

**BRUNSWICK SCHOOL DEPARTMENT**  
**REVENUE AND EXPENSE REPORT FOR APRIL 30, 2017**  
**School Year 2016-17**

Revenues	Annual Budget	Revenues through 6/30/2017	Remaining Bal.	% Collected
Unapprop. Fund Bal.	2,599,363.00	0.00	2,599,363.00	0.00%
U.S Bonds	0.00	0.00	0.00	0.00%
State Subsidy	10,976,063.00	8,431,518.06	2,544,544.94	76.82%
Federal Subsidy	0.00	0.00	0.00	0.00%
Local Share	23,883,771.00	23,883,771.00	0.00	100.00%
Tuition	83,339.00	108,078.49	-24,739.49	129.69%
Misc.	63,000.00	58,791.51	4,208.49	93.32%
Other	90,000.00	90,000.00	0.00	0.00%
<b>Total Revenue</b>	<u>37,695,536.00</u>	<u>32,572,159.06</u>	<u>5,123,376.94</u>	<u>86.41%</u>

Expenses By Warrant Number	Approved 6/8/16	Adjustments	Revised Budget	Expended Through 4/30/2017	Encumbrances	Remaining Bal.	% Remaining
1 Regular Instruction	16,235,965.41	75,663.00	16,311,628.41	10,174,599.50	4,949,419.27	1,187,609.64	7.28%
2 Spec. Ed. Instruction	5,079,301.22	-645.39	5,078,655.83	3,636,484.05	1,612,201.02	-170,029.24	-3.35%
3 CTE	832,627.15		832,627.15	693,855.90	0.00	138,771.25	16.67%
4 Other Instruction	777,449.27	3,853.00	781,302.27	567,008.06	27,543.43	186,750.78	23.90%
5 Student & Staff Support	3,546,704.94	-85,370.61	3,461,334.33	2,476,969.02	761,451.17	222,914.14	6.44%
6 System Administration	945,296.80		945,296.80	842,374.66	164,023.30	-61,101.16	-6.46%
7 School Administration	1,564,840.00		1,564,840.00	1,203,688.26	309,662.91	51,488.83	3.29%
8 Transportation	1,898,703.18		1,905,203.18	1,588,103.80	263,151.12	53,948.26	2.83%
9 Operation & Maintenance	4,925,581.00	6,500.00	4,925,581.00	3,206,783.98	491,508.99	1,227,288.03	24.92%
10 Debt Service	1,687,512.03		1,687,512.03	0.00	1,612,762.03	74,750.00	4.43%
11 All Other	90,000.00		90,000.00	90,000.00	0.00	0.00	0.00%
12 Adult Education	111,555.00		111,555.00	111,555.00	0.00	0.00	0.00%
<b>Total Budget</b>	<u>37,695,536.00</u>	<u>0.00</u>	<u>37,695,536.00</u>	<u>24,591,422.23</u>	<u>10,191,723.24</u>	<u>2,912,390.53</u>	<u>7.73%</u>

## Brunswick Wellness Policy

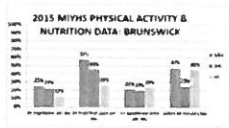
Proposed changes to promote  
student health and safety

Brunswick District Wellness Committee

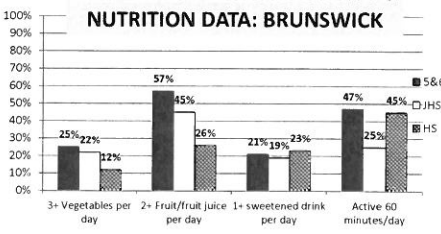
### Why revise?

