
Student Wellness Policy – Glenn Stratton Learning Center**Date Effective:** 2/17/2017**Date Revised:** 8/26/2019**Authorized by:**

Executive Director**POLICY**

The Glenn Stratton Learning Center (GSLC) at Good Will-Hinckley (GWH) is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating as well as mental and physical wellness. It is the Board's intent that the school makes progress towards achieving the goals in this policy and implementing the procedures that accompany them.

I. Nutrition Standards

The Board will ensure that meals provided by its Food Services Program meet the nutrition standards established by federal and state regulations and will encourage maximum participation in the school meals program. . This policy serves as assurance that school unit 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. To the extent possible, school meals shall include adequate time for eating, should be scheduled at appropriate times, will include access to free drinking water, will provide student access to hand washing and/or sanitizing, and whenever possible, lunch will follow recess, where applicable.

II. Assurance

This policy serves as assurance that school 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.

III. Nutrition Education and Guidelines

Nutrition education will be integrated into the instructional program through the health education program and/or the curriculum as aligned with the content standards of Maine's system of Common Core standards. Nutrition education should focus on skills students need to adopt and maintain healthy eating behaviors. Students should receive consistent nutrition messages throughout the school, including classrooms, cafeteria, and school-home communications. All students will have the experience of being involved in growing fresh vegetables sustainably and wherever possible organically. High cholesterol, fat, sugar, salt foods will be discouraged throughout the day at GSLC for snacks or celebrations.

III. Nutrition Promotion

GWH will promote good nutrition by offering students a healthy breakfast as well as lunch that meets all applicable state and national standards for nutrition. Wherever possible food will be sourced locally, or even grown by the campus' aquaponics and field-based agricultural programs. GSLC will not provide students with access to high sugar/fat/salt foods in the form of vending machines, inappropriate deserts at lunch, etc.

Food and Beverage Marketing in Schools: In accordance of the Maine State Statue 20A SUBCHAPTER 9 §6662: Brand-specific advertising of food or beverages is prohibited in school buildings or on school grounds except for food and beverages meeting standards for sale or distribution on school grounds in accordance with rules adopted under subsection 2. For the purposes of this subsection, "advertising" does not include advertising on broadcast media or in print media such as newspapers and magazines, clothing with brand images worn on school grounds or advertising on product packaging.

IV. Physical Activity

The school will strive 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 school should encourage parents to support their children's participation in physical activities, including available before- and after-school programs. Physical activities that can be carried on throughout the lifespan such as stretching, walking, dancing, and working out will be emphasized in our physical education programs.

V. Other School-Based Wellness Activities

The school, with prior approval of the President/Executive Director or designee, may implement other appropriate programs that support consistent wellness messages and promote healthy eating as well as mental and physical wellness.

The Board may approve policy; regulations or guidelines for refreshments served at parties or celebrations during the school day or for food as rewards, or may delegate the responsibility for such regulations or guidelines to administrators at the school level.

The school may develop programs that encourage staff to learn and engage in healthy lifestyle practices.

VI. Implementation and Monitoring

The Principal or 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:

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

VII. Appointment and Role of the Wellness Committee

The Board recommends that the school-wide Wellness Committee is comprised of at least one of each of the following:

- Board member
- School administrator
- Food Services Director/designee
- Student representative
- Parent representative
- Community representative
- Teacher(s)
- Community organization or agency representative
- Other Staff
- Other Persons

The 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 Principal or 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 Principal or designee and, as requested, to the Board.

VIII. Wellness Goals

The Board has identified the following goals associated with student wellness:

- Engaging students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing school-wide nutrition and physical activity policies.

- Providing students with opportunities, support, and encouragement to be physically active on a regular basis.
- Meeting at minimum, nutrition requirements established by local, state, and federal statutes and regulations and shall meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Providing students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; and providing clean, safe, and pleasant settings and adequate time for students to eat.
- Participating in available federal school meal programs including the School Breakfast Program and National School Lunch Program, to the maximum extent practicable.
- Providing nutrition education and physical education to foster lifelong habits of healthy eating as well as mental and physical wellness, and establishing linkages between health education and school meal programs, and with related community services.
- Encouraging parents, teachers, school administrators, student, food service professionals, and community members to serve as role models in practicing healthy eating and being physically active, in school, at home, and in the community.

IX. Goals for Nutrition Promotion

- The school staff will cooperate with agencies and community organizations to provide opportunities for nutrition related student projects and learning experiences.
- Consistent nutrition messages will be disseminated throughout the school in the classroom, the cafeteria, and school-home communications.
- Administrators and staff will be encouraged to model nutritious food choices and eating habits.
- Schools will encourage parents/guardians to provide healthy meals and snacks for their children through take-home materials and other means.
- Students will have access to clean and safe drinking water, throughout the school day and school activities.
- Schools will promote consumption of water as an essential element in maintaining overall health and wellness.

X. Goals for Nutrition Education

- The school will provide nutrition education that focuses on the skills students need to adopt and maintain healthy eating behaviors.
- The school's nutrition education will be provided in a sequential, comprehensive health education program aligned with the content standards of the Maine system of Learning Results.
- Nutrition education will be integrated into other subjects as appropriate to complement, not replace, the health education program.
- The school 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 (OR: as close to the middle of the school day as possible), adequate space to eat, and a clean and safe meal environment.
- Consistent nutrition messages will be disseminated throughout the school 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.

XI. Goals for Physical Activity

- The physical education program will provide students with the knowledge and skills needed to be physically fit and take part in healthful physical activity on a regular basis.
- Students will develop motor skills and apply them to enhance their coordination and physical performance.
- Students will demonstrate responsible personal and social behaviors in physical activity settings.
- The physical education curriculum will be aligned with the content standards of the Maine system of Learning Results.
- Physical education classes will keep all students involved in purposeful activity for a majority of the class period.
- Physical education classes will provide students of all abilities the opportunity to learn.
- The school will 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.
- The school will provide facilities adequate to implement the physical education curriculum for the number of students served.
- School will promote efforts to provide opportunities for students to engage in age-appropriate activities on most days of
- Appropriate professional development will be provided for physical education staff and other staff involved in the delivery of such programs.

XII. Goals for Other School-Based Activities

- Goals of the wellness policy will be considered when planning school or classroom parties, celebrations or events.
- Parents will be encouraged to provide nutritionally sound snacks from home and food for classroom parties or events.
- The school will encourage maximum participation in school meal programs.
- The school will encourage parents and students to take advantage of developmentally appropriate community-based after-school programs that emphasize physical activity.
- The schools 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.
- As feasible, school physical activity facilities will be made available after school hours for student, parent and community use to encourage participation in physical activity.
- 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, athletic fields, and other areas accessible to students should support the goals of the wellness policy.
- The school is encouraged to cooperate with agencies and community organizations to support programs that contribute to good nutrition and physical activity.

Legal reference: 42 U.S.C. § 1751

Legal Reference: Me. DOE Reg., ch. 33