

WELLNESS POLICY

PART ONE - SCHOOL BOARD POLICY

Mission Statement

The Scarborough Board of Education recognizes that student and staff wellness and good nutrition are related to physical and psychological well-being and readiness to learn. The district is committed to providing a healthy school environment that supports student and staff wellness, healthy food choices, nutrition education, physical education, and regular physical activity. The Board recognizes that students who learn and practice healthy lifestyles in their formative years and see it modeled by the adults around them are more likely to be conscious of the importance of good nutrition and exercise as adults. This awareness leads to healthy habits, and may reduce their risk of obesity and chronic disease.

The Board acknowledges that a collaborative community effort is needed to support this policy. The Scarborough Public Schools are encouraged to cooperate with families, agencies, and community organizations to support programs that contribute to good nutrition and physical activity.

Wellness Goals: The Scarborough Public Schools are committed to the following goals:

- 1.0 Nutrition Education
- 2.0 Nutrition Promotion
- 3.0 Farm to School Initiative
- 4.0 Physical Education and Other Physical Activity
- 5.0 Screen Time
- 6.0 Nutritional Guidelines
- 7.0 Non Food Service Program Food and Beverages
- 8.0 Wellness Promotion
- 9.0 Measuring Implementation and Evaluation

1.0 Nutrition Education

- 1.1 All students K-12 shall receive comprehensive, proficiency-based health education, including nutrition education that is aligned with federal and state laws and educational standards.
- 1.2 Health and nutrition education shall be sequential and provide students with knowledge and skills necessary to adopt and maintain healthy eating behaviors.
- 1.3 Health and nutrition education are important for the overall well-being of students, therefore pulling students out of health or nutrition classes for purposes of make-up work, academic support, testing, etc. during the school day is strongly discouraged.

2.0 Nutrition Promotion

- 2.1 Age appropriate posters will be on the walls where food and beverages are served to students, highlighting and encouraging the value of good nutrition.
- 2.2 Food service staff members will promote meal alternatives during meal service with posters, flyers and /or hand-outs regarding the new menu item with the nutrient analysis data for alternative meals.
- 2.3 Schools will ensure that all children eligible for free and reduced-price meals will have the opportunity to participate in the National School Lunch and Breakfast Programs and will make every effort to eliminate any social stigma attached to participation.
- 2.4 School staff will strive to identify students who are at risk of food insecurity and link them to available resources, including the district Backpack Program.

3.0 Farm to School Initiative

- 3.1 The Food Service program, when possible, will sell locally grown food in the cafeterias.
- 3.2 The Food Service program, in partnership with other school departments and community organizations, shall work to creatively market and promote locally-produced food to students and staff.

4.0 Physical Education and Physical Activity Goals

- 4.1 The Scarborough Public 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.
- 4.2 All students K-12 shall receive comprehensive, proficiency-based physical education that is aligned with federal and state laws and educational standards. Physical education shall provide students with the knowledge and skills necessary for lifelong physical activity.
- 4.3 Physical activity is important for the overall health of a student, therefore withholding physical activity or denying access to physical activity for purposes of make-up work, academic support, testing, etc. during the school day is strongly discouraged. Physical activity should not be used as a consequence for behaviors. Physical activity should be encouraged as a reward or incentive for students.

5.0 Screen Time

- 5.1 Screen time including television, computers, video games and other electronic media will be used for educational purposes only.
- 5.2 Exceptions will be made for screen time that engages physical activity at the discretion of each building principal.

6.0 Nutrition Guidelines

- 6.1 All food and beverages sold during the school day, including all reimbursable school meals, will meet or exceed federal and state nutritional standards.
- 6.2 The Scarborough Public Schools will:
 - 6.2.a Strive to provide maximum available time for all K-12 students to eat their meal.

- 6.2.b Schedule snack time at least one hour before the lunch meal.
- 6.2.c Provide access to free drinking water.
- 6.2.d Provide access to hand washing and/or sanitizing.
- 6.2.e Provide appropriate daily nutritional information via the school nutrition website or upon request.

7.0 Non Food Service Program Food and Beverages

- 7.1 Food sold at activities outside of the school day will include healthy food choices.
- 7.2 Foods and beverages will not be used as individual student rewards, and incentives, or withheld for individual students' behavior or performance, without administrative approval.
- 7.3 Fundraising activities will primarily include non-food items. However, if food items are sold during the school day, they must meet state and federal nutritional standards.
- 7.4 Healthy food choices are strongly encouraged for school classroom events and activities.

8.0 Wellness Promotion

- 8.1 Each building is encouraged to establish a Wellness committee.
- 8.2 Buildings are encouraged to provide staff wellness activities three times per year.

9.0 Measuring Implementation and Evaluation

- 9.1 The District Health, Wellness, and Workplace Safety Team shall serve as an advisory committee. This team will be responsible for making recommendations related to the Wellness Policy, wellness goals, administrative or school regulations and practices, for raising awareness of student and staff health issues.
- 9.2 Team representatives will report to the Superintendent annually on the progress and status of the Wellness Policy and wellness initiatives.
- 9.3 The Superintendent will provide an update of Wellness Policy compliance and wellness initiatives annually to the School Board. Monitoring may include solicitation of community input.

Cross References: JLCEA - Students with Diagnosed Allergies and Sensitivities
JLCEA-R - Students with Diagnosed Food Allergies and Sensitivities Regulations

Revised: January 2016
Adopted: April 2016