- Written in 2005
- Brunswick's commitment to Let's Go! 5-2-1-0 philosophy & healthy kids
- Increased burden reported by school nurses: allergies, parental dietary choices
- Requirement of the Healthy, Hunger-Free Kids Act
- New guidelines regarding nutrition and allergy prevention released





### 2015 MIYHS PHYSICAL ACTIVITY & NUTRITION DATA: BRUNSWICK



Category	5&6 (%)	JHS (%)
3+ Vegetables per day	25%	22%
2+ Fruit/fruit juice per day	57%	45%
1+ sweetened drink per day	21%	19%
Active 60 minutes/day	47%	45%

**The Case for a Strong Wellness Policy**

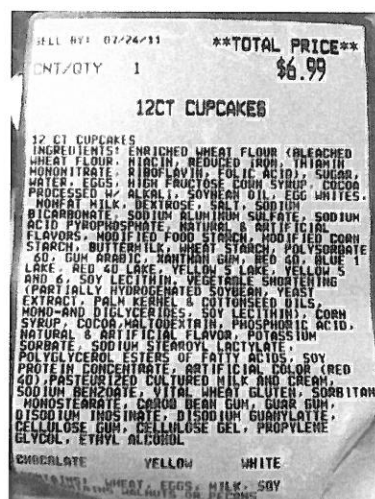
- Local expert recommendations: health and wellness professionals in our schools and community developed and support this policy with staff and parent input. Research and PE teachers have actively worked in their schools to provide education and make behavioral changes. All wellness policy for all settings will be easier for everyone to manage.
- Food stampers and underserved: CDC recommendations to improve eating behaviors include using nutrition research and prevention, and nutrition or allergen safe food for classroom celebrations.
- Healthy eating habits: By middle & high school, 1 in 2 female students eat less than one vegetable per day, 1 in 3 eat less than one fruit per day, and 2 in 3 drink a sugar-sweetened beverage every day. Strong policies can decrease "consumption" (consumption-based choices).
- Childhood obesity: Childhood obesity rates (average only) rose from 2000-2014 for all age groups, but are rising steadily. In 2015, 2 of 3 Middle and High School students were at a healthy weight.
- Family dietary choices: Encouraging or restricting food outside of school (school food choices) can influence the choices of our families.
- Nutrition recommendations:
  - Academy of Nutrition and Dietetics: "Food should be used as nourishment, not as a reward or punishment. In the long run, food rewards or bribes usually create more problems than they solve."
  - Academy of Nutrition and Dietetics: "The real issue is not a reward. When children are rewarded with sweets or other food, they may think that these foods are better or more valuable than healthier foods."

## A list of allergies at HBS - 10% of students

Walnuts, Shrimp  
milk (give her lactaid milk instead)  
fresh strawberries, fresh watermelon (okay if processed)  
gluten, dairy (intolerance)  
soy  
kiwi  
milk, ice cream (cheese okay)  
TREE NUTS  
SHELLFISH  
unknown food allergy-no food restrictions-still trying to identify  
avoids seafood (stomach issues)  
citrus, wheat, dairy  
avoids dairy  
gluten sensitivity  
lactose sensitive (possible)  
EGGS including the shell  
cherries, garlic  
gluten (avoids sugar)  
all SEAFOOD  
PEANUTS, TREE NUTS, sesame seed, NO baked goods from school or others  
kiwi  
red food dye #40  
SHELLFISH, TREE NUTS  
Coconut raw  
dairy free diet  
shellfish (avoids-dad highly allergic-she's never eaten)  
strawberries  
Dairy  
gluten, sugar, dairy, food dyes  
SHELLFISH  
SHELLFISH  
SHELLFISH, orange juice  
squash  
TREE NUTS (cashews & pistachios-vomits)  
gluten  
lactose intolerance  
milk (give her juice instead)

