

SUBJECT: **WELLNESS**

Date of Original Policy: 2017  
 Date of Next Review: 2024  
 Cancels Policy Code: None  
 Revision Date: March 21, 2019

JURISDICTION: **RSU 73 Schools**

POLICY: **WELLNESS****Essential Health Eating Topics in Health / Physical Education**

RSU 73 will include in the Health / Physical Education curriculum a minimum of 12 of the following essential topics in healthy eating:

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from MyPlate
- Reading and using FDA's nutrition fact labels
- Eating a variety of foods everyday
- Balancing food intake and physical activity
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans fat
- Choosing foods and beverages with little added sugars
- Eating more calcium rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- The Dietary Guidelines for Americans
- Reducing sodium intake
- Social influences on healthy eating, including medial, family, peers and culture
- How to find valid information on services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

**Food and Beverage Marketing in Schools**

Regional School Unit 73 (RSU 73) is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. RSU 73 strives to teach students how to make informed choices about nutrition, health and physical activity. These efforts will be weakened if students are subjected to advertising on district property that contains messages inconsistent with the health information the district is imparting through nutrition education and health promotion efforts. It is the intent of RSU 73 to protect and promote

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student's health by permitting, advertising, and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with this Wellness Policy.

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards.

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statement made for the purpose of promoting the sale of food or beverage products made by a producer, manufacturer, seller or any other entity with a commercial interest in a product. This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or container
- Displays, such as on vending machine exteriors
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards, or backboards
- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment, as well as posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by RSU 73.
- Advertisements in school publications or school mailings
- Free product samples, taste tests, or coupons of a product, or free sample displaying advertising of these products

As the district, school nutrition services, athletic department, PTA / PTO review existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the district wellness policy.

### **Physical Activity**

Research shows that students who are physically active through physical activity breaks, high-quality physical education and extracurricular activities do better academically.

Should be avoided whenever possible, during the school day (withholding recess, classroom physical activity breaks or physical education) as punishment. (This does not include participation on sports teams that have specific academic requirements.) The district will provide teachers and other school staff with a list of ideas for alternative ways to discipline students.

To the extent practicable, RSU 73 will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The district will conduct necessary inspections and repairs.

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**Physical Education**

RSU 73 will provide students with physical education, using age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed in the “Essential Physical Activity Topics in Health / Physical Education” subsection). The curriculum will support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment necessary.

All RSU 73 in the Primary and Elementary Schools will receive physical education for at least 30 minutes per week throughout the school year. All district Middle School students will receive physical education for 45 minutes per week throughout the school year. High School students are required to take the equivalent of one academic year of physical education. All physical education classes in RSU 73 are taught by teachers certified in Physical Education.

**Essential Physical Activity Topics in Health / Physical Education**

Health / Physical education will be required in all primary, elementary and middle school grades and all high school students must take and pass at least one education course. RSU 73 will include in the health / physical education curriculum a minimum of 12 of the following essential topics on physical activity:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health related fitness: cardiovascular endurance, muscular endurance, muscular strength, flexibility and body composition
- Differences between physical activity, exercise and fitness
- Phases of an exercise session: warm-up, workout, cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as watching TV
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather related safety: avoiding heat stroke, hypothermia, sunburn
- How much physical activity is enough? Determining frequency, intensity, time and type of physical activity

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- Developing an individualized physical activity and fitness plan
- Monitor progress towards reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs
- Social influences on physical activity: media, family, peers, culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others engaged in physical activity
- How to resist peer pressure that discourages physical activity

**Recess**

The Primary and Elementary schools will offer at least 15 minutes of recess on all days during the school year. (This may be waived for early dismissal or late arrival days). Outdoor recess will be offered when weather is feasible for outdoor play. Each building administrator will adopt established criteria to determine when students will be allowed outside for recess based on outdoor temperature, inclusive of wind chill factors, and lightning and thunder. Recess will compliment, not replace or substitute for physical education class. Recess monitors or teachers will encourage students to be active and will serve as role models by being physically active alongside their students whenever feasible.

**Classroom Physical Activity Breaks**

RSU 73 recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. The district recommends teachers provide a short (3 to 5 minute) physical activity break to students during and between classroom time at least 3 days per week. These physical activity breaks will compliment and not substitute for physical education class, recess and class transition periods. The district will provide resources, tools and technology with ideas for classroom physical activity breaks. Resources and ideas are available through USDA and the Alliance for a Healthier Generation.

**Active Academics**

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible and do their part to limit sedentary behavior during the school day. Teachers will serve as role models by being physically active alongside the students whenever feasible.

**Other Activities that Promote Student Wellness**

RSU 73 will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. RSU 73 will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, after school programs and other wellness components so all efforts are complimentary, not duplicative and work towards the same set of goals and objectives promoting student wellbeing, optimal development and strong educational outcomes.

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Schools in the district are encouraged to coordinate content across the curriculum areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the RSU 73 curriculum coordinator.

All efforts related to obtaining federal, state or association recognition for efforts or grants / funding opportunities for a healthy school environment will be coordinated with and complimentary of the wellness policy.

**Community Partnerships**

RSU 73 will continue relationships with community partners (e.g. hospitals, universities / colleges, local businesses, SNAP-Ed providers and coordinators, etc.) in support of this wellness policy implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

**Community Health Promotion and Family Engagement**

RSU 73 will promote to parents / caregivers, families and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

**Staff Wellness and Health Promotion**

Schools in the district will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

**Staff Wellness and Health Promotion**

Schools in the district will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. Examples of strategies schools will use, as well as specific actions staff members can take, include participation in MEABT and 5210 health initiatives. The district promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating / weight management that are accessible and free.

**Professional Learning**

When feasible, RSU 73 will offer professional learning opportunities and resources for staff to increase knowledge and skills about healthy behaviors in the classroom and school. Professional learning will help district staff understand the connections between academics and health and the ways which health and wellness are integrated into ongoing district reform or academic improvement plans / efforts.