

Northern Penobscot Tech Region III

STUDENT WELLNESS

The Northern Penobscot Tech Region III Cooperative Board of Directors recognizes health and wellness for all its students and 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 promoting a school environment that supports student wellness, 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, diabetes and other chronic diseases.

Nutrition Standards

NPT Region 3 will ensure that meals provided by its Food Services Program meet the nutrition standards established by federal regulations. Sales of foods and beverages that compete with the school lunch program (and/or school breakfast program) must be in compliance with the Boards policy EFE, Competitive Food Sales/Sales in Competition with the School Food Services Program.

Assurance

This policy serves as assurance that NPT Region III guidelines for reimbursable meals are not less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to the National School Lunch Act and the Child Nutrition Act.

Nutrition Education

Nutrition education will be integrated into the School Lunch Program. 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

NPT Region III will strive to educate all students with developmentally appropriate opportunities. These opportunities are intended to build and maintain physical fitness and to promote healthy lifestyles.

Other School-Based Wellness Activities

The school, with prior approval of the Director/designee, may implement other appropriate programs that support consistent wellness messages and promote healthy eating and physical activity.

NPT Region III may develop programs that encourage staff to learn and engage in healthy lifestyle practices.

Implementation and Monitoring

The Director/designee shall be responsible for the implementation of the wellness policy, for monitoring efforts to meet the intent of this policy, and for reporting to the Board on an annual basis.

Monitoring may include surveys or solicitation of input from students, parents, staff, and school administrators.

Reports may include, but are not limited to:

- The status of the school environment in regard to student wellness issues
- Evaluation of the school food services program and compliance with nutrition guidelines
- List of wellness programs and activities in the schools
- Feedback from students, parents, staff, school administrators and wellness committee
- Recommendations for policy, program or curriculum revisions

Appointment and Role of the Wellness Committee

The Board shall appoint a school wide Wellness Committee 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:

- Teacher(s)
- Guidance counselor
- Community organization or agency representative
- Other staff, as designated by the Board
- Other persons, as designated by the Board

The Student 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.

The Wellness Committee shall provide periodic reports to the Director/designee and, as requested, to the Board.

Wellness Goals

NPT Region III will utilize school and community resources so that its students shall possess the knowledge and skills necessary to make nutritious food choices and enjoy physical activity choices for a lifetime. The Board has identified the following goals associated with student wellness:

Goals for Nutrition Education

The school will provide nutrition education that focuses on the skills students need to adopt and maintain healthy eating behaviors.

NPT Region III will provide foods that meet or exceed the federal nutrition standards, adequate time for students to obtain food and eat, lunch scheduled at appropriate hours of the day, adequate space to eat, and a clean and safe meal environment.

Consistent nutrition messages will be disseminated throughout Region III in the classroom, the cafeteria, and school-home communications.

Administrators and staff will be encouraged to model nutritious food choices and eating habits.

Appropriate professional development will be provided for food services staff.

Goals for Other School-Based Activities

NPT Region III will encourage maximum participation in the school's hot lunch program.

NPT Region III will encourage parents and students to take advantage of developmentally appropriate community-based after-school programs that emphasize physical activity.

NPT Region III will encourage parents to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.

School administrators, staff, parents, students and community members will be encouraged to serve as role models in practicing healthy eating and being physically active, both in the school environment and at home.

Student organizations will be encouraged to engage in fundraising projects that are supportive of healthy eating and student wellness.

School-based marketing of foods and beverages, such as through advertisements in school publications, school buildings, and other areas accessible to students should support the goals of the wellness policy.

The schools are encouraged to cooperate with agencies and community organizations to support programs that contribute to good nutrition and physical activity.

First Reading: September 25, 2013

Second Reading: October 23, 2013

Adopted: October 23, 2013