TREE NUTS  
PEANUTS, TREE NUTS  
PEANUTS  
strawberries  
red dye #40  
Grain & Milk (Avoid due to sensitivity)  
dairy-intolerant-avoid at school  
kiwi  
Gluten & Soy Protein (soy lecithin and soy oil okay)  
lactose intolerance-Lactaid milk at school  
TREE NUTS  
lactose intolerance  
PEANUTS, TREE NUTS, COCONUT, COCONUT OILS  
mayonnaise  
PEANUTS, TREE NUTS, gluten-only eat foods from home  
Eggs, all dairy-only eat foods from home  
peaches, pears  
PEANUTS, TREE NUTS, SESAME SEEDS  
lactose intolerance  
dairy  
No milk or ice cream (cheese & frozen yogurt are okay)  
walnuts, pecans  
gluten  
chicken, turkey, duck  
SHELLFISH  
PEANUTS, TREE NUTS, sesame  
no milk, ice cream, yogurt or dips, no mustard (cheese ok)  
PEANUTS  
MANGOES  
dairy intolerance  
red food dye  
TREE NUTS  
PEANUTS, TREE NUTS, uncooked EGGS

It's 8:15 AM...



5

## Process

- Overseen by Wellness Committee
  - 2 PE teachers
  - 3 School Nurses
  - 1 classroom teacher
  - School Pediatrician
  - Community Health Experts
  - School Board members
  - Administration
  - Parent
- Best practices & neighboring school policies reviewed
- Input from teachers and parents collected; input included in proposed language
  - Focus on food out of parental control (rewards, incentives, celebrations), without curriculum tie

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## Input collected

- Parent groups visited (Coffin, HBS, JHS)
- Individual input shared
- Teacher meetings and surveys conducted
- Questions:
  - What type of environment do we want to create?
  - What changes would you support?
  - What school/teacher support would be needed?

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## Feedback received

- Parents very supportive of non food incentives & rewards and healthier classroom celebrations
- Teachers concerned
  - Wellness committee to provide resource sheets
  - Teacher input into healthy food lists encouraged (with nurse and principal review)
  - LG! 5-2-1-0 grant funding and training available
  - No restrictions on food in lessons, lunches, break rooms, personal snacks, etc
- What about student activity? **MORE MOVEMENT!**

8

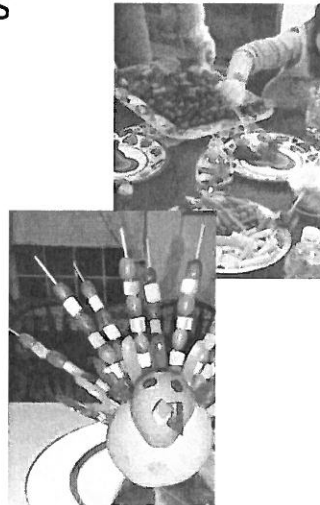
## Best practices and guidelines

- **American Academy of Pediatrics & Academy of Nutrition and Dietetics**
  - Do not use foods as a reward or punishment. In the long run, food rewards or bribes usually create more problems than they solve.
- **CDC Guidelines for Managing Food Allergies**
  - Use nonfood incentives for prizes, gifts, and awards.
  - Encourage the use of allergen-safe foods or nonfood items for birthday parties or other celebrations in the classroom.
- **Let's Go! 5210 at Barbara Bush Hospital**

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## Recommendations

- Create allowable food list for classroom celebrations, meetings & events, allow tailoring with nurse input to meet classroom needs
- Restrict incentives and rewards to non-food items
- Allow food as part of lessons
- Review activity practices in 2017-18 school year
- No restrictions on personal student or staff snacks or lunches



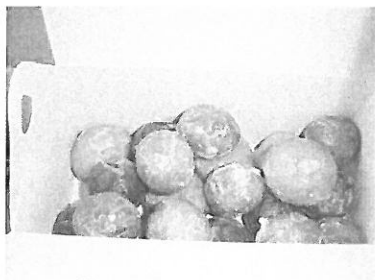
10







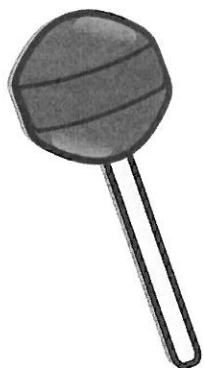
Arrives at school in the morning for  
"club x"



