

STUDENT WELLNESS

The Brunswick School Board recognizes that student wellness is a major contributing factor to a students' readiness to learn. Student wellness depends on good nutrition and both physical and psychological well being. The Board is committed to providing a school environment that supports student wellness through healthy food choices, nutrition education, and regular physical activity. The Board believes that students who learn and practice healthy lifestyles in their formative years may be more likely to be conscious of the importance of good nutrition and exercise as adults, practice healthy habits, and reduce their risk of obesity and other related chronic conditions.

Nutrition Standards

Brunswick School Department ensures, through its Student Nutrition policy and regulations (FILE: EF and EF-R) that meals provided by its Food Service Program meet or exceed the nutrition standards established by federal regulations.

Nutrition Assurance

Guidelines for reimbursable school meals are no less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to the Child Nutrition Act and the National School Lunch 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

Brunswick School Department strives 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). 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 available before- and after-school programs.

Other School-Based Wellness Activities

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

For Board policy, regulations or guidelines for refreshments served at parties or celebrations during the school day see FILE: EF and EF-R, Student Nutrition policy and regulations.

The Brunswick School Department encourages staff and students to initiate programs for learning about and engaging in healthy lifestyle practices.

Appointment and Role of the Wellness Committee

The Board shall appoint a districtwide Wellness Committee comprised of at least one of each of the following:

- Board member
- School administrator
- Food Services Director
- Student representative
- Parent representative
- Community representative
- School nurse
- Teacher
- Guidance counselor
- Other staff, as designated by the Board
- Other persons, as designated by the Board

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 having the Wellness Committee update the Board as needed.

Reports may include, but are not limited to:

- The status of the school environment regarding student wellness issues
- Evaluation of the school food service program and compliance with nutrition guidelines
- A summary of wellness programs and activities in the schools

- *Wellness Committee Goals shall be given to the Board by the end of September of each school year. Progress on goals shall be reported to the Board at the June meeting.*
 - *Minutes of each Wellness meeting will be posted on the School Website within one week of the meeting.*
- Feedback from students, parents, staff, school administrators and/or the Wellness Committee
 - Recommendations for policy, program, or curriculum revisions

The Wellness Committee shall serve as an advisory committee regarding 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.

A. Wellness Goals

The Board, as overseer of public education, acknowledges its important role in improving the health of its students. The Board establishes the following goals to guide programming decisions made in our schools:

B. Nutrition Education Goals

1. Nutrition education should focus on the skills students need to adopt and maintain healthy eating behaviors.
2. Nutrition should be integrated into other subjects as appropriate to complement, not replace, the health education program.
3. Consistent nutrition messages should be disseminated throughout the school system in the classrooms, the cafeterias, and the school-home communications.
4. Food services staff should be provided appropriate professional development,

C. Physical Activity Goals

1. The physical education program should provide students with the knowledge and the skills needed to be physically fit and take part in healthful physical activity on a regular basis.

2. Students should be expected to strive to develop motor skills that will enable them to apply those skills to enhance their coordination and physical performance.
3. Students should be expected to demonstrate responsible personal and social behaviors in physical activity settings.
4. Brunswick schools should provide a physical and social environment that encourages safe and enjoyable physical activity and fosters the development of a positive attitude toward health and fitness.
5. Brunswick schools should provide opportunities for physical activity through a variety of before-and/or after-school programs including, but not limited to, intramural sports, interscholastic activities and physical activity clubs.
6. Physical education staff and other staff involved in the delivery of such programs should be provided with appropriate professional development.

D. Goals for Other School-Based Activities

1. Brunswick schools should encourage maximum participation in school meal programs.
2. Brunswick schools should encourage parents and students to take advantage of developmentally appropriate community-based after-school programs that emphasize physical activity.
3. Brunswick schools should promote efforts to provide opportunities for students to engage in age-appropriate activities in both school and community settings.
4. School physical activity facilities should be made available after school hours for student, parent, and community use to encourage participation in physical activity.
5. Everyone participating in the school environment, including school administrators, staff, and students are encouraged to serve as role models in practicing healthy behaviors in the school environment.
6. Student organizations are encouraged to engage in fundraising projects that are supportive of student wellness.

Legal reference: 42 U.S.C. §1751

Cross-references: FILES EF, EF-R, Student Nutrition Policy and Regulations

FILE: ADC, Tobacco Free Schools

FILE: JICH, Drug, Tobacco and Alcohol Use by Students

Adopted: 8/9/06

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