

STUDENT WELLNESS

The Islesboro School Committee recognizes that student wellness and good nutrition are related to student's physical and psychological well-being and their readiness to learn. The School Committee is committed to providing a school environment that supports student wellness, healthy food choices, nutrition education, and regular physical activity. The School Committee believes that students who learn 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

The school unit 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 must be in compliance with the School Committee's policy EFE, Competitive Food Sales/Sales in Competition with the School Food Services Program.

Assurance

This policy serves as assurance that the school unit's 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 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 schools, including classrooms, cafeteria, and school-home communications.

Physical Activity

The school unit will strive to provide all students developmentally appropriate opportunities for physical activity through physical education classes, recess periods for elementary school students, and extracurricular activities. 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.

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 School Committee may approve policy, regulations and 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 for guidelines to administrators at the school level.

The school unit 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 implementation of the wellness policy, for monitoring efforts to meet the intent of this policy, and for reporting to the School Committee 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:

- The status of the school environment in regard to student wellness issues
- Evaluation of the school service program and compliance with nutrition guidelines
- Summary of wellness programs and activities in the school
- Feedback from students, parents, staff, school administrators and wellness committee
- Recommendations for policy, program or curriculum revisions

Wellness Goals

Goals – Physical Education

1. ICS will ensure every student from K through 12 receives regular, grade appropriate quality education.
2. All physical education will be taught by a certified physical education teacher.
3. Physical education should be designed to build interest and proficiency in the skills, knowledge and attitudes essential to a lifelong physically active lifestyle.
4. The physical education curriculum should be coordinated with the health education curriculum.
5. The school should ensure that students have adequate space and equipment to participate in structured physical activity.

Goals – Nutrition Education

1. ICS programs should ensure that students in kindergarten through grade 12 receive nutrition education that provides knowledge they need to adopt healthy lifestyles.
2. Nutrition education should be integrated within the health educational program and should include instruction that helps students learn more about the importance of various food groups: caloric, sugar, fat intake; healthy cooking methods; the recognition of the role media play in marketing and advertising foods and beverages; and the relationship of a balanced diet and regular exercise to a healthy lifestyle.
3. Nutrition concepts should be reinforced by all personnel and should be integrated into various subject areas.

4. Nutrition education should be included reinforcement of the importance of physical activity and the health risks associated with a sedentary lifestyle.
5. Staff primarily responsible for nutrition education should be properly trained and regularly participate in professional development activities.

Date Policy Initiated _____
First Reading _____
Second Reading _____
Date Policy to Begin 6-06