

**The Collaborative School**  
***Maine Special Education/Mental Health Collaborative***

**Wellness Policy**

It is the policy of the MSE/MHC to recognize that wellness and good nutrition are related to staff and student's physical and psychological well being and their readiness to learn. Our Administrators, director and officers are committed to providing a school environment that supports wellness, healthy food choices, nutrition education, and regular physical activity. We believe 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

MSE/MHC as a School Satellite will ensure that meals provided by the Food Services Program of MSAD 15 meet the nutrition standards established by federal regulations.<sup>1</sup> Sales of foods and beverages that compete with the school lunch program (and/or school breakfast program) must be in compliance with MSE/MHC policy EFE, Smart Snacks/Sales in Competition with the School Food Services Program.

Assurance

This policy serves as assurance <sup>2</sup>that MSE/MHC 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 instructional program through the health education program and or/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, including the importance of eating 2 fruits and 3 vegetables daily. Students should receive consistent nutrition messages throughout the school, including classrooms, cafeteria, and school-home communications.

Food Served

Lunches are served in the classroom and will be offered in cooperation with individual student allergy and healthcare plans.

Food or beverages (including food served through school meals) will not be withheld as a negative consequence or disciplinary measure, nor used as a reward or incentive unless it is specified in an IEP

---

<sup>1</sup>Title 7-U.S. Department of Agriculture, Chapter II-Food and Nutrition Service, Department of Agriculture, Part 210-National School Lunch Program (7 C.F.R. § 210).

<sup>2</sup>See 42 U.S.C. § 1751 (a)(2).

## Physical Activity

MSE/MHC will strive to provide all students K-12 the opportunity with 60 minutes of moderate to vigorous daily activity. Developmentally appropriate opportunities for physical activity will be provided through recess periods for all students, integration of physical activity in the classroom, walking breaks, and alternate study hall periods. School programs will be designed to maintain physical fitness and to promote healthy lifestyles. The school should encourage parents to support their children's participation in physical activities. Physical activity is encouraged to be incorporated throughout the day in regular daily curriculum at all grade levels K-12.

Administrators, teachers and other school community personnel will not use physical activity (e.g.; running laps, pushups) or withhold opportunities for physical activity (e.g.; recess) as a negative consequence, during the academic school day. Recess may be shortened or withheld for the educational or physical well-being of the student or otherwise specified in an IEP.

## Other School-Based Wellness Activities

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

## Fundraising

A healthy school environment will be supported by encouraging non-food items being sold through school fundraising and school affiliated entities (enrichment programs, and Co-Curricular programs).

Any fundraiser that include food or beverages are not permitted to take place on school grounds, unless they occur at an open community event.

Outside groups that are not related to school functions (e.g. Girl Scouts, Boy Scouts, church groups, day cares) are not permitted to sell or deliver food items during the school hours to students or staff.

## Implementing and Monitoring

Administration/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 following:

- The status of the school environment in regard to student wellness issues
- Evaluation of the school food services program provided by MSAD 15 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.

### Appointment and role of the Wellness Committee

MSE/MHC as a School Satellite will adhere to the guidance of the MSAD15 Wellness Committee, which includes:

- Board member
- School Principal
- Food Services Supervisor
- Student representative
- Parent representative
- Community representative
- Teacher
- Nurse
- PEP Grant Coordinator/Wellness Director/Co-Curricular Leadership
- After School Coordinator
- Athletic Director/Designee
- Parent/Teacher
- Organization member
- Booster Representative

The Health/Wellness Committee shall serve as an advisory committee in regard to student wellness issues.

### Wellness Goals

MSE/MHC 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 habits.

Nutrition education will be integrated into other subjects as appropriate to complement, not replace, the health education program.

MSAD #15 will provide for MSE/MHC:

- Provide food that meet or exceed the federal nutrition standards
- Provide appropriate professional development for food services staff

MSE/MHC will provide:

- Provide adequate time for students to obtain food and eat lunch scheduled at appropriate hours of the day
- Strive to allow students at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated
- Provide adequate space to eat
- Provide a clean and safe meal environment
- Wherever possible lunch will follow the recess period to better support learning and healthy eating.

### Goals for Physical Activity

The physical education curriculum will be aligned with the content standards of the Maine System of Learning Results and will:

- Provide students with the knowledge and skills needed to be physically fit and take part in daily healthful physical activity in and out of school
- Develop motor skills and apply them to enhance their coordination and physical performance
- Demonstrate responsible personal and social behaviors in physical activity settings
- Keep all students involved in purposeful activity for the class period
- Strive to provide the opportunity for students of all abilities to participate and learn in physical activities
- Encourage 60 minutes of moderate to vigorous physical activity daily

MSE/MHC 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.

### Goals for Other School-Based Activities

MSE/MHC will encourage maximum participation in school meal programs. Triennial

### Assessment

At least once every three years, MSE/MHC will complete an assessment of their wellness policy including progress made in attaining the goals of the policy

Legal reference: 42 U.S.C. § 1751

Cross Reference: JL-R Wellness Administrative Procedures

Cross Reference: JLC-R Dealing with Life Threatening Allergies in our Schools