

WELLNESS POLICY

Policy Statement:

Mt. Blue Regional School District is committed to developing students' skills and behavior that promote lifelong wellness. The School Board recognizes that a student's readiness to learn is related to his/her physical and psychological well-being. Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tasks. Students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education, and extracurricular activities do better academically. The District is committed to creating a healthy school environment that allows students to take full advantage of the educational programs offered at Mt. Blue Regional Schools.

Community Involvement, Outreach, and Communications:

The District is committed to being responsive to community input, which begins with awareness of the wellness policy. This District will actively communicate ways in which representatives of the District Wellness Committee (DWC) and others can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of means appropriate for the district. The District will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs, and how to apply and a description of and compliance with *Smart Snacks in School* nutrition standards. The District will use electronic mechanisms, such as email or displaying notices on the district's website, as well as, non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the Wellness policy, as well as how to get involved and support the policy. The District will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district and individual schools are communicating other important school information with parents.

The District will actively notify the public about the content of or any updates to the Wellness Policy, yearly.

Nutrition Guidelines:

Food offered or sold on school grounds during the school day or off school grounds by a school-approved organization or program shall meet the requirements and nutrition standards of all applicable federal and state regulations and the District's Nutrition Standards for Foods and Beverages Policy at all times. The district shall encourage students to make healthy food choices based on the most current Dietary Guidelines for Americans. Food and beverages that compete with the District's policy of promoting a healthy school environment shall be discouraged. The district will be encouraged to use locally grown foods.

The use of non-food items at classroom parties, school celebrations, and fundraisers will be encouraged. Food or beverages should not be used as a reward or incentive for students' behavior or performance.

Schools will encourage parents to pack healthy lunches, snacks, and beverages. No soft drinks/soda or energy/power drinks will be allowed for students PK-12 during the School day, including After School Programs. District employees are encouraged to model healthy behaviors. The students, staff, and community will be informed about the Local Wellness policy on an annual basis. (e.g., teacher handbook, student handbook, School Open Houses, RSU 9 website, school newsletters, menus).

Nutrition Standards for All Foods Available on School Campus during the School Day:

Our School District is committed to serving healthy meals to children, with plenty of fruit, vegetable, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams of trans-fat per serving; and to meet the nutrition needs of school children within their calorie requirements. The school meal program's aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the District participate in and are committed to offering school meals through USDA child nutrition programs, including the National School Lunch Program (NSLP), and the School Breakfast Program (SBP) that:

- Are accessible to all students
- Are appealing and attractive to children
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet USDA nutrition standards)

Nutrition Promotion:

The District will promote healthy food and beverage choices using at least ten of the following Smarter Lunchroom Techniques:

- Whole fruit options are displayed in attractive bowls or baskets (instead of chafing dishes or hotel pans)
 - Sliced or cut fruit is available daily
 - Daily fruit options are displayed in the line of sight and reach of students
 - Daily vegetable options are bundled into all grab-and-go meals available to students
 - All staff members, especially those serving, will be trained to politely prompt students to select and consume the daily vegetable options with their meals
 - White milk is placed in front of other beverages in all coolers
 - Alternative entree options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas

- A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc)
- Student surveys and taste testing opportunities are used to inform menu development, dining space decor, and promotional ideas
- Student artwork is displayed in the service and/or dining areas
- Daily announcements are used to promote and market menu options
- Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's schools
- Promotes good eating and digestive practices: sitting down while eating meals, eating after movement or recess breaks when able, sufficient time to consume meals, and time for student-to-student socialization.

The District will implement the following Farm to School activities:

- Local and/or regional products are incorporated into the school meal program
- Messages about agriculture and nutrition are reinforced throughout the learning environment
- School hosts field trips to local farms
- School utilizes promotions or special events, such as tastings, that highlight the local/regional products

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

- RSU 9 will offer and promote a universal School Breakfast Program to the extent possible
- Schools will, to the extent possible, utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, grab-and-go breakfast, or breakfast during morning break or recess

Qualifications of School Food Service Staff:

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.

Other School-Based Activities Designed to Promote Student Wellness:

The district will continue to participate in programs such as the 5-2-1-0 Let's Go! Program. The district may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity.

