

# SAU 41 USDA Wellness Policy

## Annual Progress Report on Goals

One of the requirements of the recently adopted SAU 41 Wellness Policy is to report on an annual basis in July the progress that each school has made in meeting the goals as listed in the policy (and below).

The goals are created by an SAU-Wide Wellness Committee. In addition to ensuring that all schools are compliant with the policy and goals, the Committee also periodically reviews and updates the policy to make sure it continues to meet the USDA Food and Nutrition Services final regulations.

The entire policy can be found on the SAU 41 website.

Below is a chart showing a summary of the progress each school has made on the goals for the 2021-22 school year. Each school has a Wellness Coordinator that gathered the data in April.

	RMMS			CSDA			HPS		
	Fully in Place	Partially in Place	Not in Place	Fully in Place	Partially in Place	Not in Place	Fully in Place	Partially in Place	Not in Place
Nutrition Education	100%	0%	0%	100%	0%	0%	100%	0%	0%
Nutrition Promotion	78%	11%	11%	89%	11%	0%	100%	0%	0%
School Lunch Program	100%	0%	0%	100%	0%	0%	100%	0%	0%
Physical Activity	75%	25%	0%	100%	0%	0%	75%	25%	0%
Other School Based Activities	100%	0%	0%	90%	0%	10%	80%	0%	20%
	HUES			HBMS			HBHS		
	Fully in Place	Partially in Place	Not in Place	Fully in Place	Partially in Place	Not in Place	Fully in Place	Partially in Place	Not in Place
Nutrition Education	75%	25%	0%	50%	25%	25%	50%	50%	0%
Nutrition Promotion	63%	25%	12%	56%	33%	11%	45%	33%	22%
School Lunch Program	100%	0%	0%	100%	0%	0%	100%	0%	0%
Physical Activity	100%	0%	0%	100%	0%	0%	50%	50%	0%
Other School Based Activities	100%	0%	0%	22%	67%	11%	78%	11%	11%

A sample of some of the goals for each activity is found below. A full listing of all of the goals to include additional details can be found in the full policy located on the SAU 41 Website.

### Nutrition Education

- At least one example of reinforcing lifelong balance emphasizing the link between caloric intake and exercise.
- The school will integrate at least two of the USDA’s Team Nutrition materials into the curriculum: lesson plans, posters, interactive games, etc.

### Nutrition Promotion

- Each school will utilize at least five of the Smarter Lunchroom strategies as listed in the SAU 41 USDA Wellness Policy.
- Birthdays, holidays and other celebrations should involve activities unless there is a connection with curriculum – see each school’s student handbook for more details.

### **School Lunch Program**

- Each school will ensure that all meals offered meet the federal nutrition standards.
- Each school will ensure that all a la carte choices and snacks in the lunchroom meet the USDA's Smart Snacks requirements.

### **Physical Activity**

- School personnel will not use or withhold physical activity as a punishment.
- Each school will provide State mandated physical education through a variety of options.

### **Other School Based Activities**

- Students are not denied recess or other physical activity time in order to make up instructional time.
- Students are discouraged from sharing foods and beverages with one another.

The full report of all data gathered for each school can be provided upon request. Please email [kelly.seeley@sau41.org](mailto:kelly.seeley@sau41.org).