
LOCAL WELLNESS PROGRAM

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 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 Learning Results. Nutrition education shall focus on skills students need to adopt and maintain healthy eating behaviors. Students shall receive consistent nutrition messages throughout the schools, including classrooms, cafeteria, and school-home communications.

***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. Other foods and beverages sold or available to students during the school day, other than occasional celebrations, ("competitive foods") will meet the federal Smart Snacks guidelines.**

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.

Water:

To promote hydration, free, safe, unflavored drinking water will be available to students throughout the school day, including mealtimes, at every school.

Staff Qualifications and Professional Development:

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA standards for school nutrition professionals.

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 will provide 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 schools shall encourage parents to support their children's participation in physical activities, including available before- and after-school programs.

Other School-Based Wellness Activities: The schools, with prior approval of the Superintendent/designee, may implement other appropriate programs that support consistent wellness messages and promote healthy eating and physical activity.

Principals are responsible for monitoring school celebrations, understanding the importance of teaching moderation and healthy choices.

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

Food and Beverage Marketing in Schools:

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. Examples of advertising not allowed in schools, include: use of logos on scoreboards or flyers, running advertisements or commercials on school television or computers.

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, schools shall 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. Parents, students, food service, teachers of physical education, school health professionals, School Committee, and school administration may be members of the Wellness Policy Committee. The public will be informed annually of policy implementation status.

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