

## STUDENT WELLNESS

The Board recognizes that student wellness and good nutrition are related to ~~students'~~ individuals' physical and psychological well-being 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~~ supports the fact 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,~~ such as good nutrition and regular exercise may reduce their risk of obesity, ~~diabetes and other~~ mental health issues, and chronic diseases.

### ~~Nutrition Standards~~

The school ~~unit~~ department will ensure that meals provided by its Food Services Program meet or exceed the nutrition standards established by federal regulations.<sup>1</sup> 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.

Nutrition education will be integrated into the instructional program through the health education program and/or curriculum as aligned with the content standards of Maine's System of Learning Results. Nutrition education will focus on the skills students need to adopt and maintain healthy eating behaviors. Students will receive consistent nutrition messages throughout the schools, including classrooms, cafeteria, and school-home communications.

### Cape Elizabeth Schools will:

- Provide a minimum of 20 minutes for all K-12 students to eat their meals.
- Schedule snack time at least one hour before the lunch meal.
- Provide access to free drinking water.
- Provide appropriate nutritional information for school meals via the school nutrition website and on the monthly lunch calendar.
- Food/sweets are discouraged as a reward, incentive or consequence. Optimally, staff are encouraged to use alternatives to food as rewards in classrooms.
- School staff will identify students who are at risk of food insecurity and link them to available resources, including school-based "backpack programs."

### Assurance

This policy serves as assurance<sup>2</sup> ~~that school unit guidelines for reimbursable meals are not less restrictive than regulations and guidance issued by the Secretary of Agriculture~~

CAPE ELIZABETH SCHOOL DEPARTMENT

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<sup>1</sup> TITLE 7 U.S. DEPARTMENT OF AGRICULTURE, CHAPTER II FOOD AND NUTRITION SERVICE, DEPARTMENT OF AGRICULTURE, PAR0-National School Lunch Program (7 C.F.R. ¶210).

<sup>2</sup> See 42 U.S.C. ¶ 1751(a)(2)

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pursuant to the National School Lunch Act and the Child Nutrition Act.

### Goals for Nutrition Education:

- The schools will provide nutrition education that focuses on the skills students need to adopt and maintain healthy eating behaviors.
- The schools' health education program will provide sequential, comprehensive lessons including Nutrition-nutrition education will be integrated into the instructional program through the health education program and/or curriculum as aligned with the content standards of the 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. will be integrated into other subjects as appropriate to complement, not replace, the health education program.
- The school department will provide foods that meet or exceed the federal nutrition standards, adequate time for students to obtain food and eat, lunch scheduled as close to the middle of the school day as possible, adequate space to eat, and a clean and safe meal environment.
- Student and parent/guardian organizations will be encouraged to engage in fundraising projects that are supportive of healthy eating and student wellness.

### Social/Emotional Well-being

The Cape Elizabeth School Department recognizes the importance of nurturing and supporting students' social and emotional needs, while also challenging students academically. Social/emotional well-being for students will be met by providing services in the form of school counselors, nurses, and social workers. Annual training will be provided to teachers and staff to recognize the social/emotional needs of students as it pertains to their respective roles. The ultimate objective will be to provide education for students to develop self-care and advocacy skills that promote and protect their social and emotional well-being.

### Goals for Social/Emotional Well-being:

- Structured opportunities for social/emotional integration in to classroom curriculum
- Provide information to all students and parents/guardians about mental health resources and how to access counseling or social work support in their school/community
- Educate staff and parents/guardians about identifying and responding to mental health concerns/issues
- Students will have access to counselors/social workers across all grade levels
- Administrators will lead teachers in coordinating the scheduling of major

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- assessments and projects reducing academic overload
- Develop parent/guardian groups to partner with the schools and increase awareness of mental health

### Physical Activity

The school ~~unit~~ department will ~~strive to~~ provide all students developmentally appropriate opportunities daily for physical activity through physical education classes, recess periods for ~~elementary school~~ K-8 students, and extracurricular activities (clubs, intramural and interscholastic athletics). School programs are intended to build and maintain physical fitness and to promote healthy lifestyles. ~~The schools should encourage parents to support their children's participation in physical activities, including available before and after school programs.~~

#### Goals for Physical Activity:

- Physical activity is important for the overall health of a student, therefore withholding physical activity as a form of discipline or denying access to physical activity for purposes of make-up work and testing during the school day is prohibited
- The schools 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 schools will provide facilities adequate to implement the physical education curriculum for the number of students served
- Teachers are strongly encouraged to incorporate physical activity in their classroom or outdoors by integrating it into the curriculum and/or using daily or weekly motor breaks
- The physical education program will provide students (K-12) with the knowledge and skills needed to take part in healthy physical activity on a regular basis
- All students (K-12) shall receive regular physical activity and opportunities for movement every day
- The physical education curriculum will be aligned with the content standards of the Maine System of Learning Results
- Physical education classes will provide opportunities to learn for students of all abilities

#### ~~Other School Based Wellness Activities~~

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

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~~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.~~

~~The school unit may develop programs that encourage staff to learn and engage in healthy lifestyle practices.~~

### **Implementation and Monitoring** ~~[OR: Measuring]~~

The Superintendent designee (Wellness Steering Committee) 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 Board on an ~~annual~~ regular basis. Monitoring may include surveys or solicitation of input from students, parents/guardians, staff, and school administrators.

Reports may include, but are not limited to:

- A. The status of the school environment in regard to student wellness issues
- B. Evaluation of the school food services program and compliance with nutrition guidelines
- C. Summary ~~[OR: List]~~ of wellness programs and activities in the schools
- D. Feedback from students, parents/guardians, staff, school administrators and wellness committee
- E. Recommendations for policy, program or curriculum revisions

~~The Wellness Committee shall serve as an advisory committee 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.~~

~~With the prior approval of the Superintendent/designee, 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.~~

### **Wellness Goals**

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

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### **Goals for Nutrition Education**

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

The schools' nutrition education will strive to 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.

The school unit 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.

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

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

Appropriate professional development will be provided for food services staff.

### **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.

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

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

~~Schools 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 schools 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.~~

### **Goals for Overall Wellness Philosophy**

~~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.~~

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

~~The schools 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~~

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~~school publications, school buildings, athletic fields, and other areas accessible to students should support the goals of the wellness policy.~~

~~The schools are encouraged to cooperate with agencies and community organizations to support programs that contribute to good nutrition and physical activity.~~

Legal Reference: 42 U.S.C. § 1751

Cross Reference: ~~JL~~ JLCEA: Managing Students with Food Allergies  
EFE: ~~Restriction of Sales~~ of Competitive Foods in Competition with the Food Service Program

ADOPTED: December 12, 2006

Revised: