

Wellness Policy

The Maplestone Board of Directors (Board) recognizes that student wellness is a key factor in students' healthy development and readiness to learn. The Board is committed to providing a school environment that supports student wellness, healthy food choices, nutrition education, and regular physical activity. The Board prioritizes educating students to make wise choices regarding their own physical, mental, and social-emotional health and well-being.

Specific Goals

Maplestone's nutrition and physical education programs will be based on research, will be consistent with the expectations established in the parameters for essential instruction of Maine's system of Learning Results, and will be designed to build the skills students need to maintain a healthy lifestyle. Accordingly, the Board adopts the following goals:

- A. Support nutrition promotion and education by posting nutritional messages with federal nutritional standards in schools in places around the school.
- B. Provide developmentally-appropriate opportunities for physical activity for all students.
- C. Other School-Based Activities to Promote Wellness
 - 1. Create a positive school culture that supports safe, responsible, and ethical technology use.
 - 2. Raise awareness about substance abuse and provide support for appropriate interventions.
 - 3. Promote education and awareness of mental health resources and interventions.

Standards for Food and Beverages

Food and beverages will not be sold on school property nor will any advertising of food or beverages be permitted.

Implementation and Oversight

The Director will be responsible for the overall implementation and oversight of this policy, for monitoring efforts, maintaining necessary records, and for reporting progress on wellness programming to the Board. The Director may delegate specific responsibilities to other administrators and staff as appropriate.

Wellness Committee

The director/designee will appoint a Wellness Committee which will serve as an advisory committee for developing, revising, and implementing the wellness policy of the Board.

Monitoring and Assessment

The Director/designee will conduct an assessment of this policy at least every three years. Assessments will review progress made toward wellness goals under this policy, overall compliance with the policy, and any other measure required under applicable law. The policy will be updated as necessary to support its goals.

Legal Reference: 42 U.S.C. § 1751 et seq.

7 C.F.R. Part 210 et seq.

20-A M.R.S. § 6601

20-A M.R.S. § 6662

Maine Department of Education Rule Chapter 132