

“We believe healthy people make better learners – when we feel well, we work and learn well.” MSAD No. 75 Administrative Team

## **MSAD No. 75 DISTRICT WELLNESS POLICY**

### **ANNUAL ACTION PLAN: YEAR TWO of THREE School Board Approved**

**School Year: 2019 - 2020**

**Emphasis this year will be communication.**

#### **Introduction**

MSAD No. 75 is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year. To accomplish District goals:

- MSAD No. 75 School Food Services Program will comply with federal, state and local requirements. School breakfast and lunch are available to all students
- Sequential and interdisciplinary nutrition education is provided and promoted
- Meaningful physical activity connect to students’ lives outside physical education
- All school-based activities are consistent with local wellness policy goals
- All foods and beverages made available on campus (including vending, a la carte, student stores, parties, and fundraising) during the school day are consistent with nutrition standards
- Food and/or physical activity is not used as a reward or punishment
- The school environment is safe and respectful

MSAD No. 75 – Wellness Policy Annual Action Plan

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**Requirement 1: Involvement of School and Community Stakeholders in Developing and Implementing the Wellness Policy (7 CFR 210.31 (d) (2) and (3))**

<b>Goal</b>	<b>Activity</b>	<b>Persons Responsible</b>	<b>Due Date</b>
Maintain a District Health/Wellness Committee (DHWC), comprised of at least: student(s), parent(s), school food services personnel, school administrator(s) and board representative(s)	Review list of committee members with Superintendent	-Food Services Director -School Health Coordinator	August 16, 2019
	Set calendar for monthly meeting dates for SY2020	DHWC	September 15, 2019
	Superintendent to send out thank you letters to DHWC members for their new and/or continued participation	Superintendent	August 30, 2019
Develop District Wellness Policy Action Plan - <b>YEAR TWO</b>	Review and edit draft Action Plan	DHWC and Principals Council	July 1, 2019 = COMPLETED
	School Board Approval	School Board	August 8, 2019
	Post Action Plan on District Website	-Food Services Director -School Health Coordinator	August 30, 2019
Provide educational training for staff and PTOs	Provide educational handout for staff to give to anyone bringing outside food/beverages into school	-Food Services Director -School Health Coordinator	On-Going Throughout School Year

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**Requirement II: Establishment of Goals for Nutrition Education, Physical Activity, and Other School-Based Activities that Promote Student Wellness (7 CFR 210.31 (c) (1))**

Goal	Activity	Persons Responsible	Due Date
Develop goals for nutrition education	Coordinate efforts with the District Mental Health Task Force to document what is taught at each grade level and in each school.	Assistant Superintendent, School Health Coordinator, District Mental Health Task Force, and DHWC	May 31, 2020
Develop goals for social/emotional health education.			
Develop goals for physical education			
Develop parent/community education/involvement components	Provide parents with information via: Food Service Website, District Health Website, & School Newsletters	-Food Service Director, -School Health Coordinator,- Principals	On-Going Throughout Year
Provide professional development activities	Continue: -Health emphasis during at least one District Professional Development Day  -5-2-1-0+8 projects in each school via partnership with Mid Coast Hospital	District Administrators	On-Going Throughout Year
Develop goals for physical activity			
Develop student/community physical activity involvement components			
Develop goals for other school-based activities that promote student wellness			

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**Requirement III: Nutrition Guidelines for Food and Beverages outside the School Meal Program during the School Day**

**(7 CFR 210.31 (c) (3) (iii))**

Goal	Activity	Persons Responsible	Due Date
Communicate nutrition guidelines for food and beverages outside the school meal program during the school day.	-Create suggested food and beverage list that supports healthy eating  -Communicate suggested foods for classroom celebrations that come from home to promote inclusivity for all students.	-Food Service Director	On-Going
	Educate employees, students, families, and community members via: -Websites -Newsletters	-Food Service Director -School Health Coordinator	On-Going

**Requirement IV: Nutrition Guidelines for Child Nutrition Reimbursable Meal Programs (7 CFR 210.31 (c) (2) and (3))**

Goal	Activity	Persons Responsible	Due Date
Implement nutrition guidelines for reimbursable meal programs	Educate employees, students, families, and community members via: -Websites -Newsletters	-Food Service Director	On-Going

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**Requirement V: Measuring Implementation of a Local School Wellness Policy and Designating Responsibility for Implementation and Enforcement (7 CFR 210.31(d)(2),(d)(3),(e)(2))**

Goal	Activity	Persons Responsible	Due Date
Conduct annual assessment of Action Plan	-Provide end-of-year report to School Board  -Post written report on Wellness Policy implementation on District website	-Food Service Director -School Health Coordinator	May 31, 2020
Conduct triennial evaluation of District Wellness Policy	Develop evaluation tool including data from annual Action Plan Reports	School Board	Completed for the start of the 2021 – 2022 school year
Designate responsibility for implementation of Policy and Action Plan, ensuring they are being followed	Designate representatives within each school/site responsible for Wellness Policy and Action Plan oversight	Superintendent and/or Designee	August 30, 2019
	Review Wellness Policy and Action Plan expectations with leaders responsible for monitoring the implementation	-Food Service Director -School Health Coordinator	August 30, 2019