

Maine Department of Education Sample Local Wellness Policy

Policy Statement:

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Thus, we are committed to providing a school environment that promotes and protects children's health, wellbeing and fosters the development of lifelong learning and wellness practices.

Nutrition Education Goals:

- Nutrition education shall be offered to all students K-8 and one year in high school as part of a sequential, comprehensive health education curriculum that aligns with the Maine Health Education Standards outlined in the Maine Learning Results. This will provide students with the knowledge and skills necessary to promote and protect their own health. Nutrition education may be integrated into the standards-based lesson plans of other school subjects like math, science, English language arts, physical education, family & consumer science and social studies.
- Students shall receive consistent nutrition messages based on the latest *Dietary Guidelines for Americans*, throughout the school community including classrooms and the cafeteria. Nutrition education shall also be made available to parents/guardians and community members.
- Schools will provide parents/guardians with information regarding healthy and acceptable food/beverages to send to school.

Physical Activity Goals:

- All students will be given opportunities for physical activity each school day through physical education (PE) classes, daily recess periods, integration of physical activity in the classroom, walking breaks or alternative study periods.
- Recess will be scheduled before lunch to help students come for lunch less distracted and ready to eat.

- Students will be provided with opportunities for physical activity through a range of before and after school programs including intramurals, interscholastic athletics and physical activity clubs such as walking and fitness.
- Students will receive physical education K-8 and one year in high school that actively engages all youth, regardless of skill level, and that teaches knowledge and skills that students need to adopt and enjoy a physically active lifestyle that aligns with the Maine physical education standards outlined in the Maine Learning Results.
- The school district will establish procedures to keep school-owned physical activity facilities open for use by students, staff and community members outside school hours.
- The school will establish procedures and practices that encourage students and staff to walk to school.

Goals for Other School-Based Activities to Promote Wellness:

- School personnel will not deny a student's participation in recess or other physical activity as a form of discipline or cancellation of recess or other physical activity time for instructional make-up time, band or other reason.
- During meal periods students shall have adequate time to eat, relax, and socialize; at least 10 minutes after sitting down for breakfast and 20 minutes after sitting down for lunch.
- To reduce competition with nutritionally-balanced school meals and enhance student safety, it is recommended that to the extent that it is practical, students are not permitted to leave school grounds during the school day unless otherwise authorized to do so.
- The school prohibits the use of food as a reward or as a punishment.
- The school district will ensure fundraising efforts and celebrations are supportive of healthy eating and physical activity. Students, parents, school staff and community members bringing foods and beverages to school for parties/celebrations/meetings shall be encouraged to provide healthful foods and beverages or non-food options.
- The school district highly values the health and well being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.
- The school district will encourage teachers, school personnel, students and parents to serve as role models in practicing healthy eating and being physically active.
- 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 activity.

Nutrition Guidelines for National School Lunch and School Breakfast Program:

- The school will ensure that National School Lunch and School Breakfast Program (NSLP) meals meet all state and federal nutrition standards while providing sufficient choices of nutritious, appealing foods in portion sizes appropriate for different age groups.
- Schools will explore incorporating locally produced foods into menus.
- Schools will participate in the National School Lunch and School Breakfast Program and if appropriate, the After School Snack Program to promote healthy eating behaviors amongst its students.
- Schools will strive to increase participation in federal child nutrition programs.
- Schools will solicit student input on meal options and evaluate student acceptance of meal offerings.

Nutrition Guidelines for Foods/Beverages Available Outside of the NSLP (a la carte, vending, boosters, fundraising, parties, meetings):

- The school district will promote the use of healthful foods and beverages in accordance with the latest *Dietary Guidelines for Americans* in all venues outside of the federally regulated child nutrition programs. These include whole grains, fresh, frozen, canned or dried fruits and vegetables, lean meats or meat substitutes and low fat dairy products. Additionally, foods sold outside of the federally regulated child nutrition programs must meet the Maine Department of Education Regulation Chapter 51.

