

CODE: JL

## **Boothbay Harbor C.S.D. and School Union #49 Wellness Policy**

The Boothbay Boothbay Harbor C.S.D. and SU 49 are committed to providing a school environment that enhances learning and development of lifelong wellness practices.

To accomplish these goals:

\*Child Nutrition Programs comply with federal, state and local requirements. Child Nutrition Programs are accessible to all children.

\*All foods and beverages made available on campus (including vending, concessions, a la carte, student stores, parties and fundraising) during the school day are consistent with the current Dietary Guidelines for Americans.

\*All foods made available on campus adhere to food safety and security guidelines.

\*The school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals. Food and/or physical activity is not used as a reward or punishment.

\*Sequential and interdisciplinary nutrition education is provided and promoted.

\*A quality physical education program is offered which equips students with the knowledge, skills and values necessary for lifelong physical activity.

\*Patterns of meaningful activity connect to students' lives outside of physical education.

\*All school-based activities, during school hours, are consistent with local wellness policy goals.

**Nutrition Guidelines**  
**Nutrition Education**

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Because nutrition education promotes healthy eating habits, nutrition education topics shall be integrated within the comprehensive health education program and designed to help students obtain the knowledge and skills related to nutrition. Nutrition education shall be aligned with the State of Maine Laws and the Maine Learning Results.

**Food Service Programs**

All schools meals comply with the National School Lunch and Child Nutrition Act Programs (including Breakfast and Summer Feeding Programs) shall be governed by Federal and State regulations. Our food service programs will:

- Offer meals that meet the dietary guidelines recommended by the United States Department of Agriculture standards by:
  - \* Including a variety of foods.
  - \* Including adequate foods from the grain, vegetable, protein, and fruit groups.
  - \* Striving to eliminate foods high in sugar content.
  - \* Strive to reduce obesity through reduction of fat calories in our entrees.
  - \* Striving to add more whole grains to breads, pasta, desserts, etc.
- Offer a wide variety of healthy food choices, which are served in appropriate portions according to ages, including the a la carte and in the preparation method, that emphasize high quality nutrition.
- Maintain our dining areas as pleasant, clean, and inviting places to eat.
- Offer modified meals upon a physician's request for students with food allergies or other special dietary needs.
- Strive to offer students a minimum of 10 minutes for breakfast meals and 20 minutes for lunch meals for actual seat time.
- Provide nutritious bag lunches for field trips when appropriate.
- \* To consider secondary schools to operate "closed" lunch periods to encourage students to eat a nutritious lunch. Example ( Every Wednesday early release day).
  - \* Continue to work with local farmers to find solutions to purchase local foods and teach nutrition to students involving farmers.
  - \* Consider starting a garden program in the schools as part of the curriculum.

**A La Carte**

A La Carte items must comply with USDA regulations prohibiting the sale of "foods of minimal nutritional value" (see definition) where schools are served or eaten during the meal period.

- Foods of minimum nutritional value- (a) in case of artificially sweetened foods, a food that provides less than 5% of the Reference Daily Intake (RDI) for each of the eight specified nutrients per serving: (b) in case of all other foods, a food that which provides less than 5% of the Reference Daily Intake (RDI) for each of the

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- eight specified nutrients per 100 calories and less than 5% of the RDI for each of the eight specified nutrients per serving. The eight nutrients to be assessed for the purpose are protein, vitamin A, vitamin C, niacin, riboflavin, thiamin, calcium, and iron.
- Source: United States Department of Agriculture

See below for a sample explanation of the 5% rule:

**Note. If one of the eight essential nutrients contains 5% per 100 calories then it is acceptable.**

Oakhurst Low Fat Strawberry Milk: Calories: 420 16 Oz. Container

Protein: 8g ,Vitamin A: 10%, Vitamin C,0%, Calcium: 25%, Niacin: 0%, Riboflavin:0%, Iron: 0%, Thiamin 0%. Thus, if we have an item that is 420 calories then at least one of the 8 nutrients needs to be 21%. Since calcium is 25% it meets the requirements.

$$420 \times .05 = 21\%$$

#### Competitive Foods of Foods Offered on School Grounds

Food and beverages sold or served on school grounds before or after normal school day must meet nutritional standards and dietary guidelines (5% Rule). The sale of these healthy choices may benefit the sponsoring organization and are recommended for food and beverage choices in school stores and fundraising activities.