Nutrition Education & Goals:

Students shall receive nutrition education that teaches the knowledge and skills needed to adopt healthy eating behaviors. Nutrition information and education shall be offered throughout the

school campus including, but not limited to, school dining areas and classrooms. School staff members who provide nutrition education shall have appropriate training.

Nutrition education shall be offered to all students. Nutrition education shall be aligned with Maine State Law. Nutrition education shall be designed to help students acquire knowledge and skills that: (Schools are required to implement some of the following)

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health
- Is part of not only health education classes, but will also, when possible, be integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects
- Include enjoyable, developmentally appropriate, culturally relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods
- Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise)
- Link with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods, and nutrition-related community services
- Teach media literacy with an emphasis on food and beverage marketing
- All health education teachers will provide opportunities, when appropriate, for students to practice or rehearse the skills taught through the education curricula.

Essential Healthy Eating Topics in Health Education:

The District will include in the health education curriculum, when appropriate, the following essential topics on healthy eating:

- The relationship between healthy eating and personal health and disease prevention
- Food guidance from MyPlate
- Reading and using USDA's food labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans-fat
- Preparing healthy meals and snacks
- Accepting body size differences
- Eating disorders
- The Dietary Guidelines of Americans
- Social influences on healthy eating, including media, family, peers, and culture
- How to find valid information or services related to nutrition and dietary behavior

- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior

USDA's Team Nutrition provides free nutrition education and promotion materials, including standards-based nutrition education curricula and lesson plans, posters, interactive games, menu graphics, and more.

Nutrition information shall also be made available in the cafeteria, to students, parents/guardians, and the community. This nutrition education may be provided in the form of handouts, wall or bulletin board posters or banners, postings on the District website, community, SNAP-Ed, and student-oriented presentations or other communications focused on promoting proper nutrition and healthy lifestyles.

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

Water: The District will promote hydration and will make free, safe, unflavored drinking water available to all students throughout the school day and throughout the school campus. The District will make drinking water available where school meals are served during mealtimes. In addition, students will be allowed to bring and carry approved water bottles filled with only water with them throughout the day.

Competitive Foods and Beverages: The District is committed to ensuring that all foods and beverages available to students on the school campus and during the day support healthy eating. The foods and beverages sold and served outside of the school meal programs (i.e., "Competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information is available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>.

Vending Machines: Good nutrition provides the foundation for student growth, development, and learning. Many children consume at least one-third of their daily food intake in the school setting. Having healthy foods available contributes to better nutrient intake and appropriate levels of caloric consumption.

Foods and beverages sold from vending machines cannot be exempt from the minimal nutrition standards, even if a school uses these venues to raise funds for the school. All foods and beverages sold or offered in the District vending machines shall meet the USDA Smart Snacks Nutrition standards along with the following:

- Beverage guidelines at the appropriate level. (See attachment: School Beverage Guidelines)
- Soda is not permitted.

The Building Principal, in consultation with the Food Services Director, shall monitor compliance with the vending policy.

Revenues and expenses derived from the vending machines other than those maintained by the school nutrition program shall be the responsibility of the building Principal. The building Principal will report all vending machine revenues and expenditures to the District's Business Manager.

The Superintendent shall continually evaluate vending policies and contracts. Vending contracts that do not meet the intent and purpose of this policy shall be modified accordingly or not be renewed.

Note: The Alliance for a Healthier Generation's High School Beverage Guidelines promotion materials allows exemptions outside the school day and for community events. These exemptions do not apply under this policy.

Fundraising Activities: Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day. The District will make available to parents and teachers a list of healthy fundraising ideas (examples from the *Alliance for a Healthier Generation, 5-2-1-0 Let's Go!* and the USDA will be used).