Implementation, Monitoring and Evaluation:

- The District Superintendent shall be charged with the operational responsibility for ensuring that each school meets the local wellness policy requirements.
- The District Superintendent shall appoint a local wellness policy committee or council or designate an existing school health committee/leadership team that includes parents, students, food service staff, teachers, representative of the school board and/or administration as well as community members. This local wellness policy committee/council will assist the development, implementation and evaluation of the local wellness policy.
- The appointed local wellness policy committee/council will use a coordinated approach to develop, implement and evaluate specific goals and objectives in accordance with the approved local wellness policy.
- The appointed local wellness policy committee/council will make recommendations for revisions of the local wellness policy to the school board. The appointed local wellness policy committee/council will compile a progress report annually to the school board.

**Maine Pre-K thru 12 Local Wellness Policy
Part 1: Nutrition Guidelines**

BASIC	BASIC	ADVANCED	EXEMPLARY
A LA CARTE	All foods and beverages offered in the a la carte program will meet Maine Department of Education's Regulation 51.	<p>Fruit and/or vegetables will be offered daily.</p> <p>Food items containing whole grains will be offered daily.</p> <p>Low-fat and/or fat-free milk & dairy products will be offered daily.</p>	<p>All items offered will meet the following guidelines:</p> <p>Calories from total fat must be at or below 35% per serving excluding nuts, seeds and nut butters and cheese.</p> <p>Total sugar must be at or below 35% by weight per serving excluding dairy products, fruit/fruit juices and vegetables. This is determined by dividing the grams of sugar by the gram weight of the product and multiplying by 100.</p> <p>Fruit and/or vegetables will be offered daily.</p> <p>Food items containing whole grains will be offered daily.</p> <p>Low-fat and/or fat-free milk & dairy products will be offered daily.</p>
AFTER SCHOOL PROGRAMS	All beverages and snacks available through after school programs meet the National School Lunch Program guidelines.	Eligible after school programs will participate in the USDA after school snack program.	<p>Schools promote USDA after school program to encourage maximum participation among students.</p> <p>After school program evaluates offerings utilizing student input to assure acceptability and consumption by students.</p>
PARTIES & CELEBRATIONS	Food offerings that meet Dietary Guidelines for Americans will be offered during parties and celebrations.	<p>Food offerings that meet Dietary Guidelines for Americans will be offered during parties and celebrations.</p> <p>Parties and celebrations that offer food items will take place at least one hour after</p>	<p>Only food items that meet Dietary Guidelines for Americans will be offered at classroom parties.</p> <p>Parties and celebrations that offer food items will take place at least one hour after the</p>

		the lunch period.	lunch period.
FUNDRAISERS	Fundraisers taking place on school grounds will be in compliance with Maine Department of Education's Regulation 51.	Maine Department of Education's Regulation 51 is extended to all school sponsored fundraisers held on and off school grounds.	Fundraisers on and off school grounds will be in compliance with Maine Department of Education's Regulation 51 without any exemptions.
FOOD PROVIDED AT SCHOOL SPONSORED STUDENT EVENTS	At least one item that meets the Dietary Guidelines for Americans will offered at school sponsored events.	At least two items that meet the Dietary Guidelines for Americans will offered at school sponsored events.	Only items that meet the Dietary Guidelines for Americans will offered at school sponsored events.
SCHOOL SPONSORED EVENTS OPEN TO THE PUBLIC	Foods offered will be in compliance with Maine Department of Education's Regulation 51.	Foods will be offered that are from at least one of the following categories: Fruits and vegetables (not fried) Low-fat/fat-free dairy products Whole grains, nuts, seeds If the school allows exemptions on the sale of foods of minimal nutritional value, the portion size of those foods be as single servings.	Foods will be offered from all of the following categories: Fruits & vegetables (not fried) Low-fat/fat-free dairy products Whole grains, nuts, seeds If the school allows exemptions on the sale of foods of minimal nutritional value, the portion size of those foods be a single-serving with a positive price differential to promote healthier choices.
VENDING BEVERAGES	Items offered will be in compliance with Maine Department of Education's Regulation 51.	Beverage vending machines will offer only water, low-fat/fat-free milk and 100% juice.	Calories from total fat must be at or below 35% per serving excluding nuts, seeds and nut butters. Total sugar must be at or below 35% by weight per serving excluding dairy products and 100% juices. This is determined by dividing the grams of sugar by the gram weight of the product and multiplying by 100. If 100% juice is offered it will be limited to 12 ounces or less.