8 GLAZED DONUT HOLES =  
416 CALORIES  
24 G SUGAR

15

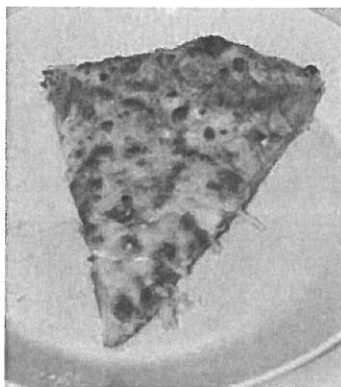
Right answer during class ...



SMALL LOLLIPOP =  
20 CALORIES  
4 G SUGAR

16

### Classroom celebration...



ONE SLICE OF CHEESE  
PIZZA = 271 CALORIES  
4 G SUGAR



ONE SLICE OF CHOCOLATE  
CAKE =  
234 CALORIES  
26 G SUGAR

17

### Thanks for being great...



2 CHOCOLATE CHIP  
COOKIES =  
140 CALORIES  
12 G SUGAR

18

## After school club



10 OZ ICED TEA =  
120 CALORIES  
30 G SUGAR



CHOCOLATE CHIP BAR =  
100 CALORIES  
7 G SUGAR

19

By the end of the day...

1,300 extra calories  
107 g of added sugar

20

### Proposed revision: Student Nutrition Policy (EF)

- Equip students with the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, staff, parent(s) and booster groups are encouraged to model healthy habits as a valuable part of student education, particularly for classroom celebrations and use of rewards and incentives.

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### Proposed revision: Student Nutrition Policy (EF-R)

#### E. Food as Reward or Incentive

Food and beverages should not be used as a reward or incentive. School principals will be responsible for providing a list of acceptable student rewards at the beginning of each academic year.

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## Proposed revision: Student Nutrition Policy (EF-R)

### F. Classroom Celebrations and School Events

- Classroom celebrations can be **important opportunities for classroom bonding and social development** and can also be an opportunity to model healthy eating.
- If food or beverages are served to students at events during the school day, including whole-school events, group and advisory meetings, and classroom celebrations, they must **comply with the list of approved snacks and beverages**.
- School principals, working with the Director of Food Services, will be responsible for providing teachers with this list of approved foods and beverages. Teachers may need to **further refine this list, with input from the school nurse**, depending on the health needs and allergies of their students.
- Use of **non-food items** for classroom celebrations and school events is encouraged. School principals, with the assistance of the wellness committee, will be responsible for providing teachers with lists of non-food celebration ideas. Teachers are encouraged to share these ideas with parents.

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## Proposed revision: Student Nutrition Policy (EF-R)

### F. Classroom Celebrations and School Events

- **All outside food sent in for use by multiple students must comply with the approved list.** If there are students with allergies in the classroom, the food must be approved by the school nurse at least one week in advance to protect student health. Food not approved by the school nurse will be returned home with the child.