- Schools will encourage fundraising that promotes physical activity versus food as much as possible such as walk-a-thons, jump rope for heart, fun runs, selling books, fresh produce, school spirit merchandise, and other non-food items during the day
- Fundraising during school hours will use only non-food items or foods and beverages that meet or exceed the Smart Snacks nutrition standards
- Although the District encourages fundraising that promotes good nutrition and physical activity, the nutrition standards do not apply to foods and beverages sold at events held after school, off-campus, or on weekends, such as school plays or sporting events
- Fundraisers must follow school policy and be approved by the Building Principal

Snacks/Celebrations: The district shall encourage healthy school parties and celebrations. All foods offered on the school campus by the District will meet or exceed the USDA Smart Snacks in School Nutrition standards, including through:

- Celebrations and parties: The District will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. These will include healthy party ideas from 5-2-1-0 Let's Go! and the USDA.
- Classroom snacks brought by parents: The District will provide resources to parents about healthy snacks using the 5-2-1-0 Let's Go! Toolkit. (Note: Although snacks sent to school from home do not have to meet the USDA Smart Snacks criteria, we will encourage them to provide healthy snacks to support our efforts in making our schools a healthy environment)

- Rewards and incentives: The District will provide teachers and other relevant school staff with a list of alternative ways to reward children.

Foods and beverages will not be used as a reward or withheld as punishment for any reason, such as for performance or behavior. Schools are encouraged to use physical activity as rewards or incentives for students' behavior or performance and as alternatives to food celebrations.

Food and Beverage Marketing in Schools:

RSU 9 is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day with minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health, and physical activity. Those efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote student health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy.

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards.

Food advertising and marketing are defined as oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:

- Brand names, trademarks, logos, or tags, except when placed on a physically present food or beverage product or its container
- Displays, such as on vending machine exteriors
- Corporate brand, logo, name, or trademark on school equipment, such as marquees, message boards, scoreboards, or backboards
- Corporate brand, logo, name, or trademark on cups used for beverage dispensing, menu covers, pupil assignment books, or school supplies displayed, distributed, offered, or sold by the District
- Advertisements in school publications or school mailings
- Free product samples, taste tests, coupons of a product, or free samples displaying advertising of a product

Screen Time:

Screen time such as television, computers, video games, and other electronic media will be used for educational purposes only. Exceptions will be made for screen time that engages children in physical activity, such as dance or exercise videos or active video games. Exceptions will be made at the discretion of the school principal.

In the event of inclement weather causing the students to stay indoors during outside time, students will be provided with appropriate opportunities for physical activity. This could include

stretching, walking, and active videos and CDs that promote group physical activity. Sedentary screen time including inactive videos, computer usage, and video games will not be provided.

Physical Education and Physical Activity Opportunities & Goals:

The District shall offer physical education opportunities that include the components of a quality physical education program. When possible, children and adolescents should participate in at least 60 minutes of physical activity every day. Physical education shall equip students with the knowledge, skills, and values necessary for lifelong physical activity. Physical education instruction shall be aligned with the federal statutes and the state of Maine laws.

Students shall have the opportunity to participate regularly in supervised, organized or unstructured, physical activities to maintain physical fitness and to understand the short and long-term benefits of a physically active and healthy lifestyle.

Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) will not be withheld as discipline for any reason. This does not include participation in sports teams that have specific academic requirements. The district will provide teachers and other school staff with a list of ideas for alternate ways to discipline students. All students will be provided equal opportunities to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All District elementary students in each grade will receive physical education for at least 60-90 minutes per week throughout the school year.

The District physical education program will promote student physical fitness through individualized fitness and activity assessments (via the *Presidential Youth Fitness Program* or another appropriate assessment tool) and will use criterion-based reporting for each student.

Students will be moderate to vigorously active for at least 50% of class time during most or all physical education class sessions.

- All physical education teachers in the District will be required to participate in at least once a year professional development in education
- All physical education classes in the District are taught by licensed teachers who are certified or endorsed to teach physical education
- Waivers, exemptions, or substitutions for physical education classes are not granted except in extenuating circumstances

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

- The curriculum is aligned with the Maine Learning Results Physical Education Standards
- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease

- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise, and fitness
- Phases of an exercise session, that is, warm-up, workout, and cool down!
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active
- Developing an individualized physical activity and fitness plan
- Dangers of using performance-enhancing drugs, such as steroids
- How to find valid information or services related to physical activity and fitness
- How to resist peer pressure that discourages physical activity

Physical Activity Opportunities:

Recess (Elementary): The district will offer daily opportunities for unstructured physical activity, commonly referred to as recess, for all students K through grade 8.

