

“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: 2018-2019

Year One of Three – School Board Approved

SAFE	WELL	CONTINUE LEARNING
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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
Create a District Health/Wellness Committee (DHWC), comprised of: student(s), parent(s), school food services personnel, school administrator(s) and board representative(s)	-Assistant Superintendent will recruit committee members via District invite. Committee will set monthly meeting dates.	Assistant Superintendent and DHWC	September 30, 2018
	-School Board members will nominate participants.	School Board	September 27, 2018
Develop Annual Wellness Policy Action Plan	-Review materials, and approve action plan	DHWC, OLC, School Board	September 30, 2018
Provide educational training for staff	- Provide educational handout for staff to give to anyone bringing outside food/beverages into school	Food Services Director, School Health Coordinator,	On-going

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	-Conduct educational session on Wellness during April Professional Development Day	Superintendent and Assistant Superintendent	
Enlist support of School Parent/Teacher Organizations and Booster Clubs	-Educate PTOs & Boosters about information within Policy	Principals, Food Services Director, School Health Coordinator	December 31, 2018
Establish involvement from students, parents, staff, and School Board/Community Members	-Invite DHWC members to observe eating habits during lunch periods. -Collect feedback on the length of lunch from students and staff.	Food Services Director, School Health Coordinator	April 11, 2019

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 nutrition education	-Conduct a survey to determine what is being taught within nutrition education, and physical education in each school. -Coordinate efforts with the District Mental Health Task Force to document what is taught in each school within social/emotional health.	Assistant Superintendent, Principals, School Health Coordinator, and District Health/Wellness Committee	March 31, 2019
Develop goals for social/emotional health education.			
Develop goals for physical education			
Develop parent/community education/involvement components	-Provide parents with health education information via: -E-tips, recipe sharing, newsletters, and information on the District website	School Food Service Director, School Health Coordinator, Mid Coast Let’s Go Coordinator	On-Going Throughout Year
Provide professional development activities	-Collaborate with the District Mental Health Task Force to create a	School Health Coordinator, DHWC,	PowerPoint = August 10, 2018 To be used at OLC Retreat

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Develop goals for physical activity	PowerPoint for Administrators to use to engage staff in promoting health enhancing behaviors -Highlight best practice programs within the PowerPoint for staff to promote, i.e.: Walking School Bus; Garden Clubs; Williams-Cone’s 30/30 Club Home Activity Incentive Program; Girls on the Run; MAMS Student Nutrition Action Council (SNAC)	District Mental Health Task Force, Principals	On-Going
Develop student/community physical activity involvement components			
Develop goals for other school-based activities that promote student wellness			

**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 suggested food list and beverage list that aligns with federal, and state nutritional guidelines	Food Service Director	On-Going

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 about new guidelines via: -Websites -Tips -Newsletters	School Food Service Director	On-Going

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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 regular DHWC reports to School Board -Review goals and pertinent data -Make annual presentation to the School Board on Action Plan progress -Showcase health and wellness activities conducted in the District to the Board	-DHWC -Staff Coordinating Health & Wellness Projects	On-going Committee Reports, End of School Year Summary Report, 2019
	Publish annual report on Wellness Policy implementation to the public via local newspapers.	School Food Service Director, School Health Coordinator	July, 2019
Conduct triennial evaluation of District Wellness Policy	Develop evaluation tool including data from annual Action Plan Reports	TBD	Completed for the start of the 2021 – 2022 school year
Designate responsibility for implementation of Policy and Action Plan	Designate representatives within each school/site responsible for Wellness Policy and Action Plan oversight	Superintendent and/or Designee	August 31, 2018
	Review Wellness Policy and Action Plan expectations with leaders	Food Service Director, School Health Coordinator	August 31, 2018

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	responsible for monitoring the implementation		
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