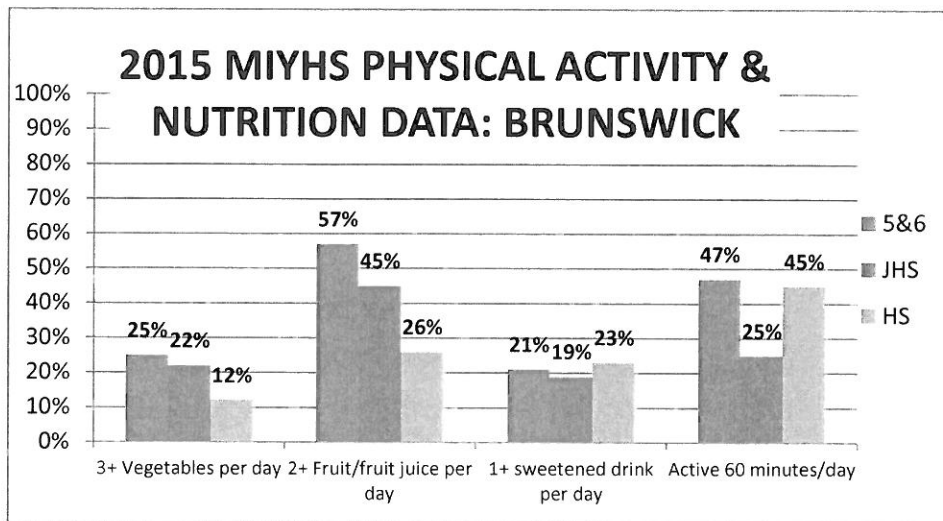
#### *General*

- Families should **only provide food and beverage items for their own student's personal consumption**, unless it is part of a classroom celebration or school event coordinated by teacher or staff member.
- Food used as **part of a specific classroom unit** are **exempt**, but must be approved by the school nurse one week in advance.
- **Food items from home for personal consumption, and food used in specialized education settings** are **exempt**.

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## The Case for a Strong Wellness Policy

- **Local, expert recommendations:** Health and wellness professionals in our schools and community developed and support this policy, with staff and parent input. Nurses and PE teachers have actively worked in their schools to provide education and make informal changes. A consistent policy for all settings will be easier for everyone to manage.
- **Food allergies and sensitivities:** CDC recommendations to prevent allergy exposure include using nonfood rewards and incentives, and nonfood or allergen safe food for classroom celebrations.
- **Healthy eating habits:** By middle & high school, 1 in 2 Maine students eat less than one vegetable per day, 1 in 3 eat less than one fruit per day, and 1 in 5 drink a sugar sweetend beverage every day. Strong policies can decrease “competetive” unhealthier food choices.
- **Childhood obesity:** Childhood obesity rates dramatically rose from 1980-2004 for all age groups, but are finally stabilizing. In 2015, 2 of 3 Maine Middle and High School students were at a healthy weight.
- **Family dietary choices:** Decreasing or restricting food outside parental control honors various diet choices of our families.
- **National recommendations:**
  - American Academy of Pediatrics “Food should be used as nourishment, not as a reward or punishment. In the long run, food rewards or bribes usually create more problems than they solve.”
  - Academy of Nutrition and Dietetics: “Do not use food as a reward. When children are rewarded with sweets or snack food, they may decide that these foods are better or more valuable than healthier foods.”



## SAMPLE IDEAS AND RESOURCES

These type of materials will be provided  
by the Wellness Committee  
to Building Principals

# Use NON-FOOD REWARDS

For any age student, don't underestimate the power of using verbal praise that is specific. For example, "You did a great job, John. I'm so proud of you for helping Jack with his math problems today."

To support your efforts, help to create a district-wide policy that prohibits the use of food as a reward.

