The Board recognizes that student wellness and good nutrition are related to individuals' physical and psychological well-being and their readiness to learn. The Board is committed to providing a school environment that supports wellness, healthy food choices, nutrition education, and regular physical activity. The Board supports the fact that students who practice healthy lifestyles, such as good nutrition and regular exercise may reduce their risk of obesity, mental health issues, and chronic diseases.

**Nutrition**

The school department will ensure that meals provided by its Food Services Program meet or exceed the nutrition standards established by federal regulations. 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 and Federal Smart Snacks standards

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.

In Cape Elizabeth Schools:

* All K-12 students will be provided a minimum of 20 minutes to eat their meals.
* Snack time will be scheduled at least one hour before the lunch meal.
* All students will have access to free drinking water.
* Appropriate nutritional information for school meals will be provided via the school nutrition web-site and on the monthly lunch calendar.
* Food will be discouraged as a reward, incentive or consequence. Foods that are used as a reward must meet Federal Smart Snack standards.
* School staff will identify students who are at risk of food insecurity and link them to available resources, including school-based “back-pack” programs.

Goals for Nutrition:

* 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 aligned with the content standards of the Maine Learning Results.
* Nutrition education 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 and adequate time for students to obtain food and eat. Lunch will be scheduled as close to the middle of the school day as possible with adequate space to eat and in 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 (CESD) 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:

* The CESD will provide structured opportunities for social/emotional integration into classroom curriculum.
* Information will be provided to all students and parents/guardians about mental health resources and how to access counseling or social work support in their school/community.
* Education will be provided to staff and parents/guardians about identifying and responding to mental health concerns/issues.
* Students will be provided with access to counselors/social workers across all grade levels.
* Administrators will direct teachers in the coordination of the scheduling of major assessments and projects, reducing academic overload.
* The CESD will encourage the development of parent/guardian groups to partner with the schools and increase awareness of mental health issues and resources.

**Physical Activity**

The school department will regularly provide all students with developmentally appropriate opportunities for physical activity through physical education classes, recess periods for 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.

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 classrooms or advisory periods 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.
* 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 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.

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

**Appointment and Role of the Wellness Committee**

The Board shall appoint a district-wide Wellness Committee comprised of at least one of each of the following:

1. Board member;
2. School administrator;
3. Food Services Director/designee;
4. Student representative;
5. Parent representative; and/or
6. Community representative.

The Wellness Committee may also include:

1. School nurse and/or other school health professional;
2. Physical education teacher;
3. Guidance counselor;
4. Social worker;
5. Community organization or agency representative;
6. Other staff, as designated by the Board; and/or
7. Other persons, as designated by the Board.

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.

**Implementation and Monitoring**

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 a regular basis. Monitoring may include surveys or solicitation of input from student, parents/guardians, staff and school administrators.

Reports may include, but are not limited to:

1. The status of the school environment in regard to student wellness issues;
2. Evaluation of the school food services program and compliance with nutrition guidelines;
3. Summary of wellness programs and activities in the schools;
4. Feedback from students, parents/guardians, staff, school administrators and wellness committee;
5. Recommendations for policy, program or curriculum revisions.

**Food and Beverage Advertising in Schools and On School Grounds**

Brand-specific advertising of food or beverages is prohibited in school building and on school grounds except for those meeting the standards for sale or distribution on school grounds in accordance with 20-A MRSA § 6662(2), i.e.,those that meet Smart Snacks standards.

The Board regards the following as “advertising” for the purpose of this policy;

* Brand names, logos or tags, except those that are present as labels on the food or beverage product or its container;
* Displays, such as vending machine exteriors;
* Corporate brand logos, names or trademarks on school equipment such as message boards or scoreboards;
* Corporate brands, logos, names or trademarks on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment;
* Corporate brands, logos, names or trademarks on posters, book covers, or school supplies distributed or offered by the school unit;
* Advertisements in school and school unit publications or mailings;
* Product coupons for free samples.

“Advertising” does not include advertising on broadcast media or in print media such as newspapers and magazines, clothing with brand images worn on school grounds or advertising on product packaging.

Corporate brand names, logos and trademarks for companies that market products comply with the USDA Smart Snacks in School nutrition standards will not be prohibited solely because they offer some noncompliant food or beverage items in product line.

Legal Reference: 42 U.S.C. § 1751

[Smart Snacks](https://healthymeals.fns.usda.gov/sites/default/files/uploads/USDASmartSnacks.pdf)

Cross Reference: JLCEA: Managing Students with Food Allergies

EFE: Sales of Foods in Competition with the Food Service Program

JICK: Bullying and Cyberbullying Prevention in Schools

ADOPTED: December 12, 2006