

## **CRCS LOCAL WELLNESS POLICY**

CRCS is committed to developing students' skills and behaviors that promote lifelong health and wellness. The Board recognizes that student wellness and good nutrition are related to students' physical and psychological well-being and their readiness to learn. The Board is committed to providing a school environment that supports student and staff wellness, healthy food choices, nutrition education, physical education and regular physical activity.

### Nutrition Education

All students shall receive nutrition education integrated within the comprehensive health education curriculum. Nutrition education will teach students the skills necessary to make nutritious choices. This includes, but is not limited to teaching variety when making food choices, maximizing nutrient levels while minimizing empty calories and balancing these principles with moderation. School staff will collaborate with other community agencies when possible to provide students with further nutrition education.

### Physical /Activity

All CRCS staff will work together to learn new strategies to incorporate physical activity and movement breaks within the school day for all grade levels. This includes using physical activity as a reward. CRCS will encourage parents to support their children's participation in community physical activities through school-home communications

All students shall have the opportunity to participate regularly in either organized or unstructured physical activity. Strategies that incorporate physical movement in the classroom and into routine daily activities are encouraged. Students shall have the opportunity for 60 minutes of daily physical activity which may include recess, classroom activities and/or physical education.

Effort should be made to allow all elementary school students to go outdoors as frequently as possible for their daily recess time. If recess must be held indoors due to weather, teachers should allow reasonable and appropriate physical activity in the classroom. CRCS shall have proper equipment and a safe area designated for supervised recess. Students who remain inside due to health concerns must have a valid request from their primary care medical provider or a note from their parent if they are acutely injured and have not yet seen a physician. Children with asthma for whom cold air is a trigger, will stay in as directed by their School Asthma Health Plans. Exceptions to this rule for safety reasons may be made at the discretion of the principal.

CRCS will strive to provide students with developmentally appropriate opportunities for physical activity before, and after school programs including, but not limited to intramural sports, and/or physical activity clubs. CRCS will work to expand onsite physical activity facilities for student use with adult supervision and to promote community based physical activity programming and facilities.

### In School Meal Standards

As CRCS develops a school lunch program that promotes healthy eating habits, it will educate the children on the role of food in their lives and how to make healthy food choices. Students and staff will be able to participate in a lunch program designed for our school. CRCS will implement an innovative lunch program by offering a soup/salad/sandwich offer on a pre-scheduled sliding

scale. This option will be offered to those students who are unable to bring their own lunch to school for whatever reason. CRCS will form partnerships with local farms, food service providers and other local organizations whose missions align with and support the CRCS school meal program. Milk will be offered for purchase during snack and lunch hour as well as a daily breakfast offering.

The school lunch program will be a learning opportunity that will meld with the curriculum and mission of the school. The older students will work in the kitchen on a rotating schedule. They will work with the staff and volunteers in the planning of the menu, ordering and purchasing of food as well as the actual producing of food with other younger students. This will teach real world math, organization, teamwork, and responsibility as well as cooking and leadership skills. Grants and alternative funds will be sought to supplement the lunch program. Furthermore, CRCS is working with the Skowhegan Farmers Market and local farmers to purchase as much local food as possible. Eventually CRCS hopes to have its own greenhouse, gardens, and chickens to supplement food production and teach the science of agriculture and food production.

Before eating, school personnel will assist students in developing the healthy practice of cleansing hands. Students will be provided adequate time (minimum of 20 minutes) to finish their meals and appropriate supervision shall be provided in the cafeteria with rules for safe behavior consistently enforced.

Nutrition Standards for sale or service of food outside of USDA school meals.

Food items brought from home for a student's personal consumption (not served or sold to others) is not required to follow federal or state guidelines and cannot be confiscated, nor can the student be given disciplinary actions for such items.

Soda and candy will not be sold or served to CRCS students during the school day. Personal soda consumption is discouraged and only water is recommended for all while in the classroom.

