

“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 THREE of THREE

School Year: 2020 - 2021

Emphasis this year will be support of health and safety procedures during the COVID-19 Pandemic.

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))

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) and board representative(s)	On hold due to pandemic		
Provide educational training for staff, families, and PTOs	Provide messaging on no outside food/beverages coming into school during pandemic.	-Food Services Director -School Nurses	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 social/emotional health education.	District Mental Health Committee researching potential SE curricula and framework for implementation.	District Mental Health Committee to make recommendations to Administrative Team.	Currently in progress
Develop goals for school-based activities that promote staff wellness	Continue 5-2-1-0+8 projects in each school via partnership with Mid Coast Hospital	District Administrators	On-Going Throughout Year

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 health and safety guidelines for food and beverages outside the school meal program during the school day.	Educate employees, students, families, and community members via: -Websites -Newsletters	-Food Service Director	On-Going

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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 during pandemic	Educate employees, students, families, and community members via: -Websites -Newsletters	-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 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	June 30, 2021
Conduct triennial evaluation of District Wellness Policy	Utilize MDOE evaluation tool	-District Health and Wellness Team -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	Review Wellness Policy and Action Plan with leaders responsible for monitoring the implementation	Superintendent and/or Designee	June 30, 2021