<p>VENDING FOOD</p>	<p>Items offered will be in compliance with Maine Department of Education's Regulation 51.</p>	<p>At least two of the following categories will be available: Fruits and/or vegetables (not fried) Low-fat/fat-free dairy products Items containing whole grain Nuts & seeds</p>	<p>Calories from total fat must be at or below 35% per serving excluding nuts, seeds and nut butters and dairy products.</p> <p>Total sugar must be at or below 35% by weight per serving excluding dairy products and 100% juices per serving. This is determined by dividing the grams of sugar by the gram weight of the product and multiplying by 100.</p>
<p>SCHOOL MEALS National School Lunch Program (NSLP)</p>	<p>Items offered will be in compliance with USDA's National School Lunch Program regulations.</p>	<p>At least three different fruits and five different vegetables will be offered each week.</p> <p>Dark green or orange vegetables or fruit will be offered three or more times per week.</p> <p>At least one serving of fresh fruits or raw vegetables will be offered three or more times each week.</p> <p>Food containing whole grains will be offered three or more times each week.</p> <p>Low fat/fat-free milk will be offered daily in at least two flavors.</p> <p>Four different entrees or meat/meat alternates are offered throughout each week.</p>	<p>At least four fruits and five vegetables will be offered.</p> <p>At least one serving of fresh fruits or raw vegetables will be offered every day of the week.</p> <p>Foods containing whole grains will be offered every day of the week.</p> <p>For grades 7-12, only low fat/fat-free milk will be offered daily in at least two flavors in plastic, re-sealable containers.</p> <p>Higher fat entrée items are limited to once per week. A high fat entrée is defined as having > 40% of calories from fat, excluding nuts, seeds and nut butters.</p> <p>The school will enforce a closed campus to limit access to foods that do not meet Dietary Guidelines for Americans during meal periods.</p> <p>A student Average Daily Participation (ADP) of 70% of school enrollment or higher is</p>

		A student Average Daily Participation (ADP) of 70% of school enrollment or higher is maintained for reimbursable lunches at elementary schools.	maintained for reimbursable lunches at elementary schools.
SCHOOL MEALS National School Breakfast Program (NSBP)	Items offered will be in compliance with USDA's National School Breakfast Program regulations.	<p>At least 50% of pre-packaged cereals offered contain:</p> <ul style="list-style-type: none"> • 35% or less of weight from total sugar (or less than 9 g/100 calories) • 1 g or more of fiber/serving <p>Foods containing whole grains are offered at least 3 days a week.</p> <p>Fresh, canned, dried or frozen fruit or vegetables are offered at least 3 days a week.</p> <p>Low fat/fat-free milk will be offered daily.</p>	<p>All pre-packaged cereals offered contain:</p> <ul style="list-style-type: none"> • 35% or less of weight from total sugar (or less than 9 g/100 calories) • 1 g or more of fiber/serving <p>Foods containing whole grains are offered daily.</p> <p>Fresh, canned, dried or frozen fruit or vegetables are offered daily.</p> <p>For grades 7-12, only low fat/fat free milk will be offered daily in plastic re-sealable containers.</p> <p>Schools utilize methods to serve breakfast that encourage participation, including serving breakfast in the classroom "grab-n-go" breakfast or breakfast after first period.</p>

**Maine Pre-K thru 12 Local Wellness Policy
Part 2: Nutrition Education**

Category	Basic	Advanced	Exemplary
General	All students in grades K-12 have the opportunity to participate in a variety of learning experiences that support the development of healthful eating habits.	The advanced level incorporates all guidelines for the Basic level plus the more healthful guidelines listed in this column.	The Exemplary level incorporates all guidelines for the Basic and Advanced levels plus the more healthful guidelines listed in this column.
Classroom	<p>Nutrition education is sequential and consistent with the current Maine Department of Education approved health education standards for pre-kindergarten through grade 12.</p> <p>Nutrition education is taught by a teacher certified by the Maine Department of Education or under the direct supervision of such a teacher.</p> <p>Schools are encouraged to use qualified personnel to provide nutrition education from organizations such as the Maine State Department of Education, University of Maine Cooperative Extension, health and agriculture organizations, universities and consulting registered dietitians.</p> <p>Nutrition education is based on the most recent Dietary Guidelines for Americans.</p> <p>School administrators inform teachers about opportunities to attend training on nutrition and the importance of role modeling healthful habits for students.</p> <p>School administrators encourage teachers to attend nutrition-related training and support their participation.</p> <p>Active learning experiences are provided for students. Whenever feasible, the active learning involves the students in food preparation.</p>		

