

WELLNESS POLICY

The Westbrook School Committee recognizes that regular physical activity and nutritious eating are important for maintaining a healthy body weight, good health, and optimum readiness to learn for young people. Unfortunately, an abundance of research shows that America's youth are progressively becoming less healthy - they are inactive and eat foods of little nutritional value. As a result, some children and adolescents are gaining unhealthy amounts of weight and, therefore, increasing their susceptibility to chronic illnesses, such as heart disease, high blood pressure and type 2 diabetes. In addition to issues of health and wellness, a growing amount of evidence shows that physical inactivity and poor nutrition adversely impact academic performance. The School Committee is, therefore, committed to providing a school environment that supports student wellness, healthy food choices, nutrition education, and regular physical activity.

Nutrition Standards

The school unit will ensure that meals provided by its Food Services Program meet the nutrition standards established by federal & state regulations.¹ Sales of foods and beverages that compete with the school lunch program (and/or school breakfast program) must be in compliance with the Board's policy EFE, Competitive Food Sales/Sales in Competition with the School Food Services Program.

Assurance

This policy serves as assurance² that school unit guidelines for reimbursable meals are not less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to the National School Lunch Act and the Child Nutrition Act.

Nutrition Education

Nutrition education will be integrated into the instructional program through the health education curriculum as aligned with the content standards of Maine's system of Learning Results. Nutrition education should focus on skills students need to adopt and maintain healthy eating behaviors. Students should receive consistent nutrition messages throughout the schools, including classrooms, cafeteria, and school-home communications.

Physical Activity

The school unit will strive to provide all students developmentally appropriate opportunities for physical activity through physical education classes, recess periods for elementary school students, and extracurricular activities (clubs, intramural and interscholastic athletics). These activities are intended to build and maintain physical fitness and to promote healthy lifestyles. The schools should encourage parents to support their children's participation in physical activities, including available before- and after-school programs.

Other School-Based Wellness Activities

The schools, with prior approval of the Superintendent/designee, may implement other appropriate programs that support consistent wellness messages and promote healthy eating and physical activity.

¹ Title 7-U.S. Department of Agriculture, Chapter II-Food and Nutrition Service, Department of Agriculture, Part 210-National School Lunch Program (7 C.F.R. § 210).

² See 42 U.S.C. § 1751(a)(2).

The school unit may develop programs that encourage staff to learn and engage in healthy lifestyle practices.

Implementation and Monitoring

The Superintendent/or designee shall be responsible for the implementation of the wellness policy, for monitoring efforts to meet the intent of this policy, and for reporting to the Board on an annual basis.

Monitoring may include surveys or solicitation of input from students, parents, staff, and school administrators.

Reports may include, but are not limited to:

- The status of the school environment in regard to student wellness issues
- Evaluation of the school food services program and compliance with nutrition guidelines
- List 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

Appointment and Role of the Wellness Committee

The School Committee will authorize the School Health Advisory Council of Westbrook's Coordinated School Health Program to serve as the school department Wellness Committee, comprised of at least one of each of the following:

- Board member
- School administrator
- Food Services Director/designee
- Student representative
- Parent representative
- Community representative

The School Health Advisory Council (SHAC) 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 the prior approval of the Superintendent/designee, the SHAC may survey parents, students and the community and/or conduct focus groups or community forums.

The School Health Advisory Council shall provide periodic reports to the Superintendent/designee and, as requested, to the Board.

Approved: June 7, 2006