

## **MAINE INDIAN EDUCATION JOINT SCHOOL COMMITTEE POLICY ON WELLNESS**

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 since 1985, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, the Centers for Disease Control reports that at the time this policy was adopted, chronic diseases such as heart disease, cancer, and diabetes are responsible for approximately 70% of all 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, Maine Indian Education is committed to supporting the Coordinated School Health Programs in each of the schools and will strive to provide a school environment that promotes and protects children's health, well being and fosters the development of lifelong learning and wellness practices.

### **TO ACHIEVE THESE POLICY GOALS**

#### **1. Coordinated School Health Leadership Team**

Maine Indian Education's Coordinated School Health Leadership Teams will provide an ongoing review and evaluation of Maine Indian Education's Wellness Policy. The Superintendent of Maine Indian Education and his/her designee/s will ensure compliance and implementation with the district Wellness Policy.

#### **2. Nutritional Quality of Foods and Beverages Sold and Served on Campus School Meals**

Meals served through the National School Lunch and Breakfast Programs will:

- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations with pleasant eating areas for students and staff with adequate time for unhurried eating.
- Offer culturally diverse menu choices.
- Offer at least two fruits and two vegetables servings per day. This includes a wide variety of fresh, frozen, locally grown, and canned fruits in natural juices on a self-serve bar which will include low fat or fat free choices.
- Half of the served grains are whole grain.
- Serve legumes and beans once weekly.
- Will not offer additional salt in the form of packets or shakers.
- Schools may offer 2%, 1%, or fat free choices.
- Food produced in the kitchens of Maine Indian Education's schools will be made with non-hydrogenated oils or fats.

#### **Breakfast**

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- Maine Indian Education schools will operate a universal School Breakfast Program to the extent possible.
- Schools will notify parents and students of the availability of the School Breakfast Program.
- Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

### **Free and Reduced-priced Meals**

Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.

### **Summer Food Service Program**

Summer food service programs in which more than 50% of students are eligible for free or reduced-price school meals will, to the extent possible, sponsor the Summer Food Service Program for the duration of summer enrichment programs. (The use of nutrient rich foods will be maximized and low fat [1% or less]/fat-free milk will be offered daily.)

### **Meal Times and Scheduling - Maine Indian Education schools will:**

- Provide adequate time for breakfast and lunch (at least 10 minutes after receiving breakfast and 20 minutes after receiving lunch).
- Strongly recommend recess precede lunch in K-8.
- Ensure that students will be able to eat their lunch without the constraints of their outdoor attire.
- Will schedule meal periods at appropriate times, e.g., lunch should be scheduled as close to the middle of the day as possible with the exception of early release days where lunch may be served earlier.
- Will encourage hand washing or use of hand sanitizer where available.

### **Qualifications of School Food Service Staff**

Maine Indian Education schools will hire certified school food service professionals to administer the food service program. As part of the school district's responsibility to operate a food service program, Maine Indian Education schools will provide (according to levels of responsibility) professional development for all food service personnel.

### **Nutrition Education**

Nutrition education/wellness information shall be offered to all students at each grade level in Maine Indian Education as part of a sequential, comprehensive, standards-based health education program aligned with the Learning Results Parameters for Essential Instruction. Certified health educators will teach nutrition education at the middle school levels. This will provide students with the knowledge and skills necessary to promote and protect their health. Professional development opportunities will be offered to staff. Nutrition education is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and Native studies/cultural programs.

Nutrition education shall be designed to help students acquire knowledge and skills regarding:

- Health benefits of consuming food and beverages from all food groups.
- Recommended portion sizes.
- Information found on Nutrition Facts labels.
- Factors that influence dietary choices.
- Factors that affect food safety, from production through consumption.
- Planning for snacks and balancing meals with physical activity.
- Healthy weight management.
- Communicating nutrition research findings to others.
- Media literacy with an emphasis on food marketing, body image, etc.

Nutrition education shall also be made available to parents/guardians and the community, and they will be encouraged to teach children about health and nutrition and to provide nutritious meals for their families. This nutrition education may be provided in the form of handouts, wall or bulletin board posters or banners, postings on the District website, community and student oriented presentations or other communications focused on promoting proper nutrition and healthy lifestyles. Schools will provide a list of healthy snacks and lunch ideas and encourage parents to pack healthy lunches, snacks and beverages. No soft drinks/soda or energy drinks will be allowed PK-8 during the school day, including the After School Programs. District employees are encouraged to model healthy eating behavior. The students, staff, and community will be informed about the Local Wellness Policy on an annual basis.