All elementary schools will offer at least 20 minutes of recess on all or most days during the school year. (This policy may be adjusted on early dismissal or late arrival days.) Recess is in addition to Physical Education class time and not a substitute for physical education.

Recess monitors or teachers will encourage students to be active and will serve as role models by modeling physical activity (walking and/or participating) alongside the students whenever feasible. Each elementary school shall provide proper equipment and a safe area designed for participation in recess in the elementary setting.

Recess will not be withheld as a disciplinary consequence.

Outdoor recess: Outdoor recess will be offered **whenever** the weather is feasible for outdoor play. In the event that the school or district must conduct indoor recess, teachers and staff will ensure they promote physical activity for students, to the extent practicable and safe.

Physical Activity Breaks: (Elementary and Secondary)

The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered periodic opportunities to be active or to stretch throughout the day on all days during a typical school week. The District recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom times. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

The District will provide resources and links to resources, tools, and technology with ideas for physical activity breaks. Resources and ideas are available through 5-2-1-0 Let's Go!, the USDA, and the Alliance for a Healthier Generation.

Active Academics:

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible. (*i.e., Action Based Learning, and 5-2-1-0, Let’s Go!*). The District will support classroom teachers in incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development and/or opportunities and resources, including information on leading activities, and activity options, as well as making available background material on the connections between learning and movement.

Teachers will serve as role models by being physically active (walking, stretching, participating) alongside the students whenever feasible.

Before and After School Activities:

The District will offer opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods when budgetarily able. The District will encourage students to be physically active before and after school by joining varsity sports, intramural, or after-school physical activity programs/clubs, etc.

Other Activities that Promote Student Wellness:

The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes. Schools in the District are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the District’s curriculum experts. All school-sponsored events will adhere to the wellness policy. All school-sponsored wellness events will include physical activity components.

Community Partnerships:

The District will continue to develop relationships with community partners (*i.e., hospitals, universities, local businesses, Healthy Community Coalition, Children’s Task Force, etc.*) in support of this wellness policy’s implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

Community Health Promotion and Engagement:

The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

The District will use electronic mechanisms (such as email or displaying notices on the district’s website), as well as, non-electronic mechanisms, (such as newsletters, presentations to parents, or sending information home to parents), to ensure that all families are actively notified

of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

Staff Wellness and Health Promotion:

Employees are expected to be positive role models for students by following these local wellness policy expectations when able. Students can learn healthy lifestyle habits by observing the food and physical activity patterns of school personnel and other adults who serve as role models in their lives. In order to send consistent messages to students, adults in the school environment are encouraged to make healthy food choices and engage in physical activity. The district shall work through the Wellness Team and building level staff to find low or no-cost ways to encourage staff wellness.

Worksite Healthy Eating:

The foods that we choose to eat are one of the major determinants of our health and well-being. Chronic diseases such as heart disease, obesity, diabetes, and cancer are major causes of mortality and morbidity in this country. In addition, they result in many lost workdays and decreased work productivity. Healthy diets, defined as those that are high in whole grains, fruits and vegetables, and low in fat, salt, and sugar, help to reduce the risk of chronic diseases. The workplace is an ideal environment to promote healthy behaviors because many meals outside the home are consumed within this setting. This policy addresses worksite functions that incorporate food items at catered meetings, celebrations, potlucks, and fundraisers. All RSU 9 employees are encouraged to also apply these guidelines when bringing food into the office and schools for less formal breaks and celebrations in order to foster an internal culture of health.