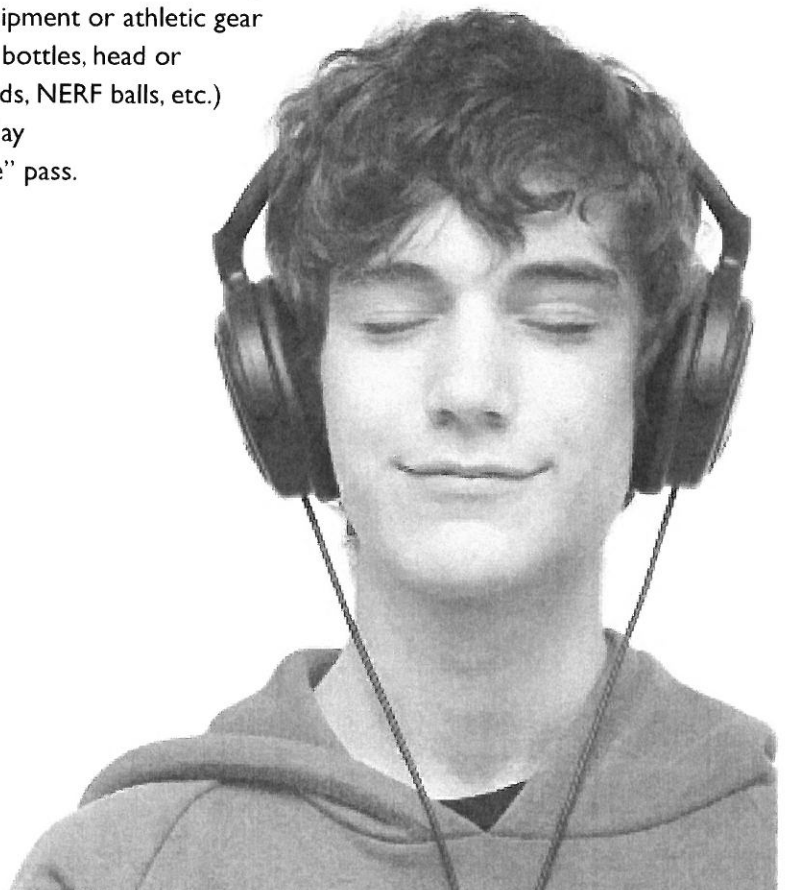
## Alternatives to food as a reward

### Students can:

- Sit with friends.
- Listen to music while working.
- Be given less homework.
- Get a late homework pass.
- Be entered into a drawing for donated prizes.
- Receive recognition during morning announcements.
- Get tickets to school events (sports games, dances).
- Choose partners for activities.
- Earn points or play money for privileges.
- Have class outside.
- Be recognized at a pep rally or assembly.
- Choose end-of-class brain teasers or games.
- Earn sports equipment or athletic gear (frisbees, water bottles, head or wrist sweat bands, NERF balls, etc.)
- Receive a one-day "Park Anywhere" pass.

## Benefits of providing non-food rewards:

- Creates an environment that fosters healthy eating and supports the 5-2-1-0 message.
- Allows the opportunity for more frequent rewards.
- Adds to fitness if physical activity is used as reward.



[www.letsgo.org](http://www.letsgo.org)



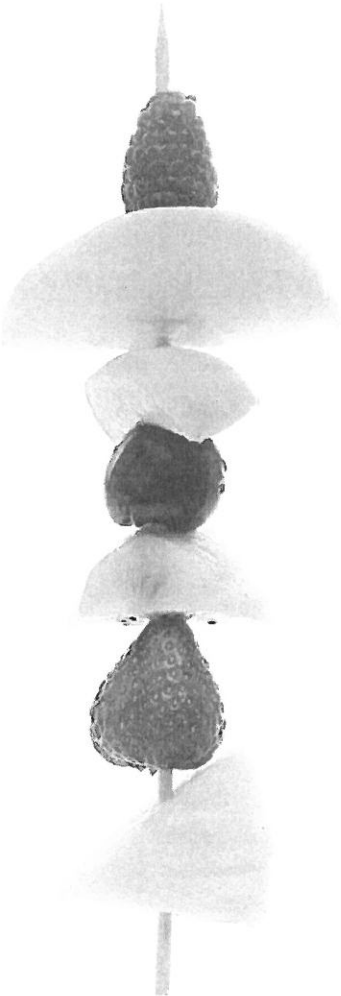
Ideas for

# HEALTHY FOOD FOR CELEBRATIONS



If you are going to have food at your celebrations, make it count with a healthy choice!

Try some of these foods at the next celebration.



