
WELLNESS POLICY - ADMINISTRATIVE PROCEDURE

Nutrition Guidelines for All Foods Available on School Campus During School Day

1. Food and beverages sold on school property will meet all state and federal guidelines, as defined by the Food and Nutrition Service of the U.S. Department of Agriculture. The district will provide reimbursable school meals that meet the nutrition standards established by the United States Department of Agriculture (USDA). The district will encourage students to make nutritious food choices and will strive to provide meals of optimal nutritional value and variety.
2. School nutrition providers will ensure that student access to foods and beverages meets all federal, state, and local laws and Westbrook School Department policy EFE (Competitive Food Sales).
3. School Nutrition providers will offer a variety of nutritious food and beverage choices. (Westbrook School Department policy EFE).
4. Products sold in vending machines will adhere to all state and federal standards and will be compliant with the school's Westbrook School Department policy EFE (Competitive Food Sales).
5. All food and beverage sales will be coordinated through the Director of Food Service (except as exempted by Westbrook School Department policy EFE).
6. All a la carte and vending items will be reviewed and selected based on appropriate portion size, nutritional value, and state and federal regulation. All juice beverages will contain at least 25% fruit juice during SY 2007, 50% fruit juice by SY 2008 and 100 % fruit juice by SY 2009.
7. Westbrook School Department will encourage healthy food choices at school and classroom parties.
8. All schools will provide adequate time and space for each meal.

Wellness Goals

The Westbrook School Committee has identified the following goals associated with student wellness:

1. Nutrition Education
 - The Westbrook School Department will follow the Maine Department of Education's curriculum standards and guidelines for a comprehensive school health education program, which includes nutrition education as one of the 10 mandated health content areas.
 - Students in grades kindergarten through grade 12 will receive nutrition education that teaches the knowledge and skills needed to adopt lifelong healthy eating behaviors.
 - All teachers in grades kindergarten through grade 5 will be provided adequate staff development opportunities for teaching nutrition education.
 - To ensure quality nutrition education in dedicated health education classes, all health education teachers in grades 6-12 will be certified health educators.
 - Whenever possible, nutrition education and classroom food preparation will be done in collaboration with Food Services staff.
 - Students, staff, families, and the Westbrook community will have access to USDA (United States Department of Agriculture) information that promotes nutrition education. This may include monthly school menus, handouts to be sent home, newsletters, resources posted in classrooms, cafeteria, or on the school department website.
2. Physical Activity:
 - In support of guidelines for physical activity proposed by the Maine Center for Public Health and the Maine Chapter of the American Academy of Pediatrics that all

students participate in at least one hour or more of physical activity every day, the Westbrook School Department will provide the following:

- a. All students grades K through high school will receive physical education; i.e., 40 minutes per week for grades K-5, and 225 minutes per week for grades 6 - 8, and 225 minutes per week for one year in the ninth grade. Physical education course electives will also be available through the remainder of the high school grades. Students with special needs and disabilities and those in alternative learning programs will be included in physical education programs
 - b. By September 2007, each elementary school will provide physical activity breaks of 10-20 minutes per day for all students throughout the school day to enhance student focus and attention.
 - c. Daily recess will be offered as unstructured physical activity time for all pre-kindergarten through grade 5 students.
 - d. Encouragement for parents to make up the difference between recommended guidelines and school-organized physical activity through opportunities in the city recreation program, athletic programs and home activities.
- The physical education curriculum will be aligned with the Maine Learning Results and comply with state and local assessment requirements.
 - Certified physical education teachers will teach all physical education classes and appropriate professional development will be provided for physical education staff and other staff involved in the delivery of such programs.
 - Each school will provide proper equipment and a safe area designated for supervised recess and shaded areas for refuge from the sun.
 - When recess is held indoors due to inclement or cold weather, screen time should be avoided as an alternative activity to outdoor recess.
 - All athletic related facilities including gyms, fields, playgrounds, and trails will be made available for classrooms to use during the school day if not scheduled for use by the physical education program or pre-game preparations for sports teams.

Goals for Other School-Based Activities to Promote Student Wellness:

- In order to create a school and community environment that provides a consistent wellness message, each school is strongly encouraged to hold a family health event at least once a year. Such an event could include March Into May for students and parents, health fairs, family fitness events, ACES (All Children Exercising Simultaneously), Healthy Maine Walks, spring 3K walk/run, or Turn-Off-TV Week.
- By June 2007, the WSD will work with parents and parent groups to increase the number of Walking School Bus days in schools with walkable routes to at least one in the fall and one in the spring.
- Before and after school programs in addition to summer school programs will include physical activity and nutrition education in a way that supports wellness policies.
- The Westbrook School Department will collaborate with the City of Westbrook's Recreation Department to provide all students and families a variety of extracurricular physical activity programs, such as physical activity clubs, intramural programs, and outdoor clubs, as resources allow.
- Working through the School Health Advisory Council to promote a healthy work force and model healthy behaviors to students and the community, staff wellness activities will be scheduled throughout the school year, as resources allow.

Approved: June 7, 2006