. POLICY STATEMENT:

MAINE SCHOOL ADMINISTRATIVE DISTRICT #12 supports good nutrition as part of a school environment that contributes to student health and encourages positive food choices and eating habits. The Board believes that nutrition influences a student's ability to take full advantage of the school system's education program and is, therefore, related to student achievement.

II. NUTRITION EDUCATION GOALS:

- District health education curriculum standards and guidelines include both nutrition and physical education.
- Students in grades pre-K-12 receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
- Students receive consistent nutrition messages throughout schools, classrooms, cafeterias, homes, community and media.

III. PHYSICAL ACTIVITY GOALS:

- Students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary and middle school students, and the integration of physical activity into the academic curriculum.
- The school encourages parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.
- The school district will make efforts to keep school or district-owned physical activity facilities open for use by students outside school hours.

IV. WELLNESS GOALS:

- MAINE SCHOOL ADMINISTRATIVE DISTRICT #12 will continue to support the work of a volunteer Health Promotion Team that will work on carrying out wellness goals for staff and students.
- The school district will provide opportunities for on-going professional training and development for foodservice staff and teachers in the areas of nutrition and physical education.
- The school district encourages parents, teachers, school administrators, students, foodservice professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home

V. IMPLEMENTATION PLAN

This policy will take place as passed by the school board. The principal shall monitor the effectiveness of the policy and will consult with the food service director as needed.

VI. NUTRITION GUIDELINES

Students' lifelong eating habits are greatly influenced by the types of foods and beverages available in their daily environment. In addition to ensuring that reimbursable school meals meet program requirements and nutrition standards, schools must also establish standards or guidelines to address all foods and beverages sold or served to students, including those available outside of the school meal programs. The guidelines shall be in accordance with established state guidelines as published by the Maine Department of Education (<http://www.state.me.us/education/sfs/handbooks.htm>)

Adopted: November 07, 2006