

“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

DRAFT ANNUAL ACTION PLAN: CYCLE TWO YEAR TWO of THREE - Pending School Board Approved

School Year: 2022 - 2023

Emphasis this year will be on:

- *reinforcing healthy habits that help soothe stress and trauma from the pandemic;*
- *and communication and awareness about wellness supports in the District.*

Introduction

MSAD No. 75 is committed to the optimal development of every student. The District believes that for students and staff 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 is compliant with federal, state and local requirements. School breakfast and lunch are available to all students.
- Sequential and interdisciplinary nutrition education is provided and promoted.
- There is meaningful physical activity that connects to students’ lives outside physical education.
- School-based activities are consistent with local wellness policy goals.
- All food and beverages 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 are not used as a reward or punishment.
- The school environment is safe and respectful.

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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))

Goal	Activity	Persons Responsible	Due Date
Maintain a District Health/Wellness Committee (DHWC), comprised of at least: student(s), parent(s), school food services personnel, school administrator(s), School Board representative(s), and others (see specific requirements in the law)	DHWC members meet in person when safe, if not, via Zoom.	Food Service Director and Superintendent	Follow meeting schedule for DHWC for SY 2022-23
Develop District Wellness Policy Action Plan for Year Two / Cycle Two	Review and edit draft Action Plan	DHWC, Principals Council, OLC (Organizational Leadership Council)	May - August, 2022
	Obtain School Board approval.	Food Services Director and A Member of the DHWC, and Superintendent	First Board Meeting in September, 2022
	Post Action Plan on District website	Food Services Director with assistance from District Technology Department	September 30, 2022
Provide educational materials for staff, families & PTOs on targeted wellness information (tbd	Determine information to emphasize / communicate and distribute via a variety of methods.	DHWC members	On-going throughout SY 2022-23

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

Goal	Activity	Persons Responsible	Due Date
Determine key essential understandings for the health education curriculum and physical education curriculum for: <ul style="list-style-type: none"> ● healthy eating ● physical activity ● social / emotional health. 	Document and post on the District website what is taught at each grade level and in each school; K-5, Middle and High School	Assistant Superintendent, Representative from District: <ul style="list-style-type: none"> ● Health Ed Review Committee ● Physical Ed Review Committee ● Mental Health Committee 	January 2023
Develop goals for other school-based activities that promote student wellness	Weave practices that support a healthy environment (eating, physical activity, and mental health) into all District Professional Development Days and trainings	District Administrators	On-Going
	Conduct 5-2-1-0+8 projects in each school via partnership with Mid Coast Hospital (Grant funds available to support this work)	District Principals; Community Health and Wellness Coordinator, Mid Coast Hospital	School Year 2022-23
	Promote Maine Employee Association Benefits Program (MEABT) wellness challenges for District employees.	Human Resources Director; DHWC members	School Year 2022-23

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	(Grant funds available to support this work)		
Use Mental Health resources in District K-12	Determine or establish consistent places to distribute health and wellness information about District resources. (i.e. Student Council; SOS) Reinforce resources in place to support trauma.	DHWC members	May 2023
Increase awareness among students, staff, parents, and the community to social, emotions, and physical health risks of MSAD 75 students.	Host awareness presentations throughout the District on results of most recent Maine Integrated Youth Health Survey (MIYHS) results when released.	DHWC; Principals; Superintendent; Mid Coast Hospital	On-Going SY2023

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 food and beverage list that supports healthy eating	Food Service Director	On-going
	Educate employees, students, families, and community members via: -Websites	DHWC members in collaboration with Food Service Director	On-going

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	-Newsletters		
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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 -Examples of reimbursable meals available at www.link75.org .	DHWC members in collaboration with Food Service Director	On-going

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 Wellness Policy	-Provide annual End-of-Year report to the School Board on Action Plan work accomplished and challenges faced. -Post End-of-Year report on the District website	Food Service Director and member of DHWC; District Technology Department	May 2023
Conduct Triennial Evaluation of District Wellness Policy	Utilize MDOE Evaluation Tool DHWC members conduct initial review and make recommendations to the Board Policy Committee for consideration.	Food Service Director and Superintendent	Due every 3 years; Due June 2024

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Designate responsibility for implementation of Policy and Action Plan, ensuring they are being followed	Designate representatives within each school/site responsible for Wellness Policy oversight	Superintendent and/or Designee	September 15, 2022
	Review Wellness Policy and Action Plan expectations with leaders responsible for monitoring the implementation (OLC)	Superintendent Food Service Director	August 2022

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