*The policy focuses on offering, at a minimum, fresh fruits and vegetables, water, 100% juice, and low-calorie and low-fat options at all meetings and functions within the workplace. RSU 9 is committed to ensuring a healthy environment, not only for students but its employees as well. Schools will ensure:

- Caterers used for functions MUST be able to provide a variety of healthy food options
- Healthy food choices will be available at all functions held on the premises
- Fresh fruit and vegetables will be available at all functions. (When appropriate and available all efforts will be made to use local fruits and vegetables at school supported functions)
- When half-and-half or whole milk is served, 1% or Skim milk will also be provided
- Water will be provided and will be the primary beverage of choice
- All chips and crackers offered will be baked or reduced-fat varieties. Regular pretzels are acceptable
- All yogurt served will be reduced-fat or nonfat varieties
- When dessert is offered, fruit will be offered as an alternative when able
- Food and beverage vending machines in the teachers' and staff break rooms will offer healthy food and drink options
- Advertising signs on beverage machines will promote water or 100% juice

- Accommodations for food preparation and storage will be made to support employees bring healthy lunches and snacks to work. (for example sinks, refrigerators, and microwaves)

RSU 9 will promote any nutrition and weight management programs that are available inside and outside the organization:

- Weight management classes
- Physical fitness/exercise classes (example: On-site Yoga, Pilates, kickboxing, dance classes, and other programs that encourage physical fitness)

Professional Learning:

When feasible, the District will offer professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help District Staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

District Wellness Committee (DWC):

The district shall establish a District Wellness Committee to provide an ongoing review and evaluation of the Local Wellness Policy and these regulations. The committee will meet at least four times per year to establish goals for and oversee school health and safety policies and programs, including the development, implementation, and periodic review and update of this district-level wellness policy.

The Superintendent shall appoint a member of the Administrative staff to organize the District Wellness Committee and invite appropriate district stakeholders to become members of the committee. The DWC will include representatives from each school building and reflect the diversity of the community. This committee will include the following required stakeholders to participate in the development, implementation, review, and update:

- Health Education
- Physical Education
- Health Services
- Food Services
- Counseling/psychological/social services
- Administration
- Parent
- Student
- Community Member
- School Board Member
- Classroom teacher

*A representative from each school is encouraged.

Note: Those listed above are specified by law. In the interest of obtaining input from diverse points of view within the school system, the Board may wish to add others who have a direct interest in student health issues.

The District 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 prior approval of the Superintendent, the District Wellness Committee may survey parents, students, and the community and/or conduct focus groups or community forums. The DWC shall provide periodic reports to the Superintendent and, as requested, to the School Board.

Implementation, Monitoring, and Evaluation Goals:

The Superintendent shall designate one or more district employees, as appropriate, to ensure that each school site complies with this policy. The Superintendent or designee shall inform and update the public, including parents/guardians, students, and others in the community, about the contents and implementation of this policy. He/she shall periodically measure and make available to the public an assessment of the extent to which district schools are in compliance with this policy, the extent to which this policy compares to model Wellness Policies available from the US Department of Agriculture, and a description of the progress made in attaining the goals of the Wellness Policy. The Superintendent will provide a full update of Wellness Policy compliance and wellness initiatives at least once annually to the School Board. Monitoring may include surveys or solicitation of input from students, parents, staff, and school administrators.

Leadership:

The superintendent or designee(s) will convene the DWC and facilitate the development of and updates to the wellness policy and will ensure each school's compliance with the policy.

Reports may include, but are not limited to:

- The status of the school environment in regard to student wellness issues
- Evaluation of the school nutrition program and compliance with nutrition guidelines
- Summary of wellness programs and activities in the schools
- Feedback from students, parents, staff, school administrators, and wellness committee
- Recommendations for policy, program, or curriculum revisions

Measurement and Evaluation Goals:

The Superintendent or his/her representative shall develop and implement regulations consistent with the policy. Input from Staff, parents/guardians, students, representatives from the school food services program, the school board, school administrators, and the public shall be considered before implementing such regulations. The Superintendent or his/her representative

shall conduct an assessment every three years to determine how well this policy is implemented, managed, and enforced. Assessment will include:

- Compliance
- Progress made in attaining goals

The Superintendent will report to the school board, as requested, on the district's programs and efforts to meet the proposed intent of this policy. Records will be maintained and results of the assessment will be communicated to the public by publishing results on the district website and local newspapers, flyers sent home to parents, and results provided to Staff through school staff meetings.

This Policy Includes the following District Policy letters:

EFE - Competitive Foods

EFE-R - Vending Machine Regulations

Adopted: June 14, 2022

Reviewed and Renamed: 09/05/2023