

ISLE AU HAUT SCHOOL COMMITTEE

POLICY NUMBER

Draft: 7-17-17

Adopted: 10-26-17

WELLNESS POLICY

The Maine State Board of Education is committed to creating a healthy school environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activity.

Nutrition Education

All IAH students K-8 shall receive nutrition education that teaches the knowledge and skills needed to adopt healthy eating behaviors and is aligned with the federal statutes and the State of Maine laws. Nutrition education shall be integrated into the curriculum. Nutrition information and education shall be offered throughout the school campus including but not limited to the school dining area and classroom. School staff members who provide nutrition education shall have the appropriate training.

Physical Education and Physical Activity Opportunities

The IAH School District shall offer physical education opportunities that include the components of a quality physical education program. 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. All IAH K-8 students shall have the opportunity to participate regularly in supervised, organized or unstructured, physical activities, to maintain physical fitness, and to understand that short- and long-term benefits of a physically active and healthy lifestyle.

Nutrition Standards

The School Committee shall ensure that food served at school and/or at school activities meet the program requirements and nutrition standards found in federal regulations. The District shall encourage students to make nutritious food choices.

School Staff shall monitor all food and beverages sold or served to students at school, which are outside the federally regulated child nutrition program. The District shall consider nutrient density and portion size before permitting food and beverages to be sold or served to students.

The Superintendent and school committee shall continually evaluate foods shared with students at school or school events. Activities not meeting the intent and purpose of this policy shall be modified accordingly or not continued.

Other School-Based Activities Designed to Promote Student-Wellness

The District may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating, physical activity and social and emotional well-being.

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Maintaining Student Wellness

The Superintendent and Classroom Teacher will develop and implement administrative rules consistent with this policy. Input from teachers (including specialists in health and physical education), parents/guardians, students and the public shall be considered before implementing such rules. A sustained effort is necessary to implement and enforce this policy. The Superintendent Classroom Teacher shall measure how well this policy is being implemented, managed, and enforced. The Superintendent shall report to the Board, as requested, on the District's programs and efforts to meet the purpose and intent of this policy.