**Nutrition Standards (For sales outside of the reimbursable breakfast and lunch program).**

**Beverages Allowed:** water

**Foods**

- At least half of the items offered will meet the Dietary Guidelines for Americans at school-sponsored events.
- Foods will be offered from all of the following categories:
  - Fruits and vegetables (not fried)
  - Whole grains, nuts, seeds
- If the school allows exemptions on the sale of foods of minimal nutritional value, the portion size of those foods will be as single servings (i.e. one and one-quarter ounces for pre-packaged snacks, one to two ounce for cookies, two ounces for cereal, granola, and bakery items, and four fluid ounces for frozen desserts).

**Fundraising Activities**

To support children's health and school nutrition-education efforts, school fundraising activities during the school day including After School Programs will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and

beverages sold individually. Schools will encourage fundraising activities that promote physical activity.

### **Snacks/Celebrations**

Maine Indian Education will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

- Schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.
- Schools that provide meals through the Federal School Nutrition Program and the School Breakfast Program shall be the sole provider of food served during the school day.
- Food provided for parties may be supplied by families or the School Nutrition Program. Each party should include no more than one food that does not meet nutrition standards for foods sold individually (see above).
- Healthy snacks are encouraged at school-sponsored events outside the school day. At least 50% of the foods offered or sold at school-sponsored events outside the school day should meet the nutritional guidelines noted above.

### **Rewards**

Schools will discourage the use of foods and beverages as rewards for academic performance or good behavior. In addition foods and beverages will not be withheld as a punishment.

### **Environmental Health**

Maine Indian Education encourages the use of environmentally friendly single use products such as corn based disposable cups.

### **Physical Activity Opportunities and Physical Education**

Age appropriate physical education classes shall be offered to all students of the District. All students shall have the opportunity to participate regularly in supervised, organized and/or unstructured physical activities to maintain physical fitness, and to understand the short and long term benefits of a physically active and healthy lifestyle. The importance of physical activity/physical fitness will be addressed in health and physical education classes, and families will be provided with accurate and consistent information to assist them in incorporating physical activity into their lifestyles. In addition, physical education topics shall be integrated into the curriculum when appropriate.

The district shall implement a quality physical education program that addresses the following:

#### **Curriculum**

Has a curriculum aligned with the Maine Health & Physical Education Learning Results Parameters of Essential Instruction.

- Equips students with the knowledge, skills and attitudes necessary for lifelong physical activity.
- Influences personal and social skill development.
- Students will engage in moderate to vigorous physical activity for as much class time as is possible during most physical education classes.

#### Instruction and Assessment

- Is taught by a certified physical education teacher trained in best practice physical education methods.
- Aligns curriculum, instruction, and assessment.
- Engages students in curriculum choices that prepare them for a wide variety of lifetime activities.
- Includes students of all abilities.

#### Opportunity to Learn

- Physical education opportunities will be provided for all students PK-8 with schedules to be determined at each building.
- Has a teacher to student ratio consistent with those of other subject areas.
- Provides facilities to implement the curriculum for the number of students served.
- Each facility has enough functional equipment for each student to actively participate.
- Builds students' confidence and competence in physical abilities.
- Includes students of all abilities.
- Students should not be restricted from participating in physical education classes as punishment or to receive instruction in other content areas nor should physical activity be used or withheld as punishment.

The district values daily opportunities for unstructured physical activity commonly referred to as recess, for all students Pre-K through grade eight.

- Recess should be in addition to physical education class time and not be a substitute for physical education and should be for at least 20 minutes daily, preferably outdoors.
- Each school shall provide proper equipment and a safe area designated for supervised recess in the elementary setting.
- Moderate to vigorous physical activity is encouraged verbally and through the provision of adequate space and age-appropriate equipment.
- School staff will not withhold recess from students as a means of punishment. Withholding recess for missed work is also discouraged. Recess alternatives should be implemented.
- Schools should provide opportunities for some type of physical activity for students in grades six through eight apart from the physical education class and organized sports. Examples include: before and after school extracurricular physical activity programs and use of school facilities outside of school hours.
- Whenever possible, students are encouraged to walk to and from school providing weather and walking conditions are appropriate. Attempts will be made to provide safe routes to school.
- Bike racks shall be made available in sufficient quantities to students.

**Staff and Student Wellness**

Maine Indian Education 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. All employees of Maine Indian Education are encouraged to model a positive, healthy, lifestyle for students by following, at a minimum, these administrative rules.

IISC Adopted 5/11/10  
ITSC Adopted 5/11/10  
PPSC Adopted 5/11/10