- **Fruit and Cheese Kabobs:** Put grapes, melons, cheese cubes, and berries onto a wooden kabob stick.
- **Make Your Own Trail Mix:** Provide bags of granola or whole grain dry cereal, dried fruit, and nuts for students to make their own trail mix.
- **Fruit Smoothies:** Bring a blender, frozen fruit, and yogurt to your next celebration.
- **Yogurt Parfaits:** Layer granola, fruit, and yogurt in plastic cups. Provide on a tray covered with plastic wrap or let the kids make their own.
- **Assorted Fruit Platter:** Arrange chunks and slices of fruit on a tray; to make it even more fun, use a hollowed out watermelon half.
- **Veggie and Dip Platter:** Baby carrots, cucumber slices, red pepper slices, broccoli, cherry tomatoes, snap peas, or celery sticks served with hummus, salad dressing, or other dip.
- **Vegetable Sticks with Spread:** Celery or carrot sticks with nut butter or cream cheese. Top with dried fruit for a unique twist.
- **Snack Kabobs:** Veggie or fruit chunks skewered onto thin pretzel sticks.
- **Sweet Potato Fries:** Baked sweet potato wedges, tossed lightly with olive oil and salt.
- **Cottage Cheese or Yogurt with Fruit and/or Granola:** Try using fresh grapes, frozen berries, or canned peaches or pineapple.
- **Chips and Salsa:** Use whole grain baked pita chips or baked tortilla chips. For something new, try bean dip instead of salsa.
- **Taco Roll-up:** Small whole wheat tortilla rolled with cheese, beans, and salsa.
- **Turkey Roll-up:** Turkey slice rolled up with cheese.
- **Mini Pizzas:** Top pita bread or half of a whole wheat English muffin with tomato sauce, cheese, and chopped vegetables and toast until cheese is melted.
- **Mini Bagel with Spread:** Try cream cheese, nut butter, or hummus.

# Sign-up Sheet for a HEALTHY PARTY



**Event:** \_\_\_\_\_ **Date:** \_\_\_\_\_  
**Time:** \_\_\_\_\_ **Number of Students:** \_\_\_\_\_

Please sign up for one of the choices below to indicate what you will bring in. There are options for food, drinks, paper goods, or even a game or craft!

**Please return to this form to school by \_\_\_\_\_.**

**A healthy fruit item** (for example fruit kabobs, fruit salad, cut fruit, dried fruit, fruit smoothie):

Name: \_\_\_\_\_ Item: \_\_\_\_\_  
Name: \_\_\_\_\_ Item: \_\_\_\_\_

**A healthy vegetable item** (for example veggie platter with dressing or hummus, veggie kabobs, single veggie like carrot sticks or colorful pepper slices):

Name: \_\_\_\_\_ Item: \_\_\_\_\_  
Name: \_\_\_\_\_ Item: \_\_\_\_\_

**A whole grain item** (for example whole grain pretzels with mustard dip, mini whole grain bagels with cream cheese or hummus, whole grain tortilla chips with salsa, whole grain pasta salad, mini sandwiches on whole grain bread):

Name: \_\_\_\_\_ Item: \_\_\_\_\_  
Name: \_\_\_\_\_ Item: \_\_\_\_\_

**A healthy protein item** (for example yogurt, cottage cheese, string cheese, black bean salad, hummus with crackers, roasted chickpeas, pumpkin seeds):

Name: \_\_\_\_\_ Item: \_\_\_\_\_  
Name: \_\_\_\_\_ Item: \_\_\_\_\_

**A healthy drink** (Please choose from plain water, seltzer water, water infused with fruit, milk, or milk alternatives such as soy, rice, or almond milk):

Name: \_\_\_\_\_ Item: \_\_\_\_\_  
Name: \_\_\_\_\_ Item: \_\_\_\_\_

**Paper Plates:** \_\_\_\_\_ **Cups:** \_\_\_\_\_ **Napkins:** \_\_\_\_\_

**A craft that you will lead the class in:**

Name: \_\_\_\_\_ Craft: \_\_\_\_\_

**A game that you will lead the class in:**

Name: \_\_\_\_\_ Game: \_\_\_\_\_

Thank you for helping us make our classroom parties healthier and more fun!