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## LOCAL WELLNESS PROGRAM

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The Bangor School Department recognizes the well-documented link between individual wellness (nutrition, physical activity) and learning. The Department understands that an important factor in school-aged children reaching their potential is the coordination of school programs that develop personal responsibility for one's health. This policy is adopted to assure that all Bangor students receive the knowledge, encouragement, and opportunity to achieve lifelong wellness.

### **Nutrition:**

*Nutrition Education:* The Department understands that a curriculum that enhances an understanding of the connection between nutrition and the health of the body will help students make choices in eating and physical activity that improve wellness.

***Nutrition Standards:* The School Department will offer school meal programs with menus meeting the meal patterns and nutrition standards established by the United States Department of Agriculture (USDA). The School Department encourages students to make food choices based on the most current Dietary Guidelines for Americans.**

The Department believes that school meals are times when students should enjoy eating healthy foods with friends. These times may also be used for instruction in nutrition and eating habits. School meal planning and preparation will continue to seek opportunities to increase the healthfulness of food served in Bangor school cafeterias.

### **Physical Activity:**

*Physical Education Program.* The Department believes that a physical education program stressing physical fitness and skill development will encourage healthy, active lifestyles. An effective physical education program is appropriately staffed and equipped to enable active participation of students of all abilities in physical activities of sufficient intensity and duration to provide a significant health benefit.

*Physical Activity:* The Department understands the value of providing organized opportunities for students to be physically active at school. To this end, the Department encourages schools to design after school programs that engage many students in regular physical activity. Daily recess in a safe, supervised area is an important supplement to K-5 physical education class as it provides students with additional opportunities to enjoy physical activity during the school day.



*Staff Wellness.* Recognizing that modeling wellness benefits both the school staff and students, the Department encourages employees to engage in daily physical activity as part of work breaks and / or lunch periods. The Department also encourages employee wellness by ensuring compliance with the Department's drug, alcohol, and tobacco-free policies as well as other such policies that relate to wellness.

### **Promoting and Assessing Wellness:**

*Home / School Communication:* Understanding that parents play the primary role in the wellness of their children, the Department recognizes the value of regular communication with parents and students to help promote wellness. This communication can be achieved both through the curriculum and through other means that convey an understanding of wellness, including:

- Publishing the nutritional value of food served in school cafeterias
- Posting useful information about healthful nutrition and physical activity in the school buildings and in home / school communications such as newsletters
- Offering parents the choice of a confidential Body Mass Index (B.M.I.) assessment of their children as part of yearly screening in Bangor schools

*Community Involvement:* The Bangor School Department is fortunate to be part of a community rich in resources that promote wellness through education, physical activity opportunities, and other related services. The Department will continue to work with a variety of community groups and agencies to facilitate and encourage student and family involvement in activities or programs that promote wellness.

*School-Based Wellness:* Recognizing that all Bangor schools engage in yearly school improvement planning, the Department encourages schools to consider in their annual planning the relationship between wellness and student achievement. Such consideration may include school-based goals related to student wellness or action steps that seek to assess, improve, or better understand student wellness and its connection to achievement. The Department also encourages school-wide efforts that engage students and staff in discussions and activities that promote and increase student and staff wellness.

*Wellness Policy Committee:* The Department has a long-standing commitment to monitoring the implementation of its programs and assessing their efficacy. The Department shall establish a Wellness Policy Committee that will contribute to an assessment of the Department's wellness efforts through an annual report to the Superintendent. The Wellness Policy Committee, in cooperation with the Superintendent and individual schools, will devise indicators of implementation success annually to determine the degree to which programs or administrative guidelines associated with this policy have changed wellness behaviors.

ADOPTED: June 19, 2006

