

JL Student Wellness

STUDENT WELLNESS

The Board recognizes that student wellness and good nutrition are related to students' physical and psychological well-being and their readiness to learn. The Board is committed to providing a school environment that supports student and staff wellness, healthy food choices, nutrition education, physical education and regular physical activity.

The Superintendent/Designee shall be responsible for the implementation of the Local Wellness Policy for monitoring efforts to ensure that the intent of the Wellness Policy is adhered to and for reporting to the School Board and community.

Nutrition Promotion

The school environment, including cafeteria and classroom, shall provide clear and consistent messages that reinforce healthy eating. School administrators, staff, parents, students, coaches and community members will be strongly encouraged to model healthy eating and physical activity as a valuable part of daily life.

Nutrition Standards

The school unit will ensure that meals provided by its Food Services Program meet the nutrition standards established by the National School Lunch Program, the School Breakfast Program, and other applicable Federal child nutrition programs.

Other foods and beverages sold or available for sale to students during the school day ("competitive foods") will meet the federal Smart Snacks guidelines.

Other School-Based Activities That Promote Student Wellness

- Water To promote hydration, free, safe, unflavored drinking water will be available to students throughout the school day, including mealtimes, at every school.
- Nutrition Promotion Schools will support healthful eating by students and encourage parents/guardians to provide healthy meals for their children by providing consistent nutrition messages and information and by cooperation with other agencies and organizations.

Nutrition Education

Nutrition education will be integrated into the instructional program through the health education program and/or the 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.

Staff Qualifications and Professional Development

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

Foods and Beverages for Celebrations and Rewards

The Board delegates to the Superintendent/designees the responsibility for guidelines for “healthy celebrations,” with the intent that refreshments served at parties or celebrations during the school day, whether supplied by parents or staff, meet the “Smart Snacks” standards.

Foods used as rewards in the instructional program must meet “Smart Snacks” standards.

Physical Activity

The school unit will strive to provide all students with developmentally appropriate opportunities for physical activity through physical education classes, recess periods for elementary school students, and extracurricular activities (clubs, intramural and interscholastic athletics). School programs 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 before and after school programs.

Appointment and Role of Districtwide Wellness Committee

1. A district-wide Wellness Committee will be maintained in the unit and be 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 Wellness Committee may also include:

Individual School Wellness Team members • School nurse • Teacher(s) • Guidance counselor • Social worker • Community organization or agency representative • Liaisons to community athletic groups, teachers, parents, boosters, SAGs, the Recreation Department and other groups

The 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 the prior approval of the superintendent/designee, the Wellness Committee may survey parents, students and the community and/or conduct focus groups or community forums.

Food and Beverage Marketing in Schools

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 standards

Chapter 51: Child Nutrition Programs in Public Schools and Institutions, 20-A MRSA, Sec. 6602

Adopted: June 25, 2012

Revised: February 26, 2015; August 27, 2018; January 28, 2026

Revision #2

Created 7 April 2022 15:37:22 by Matt Frey-Davis

Updated 28 April 2026 19:45:31 by Kimberly Burgess