Classroom	<p>At least 5 hours of classroom nutrition education are provided each year for all students:</p> <ul style="list-style-type: none"> • as part of a comprehensive health education curriculum that focuses on understanding the relationship between personal behavior and health AND/OR • as learning experiences integrated throughout the curriculum in subject areas such as math, science, language arts and social studies. 	<p>At least 10 hours of classroom nutrition education are provided each year for all students:</p> <ul style="list-style-type: none"> • as part of a comprehensive health education curriculum that focuses on understanding the relationship between personal behavior and health AND/OR • as learning experiences integrated throughout the curriculum in subject areas such as math, science, language arts and social studies. 	<p>At least 15 hours of classroom nutrition education are provided each year for all students:</p> <ul style="list-style-type: none"> • as part of a comprehensive health education curriculum that focuses on understanding the relationship between personal behavior and health AND/OR • as learning experiences integrated throughout the curriculum in subject areas such as math, science, language arts and social studies.
Cafeteria	<p>Attractive, current nutrition education materials are prominently displayed in dining areas.</p> <p>Students are encouraged to start each day with a healthful breakfast and to choose nutritious foods throughout the day.</p>	<p>Teachers discuss with students the nutrition education materials displayed in the dining areas.</p> <p>Students participate in taste tests and/or surveys to obtain their input on foods offered in the cafeteria.</p>	<p>Teachers collaborate with the school nutrition staff to use the cafeteria as a learning laboratory that allows students to apply critical thinking skills.</p> <p>Students learn about the nutrition requirements for school meals and some students are involved in helping plan menus.</p>
Events During the School Day	<p>Each year, some individual classrooms participate in one or more events that are either centered on nutrition or include nutrition as a main component.</p>	<p>Each year, at least one school-wide interactive event is conducted that is either centered on nutrition or contains nutrition as a main component. After the event, related lessons are used to reinforce learning of the information presented at the event.</p>	<p>A community or media partner is involved in at least one school-wide event by helping with planning or actively participating in the event. Both before and after the event, related lessons are used to reinforce learning of the information presented at the event.</p>
After School Programs	<p>At least twice a week, the after school educator explains why the snack served is a healthful choice.</p>	<p>After school programs reinforce classroom learning by providing interactive nutrition education activities (e.g., making healthful snacks, measuring serving sizes, etc.).</p>	<p>Classroom teachers collaborate with after school program staff to reinforce and expand the lessons learned in the classroom.</p>

<p>Family & Community</p>	<p>Parents are invited to join students for school meals.</p> <p>Families are provided with information that encourages them to teach their children about health and nutrition, and to provide nutritious meals for their families.</p>	<p>Family members are encouraged to become actively involved in programs that provide nutrition education.</p> <p>Opportunities are provided for parents to share their healthful food practices with the school and community.</p>	<p>Community members are encouraged to be actively involved in school programs that provide nutrition education.</p> <p>Nutrition information is provided to the broader community.</p>
<p>Staff Wellness</p>	<p>The school encourages each member of the staff to serve as a healthy role model for students.</p>	<p>The school has a staff wellness committee. The staff wellness committee plans and implements ongoing activities for school staff that promote health and wellness.</p>	<p>The staff wellness committee develops, promotes and oversees a multifaceted plan to promote staff health and wellness. The plan is based on solicited input from school staff and outlines ways to encourage healthful eating, physical activity and other elements of a healthful lifestyle among school staff.</p> <p>At least one school-wide activity is conducted each year that promotes staff wellness.</p> <p>Attend the Maine School Site Health Promotion Conference sponsored by Maine Department of Education.</p>