Boothbay Region Schools will allow sales of foods that do not meet the 5% rule to be sold to the public community events sponsored by the school or student organization on school grounds. However, Boothbay Region Schools encourages sales to include some healthy choices. Example of these events is: sporting events, concerts, drama plays, regional spelling bees, debating competitions. Funds from these sales may accrue to the benefit of the sponsoring organization.

#### **Food as Reward/Punishment**

Food or beverage items will not be used as reward, motivation, incentive, or punishment.

#### **School Vending Machines**

Only bottled water and items that meet the 5% rule will be allowed in all Boothbay Region Schools vending machines.

Funds from these sales may accrue to the benefit of the sponsoring organization. Any school requesting a vending machine to be installed must seek approval.

#### **Food Safety /Food Security**

All foods made available on campus comply with the State of Maine Health Inspection Report. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.

**BOOTHBAY-BOOTHBAY HARBOR COMMUNITY SCHOOL DISTRICT**

## **K-12 Wellness Policy Guidelines ~ Nutrition Education**

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Nutrition education is taught by a teacher licensed by the Maine State Department of Education or under the direct supervision of such a teacher.

Nutrition education is based on the most recent Dietary Guidelines for Americans.

School administrators inform teachers about opportunities to attend training on nutrition and the importance of role modeling healthful habits for students.

At least 5 hours of classroom nutrition education are provided each year for all student as part of a comprehensive health education curriculum that focuses on understanding the relationship between personal behavior and health.

### **Kindergarten:**

- É Importance of adequate drinking water
- É Food groups
- É Feeling full and chewing thoroughly

### **Elementary:**

*The topics below may be addressed at more than one grade level, and are to be covered with increasing depth in higher grades.*

- É Importance of adequate drinking water
- É Food groups
- É Serving Sizes
- É Relationship between food intake (energy input) and physical activity (energy output)
- É Nutrition Facts Label reading
- É Choosing healthful foods
- É Foods that help keep the body healthy and foods that my contribute to poor health
- É Health body image

### **Middle-High School:**

- É Basic nutrient requirements
- É Dietary guidelines and personal eating plans
- É Balanced and unbalanced meals in the student's own eating patterns
- É Healthy body image
- É Relationship between food intake (energy input) and physical activity (energy output)
- É Nutrition Facts Label Reading
- É Choosing healthful foods
- É Foods that help keep the body healthy and foods that my contribute to poor health
- É Health body image

## **K-12 Wellness Policy Guidelines -Physical Education and Physical Activity**

1. Physical education shall be offered to all students of the district, including students with disabilities and special health care needs.
2. Physical education shall be offered on a regular basis each school week during the school year for elementary school students.
3. All physical education classes are taught by a state certified physical education teacher.
4. The physical education curriculum is sequential and consistent with the Maine Learning Results.
5. The physical education environment is safe and enjoyable for all students, including those who are not athletically gifted. Students have the opportunity to participate in lifetime physical activities (e.g. walking, yoga, pilates, snow shoeing, tennis, golf, etc.)
6. Students shall be moderately to vigorously active at least 50% of the time during most or all physical education classes.
7. Physical education classes shall have a student/teacher ratio comparable with those of other classes.
8. Physical education time should not be used to complete assignments from other classes.
9. The physical education program should promote student participation in a variety of community physical activity options.
10. Physical activity is not used (e.g. push-ups, running laps) or withheld (e.g. recess, physical education) as punishment.
11. Adequate equipment is available for all students to participate in physical education. Physical activity facilities on school grounds are safe.
12. Classroom teachers are encouraged to provide physical activity breaks during classroom hours.
13. Schools should provide daily recess periods of at least 20 minutes for all elementary students. Consider planning recess before lunch since research indicates that physical activity prior to lunch can increase the nutrient intake and reduce food waste.
14. Physical activity programs are offered (e.g. indoor soccer, lunch time walking, jump rope club, yoga) that meet the needs and interests of all students and staff.
15. Schools are encouraged to provide community access to school's physical activity facilities outside of the regular school day.