

OYSTER RIVER COOPERATIVE SCHOOL BOARD	Policy Code: JLCF
Wellness Committee Review: April 30, 2019 Policy Committee Review for: June 12, 2019 & July 31, 2019 School Board First Read: August 7, 2019 School Board Second Read/Adoption: September 4, 2019	Page 1 of 2

Wellness Policy

Overview

In implementation of this policy the Oyster River Cooperative School District (ORCSD) is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Oyster River Cooperative School District to:

- Engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district wide nutrition and physical activity policies.
- Provide all students in grades K-12 opportunities, support, and encouragement to be physically active on a regular basis.
- Ensure that foods and beverages sold or served to students by ORCSD will meet the nutrition recommendations of the [Dietary Guidelines for Americans](#).
- Ensure that qualified child nutrition professionals provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students. Further, ORCSD will accommodate the health, religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- Participate in the available federal school meal programs, to the maximum extent possible, including the [School Breakfast Program](#), [National School Lunch Program](#) and other related programs
- Provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity; and to establish linkages between health education, school meal programs, and related community services.
- Meet or exceed federal and local regulations as they relate to nutrition, physical activity, and wellness.
- ORCSD is committed to sourcing local fresh foods to maximize nutritional value with an eye toward sustainability.

ORCSD has taken into consideration our unique circumstances, challenges, and opportunities. Among the factors considered in the policy are socioeconomic status of the student body, school size, location, and presence of dual-language or limited-English students. A baseline assessment of schools' existing nutrition and physical activity environments was done. We are fortunate to have a well-educated public that supports the healthy development of its children. This district has been proactive with physical education and health education components that have met or exceeded the state guidelines for many years. Currently, the district's obesity percentage is below that of the [national average](#). We continue with a conscious effort to support and maintain a healthy environment for our students.

Component #1: Goals for Nutrition Education

ORCSD shall teach, encourage, support and model healthy eating habits for students.

Component #2: Goals for Physical Activity

ORCSD shall teach, encourage, support, and model age appropriate physical activity.

Component #3: Nutrition Guidelines for Students

To facilitate the adoption of healthier eating habits, ORCSD shall comply with the nutrition guidelines outlined in this policy.

OYSTER RIVER COOPERATIVE SCHOOL BOARD	Policy Code: JLCF
Wellness Committee Review: April 30, 2019 Policy Committee Review for: June 12, 2019 & July 31, 2019 School Board First Read: August 7, 2019 School Board Second Read/Adoption: September 4, 2019	Page 2 of 2

Component #4: School Environment

The ORCSD shall educate students, employees to the important benefits of a healthy lifestyle. The district shall offer nutrition education to the community.

Component #5: Implementation & Review of the Wellness Policy

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies.

Component #6: Local Fresh Food

ORCSD is committed to sourcing local fresh foods to maximize nutritional value with an eye toward sustainability.

Cross Reference: JLCF-R – Wellness Procedure