**Maine Pre-K thru 12 Local Wellness Policy
Part 3: Physical Activity**

CATEGORY	BASIC (Essential Health Needs)	ADVANCED (More Healthful than BASIC)	EXEMPLARY (More Healthful than ADVANCED)
GENERAL	All students in grades K-12, including students with disabilities, special healthcare needs and in alternative education settings have the opportunity to participate in moderate to vigorous physical activity on a regularly scheduled basis each school week during the entire school year.	The Advanced level incorporates all guidelines for the Basic level plus the more healthful guidelines listed in this column.	The Exemplary level incorporates all guidelines for the Basic and Advanced levels plus the more healthful guidelines listed in this column.
PHYSICAL EDUCATION CLASSES	Maine Department of Education requires that schools provide physical education K-8 and one half credit in the high school. During physical education classes, students engage in moderate to vigorous physical activity at least 15 minutes per class and/or 75 minutes per week.	All students will receive 150 minutes of physical education per week. During physical education classes, students engage in moderate to vigorous physical activity at least 20 minutes per class.	K-8 Students will receive more than 150 minutes of physical education per week. High School students will receive 225 minutes of physical education per week. During physical education classes, students engage in moderate to vigorous physical activity at least 30 minutes per class.
	Physical education teachers are licensed by the Maine Department of Education.	Physical education teachers are licensed by the Maine State Department of Education.	Physical education teachers are licensed and licensed by the Maine Department of Education.
PHYSICAL EDUCATION CLASSES	The school provides a physical and social environment that encourages safe and enjoyable physical activity for all students, including those who are not athletically gifted. Students have the opportunity to participate in lifetime physical activities (e.g. walking, Pilates, swimming, golf, tennis, etc.).		
PHYSICAL EDUCATION CLASSES	The physical education curriculum is sequential and consistent with Maine Department of Education approved physical education teaching standards for pre-kindergarten through grade 12.		
	Adequate age-appropriate equipment is available for all students to participate in physical activity.		
	Physical activity facilities on school grounds are safe.		
THROUGHOUT THE DAY	Classroom health education reinforces the knowledge and self-	When circumstances make it necessary for students to remain indoors and inactive for	Classroom teachers will provide physical activity breaks between lessons or classes.

	management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television.	two or more hours, the students are given periodic breaks during which they are encouraged to stand and be moderately active.	Opportunities for physical activity are regularly incorporated into other subject areas (i.e. math, language arts, social studies, etc.).
RECESS	Elementary school students have at least 20 minutes a day of supervised recess, preferably outdoors. Moderate to vigorous physical activity is encouraged verbally and through the provision of adequate space and age-appropriate equipment.	Elementary school students have two 15-minute supervised recess periods daily. Recess provides at least one moderate to vigorous physical activity led by trained staff.	Toys that support sedentary behaviors are prohibited from the recess area (ie. Lap tops, handheld electronics, trading cards). Recess provides a variety of moderate to vigorous physical activities led by trained staff. Recess is offered before lunchtime.

PUNISHMENT	Physical activity is not used (e.g. running laps, pushups) or withheld (e.g. recess, physical education) as punishment. This guideline does not apply to extracurricular sports teams.		
BEFORE AND AFTER SCHOOL	Daily periods of moderate to vigorous physical activity for all students are encouraged by providing adequate space, equipment, supervision and opportunities.	All elementary, middle and high schools offer extracurricular physical activity programs, such as physical activity clubs or intramural programs.	<p>A range of physical activities are offered that meet the needs, interests and abilities of all students, including boys, girls, students with disabilities and students with special healthcare needs.</p> <p>The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school.</p> <p>When appropriate, the district will work with local public works, public safety and/or police departments in those efforts.</p> <p>Students are provided the opportunity to be moderately to vigorously physically active each day.</p>
FAMILY & COMMUNITY	Information is provided to help families incorporate physical activity into the lives of all household members.	<p>Families and community members are encouraged to institute programs that support physical activity, such as a walk to school program.</p> <p>Teachers are encouraged to incorporate physical activity into homework assignments.</p>	<p>Access is provided to community members to use the school's physical activity facilities outside the normal school day. School policies concerning safety will apply at all times.</p> <p>School resources (such as a back-pack containing physical activity equipment) are loaned to families to support their efforts to be physically active.</p>

			Opportunities for physical activity are actively promoted (walking, bike racks, safe sidewalks).
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