All students and staff will have access to free, safe, and fresh drinking water throughout the school day. Beverages served will be limited to water, 100% fruit juices, plain or flavored fat-free and low fat milk with serving size based on grade span. Caffeinated drinks will not be served to students.

All CRCS employees are encouraged to model healthy eating, including snacks and beverages served at their own celebrations and events held within the school building in view of students.

Coaches and chaperones of school sponsored events need to provide access to fresh, nutritious balanced meals that serve students in a timely manner. All students are strongly encouraged to make healthy choices. Students are always welcome to bring food items from home for personal consumption.

Food and beverages sold or served at CRCS evening and community events on school grounds, including athletic events, dances, and performances, will include healthy options.

Implementation, monitoring and evaluation of the Local Wellness Policy:

The Principal/Designee shall be responsible for the implementation of the Local Wellness Policy for monitoring efforts to ensure that the intent of the Wellness Policy is adhered to and for reporting to the School Board and community. The Principal/Designee shall report annually to the school board on the implementation of the policy including:

- Reports may include, but are not limited to:
- The status of the school environment in regard to student wellness issues
- Evaluation of the school food services program and compliance with nutrition guidelines
- Summary [OR: List] of wellness programs and activities in the schools
- Feedback from students, parents, staff, school administrators and wellness committees
- Recommendations for policy, program or curriculum revisions

The school environment, including cafeteria and classroom, shall provide clear and consistent messages that reinforce healthy eating. School administrators, staff, parents, students, coaches and community members will be strongly encouraged to model healthy eating and physical activity as a valuable part of daily life. The principal, or designee, will be responsible for health and wellness communication beyond required policy implementation reporting.

Students, teachers, parents will be solicited for input in regards to school unit's wellness programs. This can include, but is not limited to surveys, promotions, parent meetings, open houses and other forms of communication to improve school wellness. The school will engage parents and the community through newsletters or handouts sent home, presentations focusing on nutrition and healthy lifestyles and through any other appropriate means available to reach parents. The school will communicate content/information to parents about the Wellness Policy, along with resources and lists of healthy snacks, celebration guidelines and opportunities for physical activity before and after school.

Chapter 51: Child Nutrition Programs in Public Schools and Institutions, 20-A MRSA, Sec. 6602

Adopted:  
9/12/2012

## CRCS List of Healthy Snacks and Beverages

### Drinks (Follows Alliance for a Healthier Generation School Beverage Guidelines)

- Water, any size – no added sugars, artificial sweeteners or sodium
  - 100% fruit juice (or 100% juice plus water)
    - Elementary students: 8 oz (120 cal.)
    - Middle students: 10 oz (150 cal.)
    - High students: 12 oz (180 cal.)
  - Plain or flavored fat-free or low fat milk
    - Elementary: 8 oz (150 cal.)
    - Middle: 10 oz (188 cal.)
    - High: 12 oz (225 cal.)
- No or low calorie beverages (up to 10 calories per 8 oz) for high school students only
- Other drinks (up to 99 calories or 12 oz) for high school students only

### Fruit

- Whole, cut-up, fresh, frozen in bars or for smoothies, canned (not in syrup), or 100% dried (no added sweeteners)

### Apple sauce

- No sugar added / unsweetened varieties

### Nuts, seeds and nut butters

- Peanuts, soybeans, walnuts, almonds, sunflower seeds, flax seeds, macadamia, chickpeas, cashew, coconut, pistachio, chia, pine nuts.

### Vegetables

- Any variety including dark green or orange

**Whole grain foods:** (whole grain listed first in the ingredients, low-salt or no salt)  
granola bars, popcorn, pretzels, rice cakes, corn tortilla chips, mini whole grain bagels

### Trail Mix

- Made with whole grain cereals, nuts, dried fruit. No candy or marshmallows.

### String Cheese

### Yogurt

- Any variety, but recommended light or fat-free varieties. Yogurt parfaits with fruit and/or low-fat granola.