

**MOUNT DESERT ISLAND REGIONAL HIGH SCHOOL  
LOCAL WELLNESS POLICY**

The Mount Desert Island Regional High School Department recognizes that student wellness and good nutrition are related to students' physical and psychological well being and their readiness to learn. The Mount Desert Island Regional High School Department is committed to providing a school environment that supports student wellness, healthy food choices, nutrition education, and regular physical activity. The Mount Desert Island Regional High School Department believes 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**

The school unit will ensure that meals provided by its food services program meet the nutrition standards established by federal regulations. Sales of foods and beverages that compete with the school lunch program (and/or school breakfast program) must be in compliance with the Board's policy EFE, Sales of Foods in Competition with the Food Service Program.

**Assurance**

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.

**Nutrition Education**

Nutrition education will be integrated into the health education program and curriculum and aligned with the content standards of the system of Learning Results. Nutrition education should focus on skills students need to adopt and maintain healthy eating behaviors. Students should receive consistent nutrition messages throughout the schools, including classrooms, cafeteria, and school-home communications.

**Physical Activity**

The school unit will strive to provide all students developmentally appropriate opportunities for physical activity through physical education classes 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.

**Other School-Based Wellness Activities**

The school, with prior approval of the Superintendent/designee and within budgetary constraints, may implement other appropriate programs that support consistent wellness messages and promote healthy eating and physical activity.

The Coordinated School Health Team is authorized to develop school guidelines for: nutrition and portion standards for foods and beverages sold or served at school sponsored events, classroom parties, school celebrations and in vending machines. The Coordinated School Health Team is also authorized to develop school guidelines for fundraising activities and other school based activities designed to promote student wellness. Any such guidelines should be consistent with the goals of this policy.

## **Appointment and Role of the Coordinated School Health Team**

The Superintendent/designee shall appoint a district-wide Coordinated School Health Team comprised of at least one of each of the following:

- Board member
- School administrator
- Food Services Personnel/Head cook
- Teacher representative
- Nurse representative
- Student representative
- Parent representative
- Community representative
- Other persons, as designated by the Superintendent/designee

The Coordinated School Health Team shall serve as an advisory committee regarding student wellness issues and is responsible for making recommendations to the Superintendent and the Mount Desert Island Regional High School Department related to the wellness policy, wellness goals, administrative or school rules and practices, raising awareness of student health issues and measuring the school unit's progress in implementing wellness goals.

The Coordinated School Health Team will report annually to the Superintendent and, as requested, to the Mount Desert Island Regional High School Department.

## **Responsibility for Policy Implementation**

The Superintendent is responsible for the overall implementation of this policy. The Superintendent may delegate specific responsibilities to the Coordinated School Health Team and/or school administrators and staff as he/she deems appropriate.

Legal References:       42 USC Section 1751 (2004) (note) (Local Wellness Policy)  
                                  42 USC Section 1751 et seq. (National School Lunch Act)  
                                  42 USC Section 1771 et seq. (Child Nutrition Act)

Cross Reference:       EFE – Sales of Foods in Competition with the Food Service Program

First Reading: 08/14/06  
Second Reading: 09/11/06  
Adopted: 09/11/06