



Maine

The Centers for Disease Control and Prevention, in partnership with ASCD, developed the Whole School, Whole Community, Whole Child (WSCC) framework to highlight the need for schools to address all aspects of children’s physical, mental, and social well-being to help them learn and thrive. In 2019, Child Trends, the Institute for Health Research and Policy at the University of Illinois at Chicago, and EMT Associates, Inc. released the [first comprehensive analysis](#) of state statutes and regulations that address key topic areas in each of the WSCC’s 10 components as of September 2017. This updated profile documents the landscape of selected school health policies in Maine as of September 2019 and describes how those policies have changed since 2017. The profile also newly incorporates information about whether states have non-codified policies on topics for which they do not have codified statutes or regulations. The full set of topic areas, along with applicable statutory and regulatory language, is available through the National Association of State Boards of Education’s (NASBE) [State Policy Database on School Health](#). The national summary report and profiles for each state can be found on the [Child Trends website](#).

Policy Churn in Maine Statutes and Regulations, 2017 to 2019



	Maine	National
Community Involvement	0%	11%
Counseling, Psychological, and Social Services	30%	22%
Employee Wellness	0%	0%
Family Engagement	12%	11%
Health Education	0%	3%
Health Services	15%	2%
Nutrition Environment and Services	6%	3%
Physical Education and Activity	0%	2%
Physical Environment	7%	13%
Social and Emotional Climate	4%	10%
WSCC Reference	0%	0%

*Orange shading indicates more churn in state policy than national average

Maine's approach to selected topic areas by domain

Overall Coverage of the WSCC

	SY 17-18	SY 19-20	Change
Coverage of WSCC	Addresses coordinated school health	Addresses coordinated school health	no change
State-Level Wellness Councils	Not addressed	Not addressed	no change
School-Level Wellness Councils	Not addressed	Not addressed	no change
District Wellness Policies	Not addressed	Not addressed	no change

Health Education

	SY 17-18	SY 19-20	Change
Discussion of LGB Topics in Health Education	NA	Not addressed or law specifically allows for inclusion of LGB topics	topic was not coded for 2017
National HE Standards	Not addressed	Not addressed	no change
Bullying Prevention (within Health Education)	Not addressed	Not addressed	no change
Healthy Eating/Nutrition Curriculum	Required in all grade levels	Required in all grade levels	no change
Mental and Emotional Health Curriculum	Required in all grade levels	Required in all grade levels	no change
Personal Health and Wellness Curriculum	Required in all grade levels	Required in all grade levels	no change
Suicide Prevention (within Health Education)	Not addressed	Not addressed	no change
Violence Prevention (within Health Education)	Required in all grade levels	Required in all grade levels	no change

Physical Education and Physical Activity

	SY 17-18	SY 19-20	Change
Adaptive PE Requirements	Addresses inclusivity of PE activity	Addresses inclusivity of PE activity	no change
PE Exemptions for Academics	Not addressed	Not addressed	no change
PE Exemptions for Illness	Not addressed	Not addressed	no change
PE Exemptions for Disabilities	Not addressed	Not addressed	no change
PE Substitutions	Not addressed	Not addressed	no change
District Waivers from PE Requirements	Allows districts to seek waivers from PE requirements	Allows districts to seek waivers from PE requirements	no change
Physical Activity Throughout Day	Not addressed	Not addressed	no change
National PE Standards (SHAPE America)	Not addressed	Not addressed	no change
Time for PE -- Elementary	Not addressed	Not addressed	no change
Time for PE -- Middle	Not addressed	Not addressed	no change
Time for PE -- High	Not addressed	Not addressed	no change
Recess	Not addressed	Not addressed	no change
Sport Participation Fees	Not addressed	Not addressed	no change

Social and Emotional Climate

	SY 17-18	SY 19-20	Change
Hazing Policy	Required	Required	no change
Dating Violence Policy	Not addressed	Not addressed	no change
Limits on Exclusionary Discipline	Discourages Use	Discourages Use	no change
Alternatives to Exclusionary Discipline	Encouraged	Encouraged	no change
School Resource Officer Training	Not addressed	Not addressed	no change
Limits on Referrals to Law Enforcement	Requires districts to establish formal procedures for referrals to law enforcement	Requires districts to establish formal procedures for referrals to law enforcement	no change
Equitable Discipline Practices	Not addressed	Not addressed	no change
Multi-tiered Positive Behavior Supports	Encouraged	Encouraged	no change
School climate surveys	NA	Not addressed	topic was not coded for 2017
Social-Emotional Learning or Character Development	Not addressed	Not addressed	no change
Professional Development for Cultural Competency	Not addressed	Encouraged	more supportive/prescriptive
Chronic Absenteeism Early Warning Systems	Encourages or requires comprehensive student supports	Encourages or requires comprehensive student supports	no change
Bullying, Harassment, and Intimidation Policy	Includes all components of U.S. Department of Education recommendations	Includes all components of U.S. Department of Education recommendations	no change
Professional Development for Bullying Prevention	Required	Required	no change

Counseling, Psychological and Social Services

	SY 17-18	SY 19-20	Change
School-based or School-linked Mental Health Services	Encouraged	Encouraged	no change
Professional Development for Trauma	Not addressed	Encouraged	more supportive/prescriptive
Professional Development for Mental Health	Encouraged	Encouraged	no change
Early Identification and Referral	Encouraged or Required	Encouraged or Required	no change
Professional Development for Suicide Prevention	Required	Required	no change
Suicide Prevention Policy	Encouraged	Required	more supportive/prescriptive
School Counseling - Elementary	Required	Required	no change
School Counseling - Secondary	Required	Required	no change

Employee Wellness

	SY 17-18	SY 19-20	Change
Staff Wellness Programs	Not addressed	Not addressed	no change

Physical Environment

	SY 17-18	SY 19-20	Change
Emergency Operations Plans	Required, with regular reviews and updates	Required, with regular reviews and updates	no change
Threat assessment	NA	Not addressed	topic was not coded for 2017
Security and safety assessments	NA	Non-codified policy only	topic was not coded for 2017
Multi-hazard Practice Drills	Required without interagency coordination	Required without interagency coordination	no change
Alcohol and Drug Use Intervention Programs	Encouraged	Encouraged	no change
Corporal Punishment	Neither permits nor prohibits use	Neither permits nor prohibits use	no change
Restraint and Seclusion	Limits use and includes comprehensive protections	Limits use and includes comprehensive protections	no change
Tobacco and Vaping Policies	NA	Addresses vaping	topic was not coded for 2017

Health Services

	SY 17-18	SY 19-20	Change
School-based Health Services	Addresses on-campus health centers or clinics	Addresses on-campus health centers or clinics	no change
School Nurse Availability	Addressed, but nurse availability limited	Addressed, but nurse availability limited	no change
Healthy School Start Times	NA	Not addressed	topic was not coded for 2017
Preventive Health Screenings - Elementary	Required	Required	no change
Preventive Health Screenings - Middle	Required	Required	no change
Preventive Health Screenings - High	Required	Required	no change
Vaccination Waivers	Allowed for religious or moral reasons	Not addressed	more supportive/prescriptive
Referrals to Community Health Providers	Addressed	Addressed	no change

Family Engagement

	SY 17-18	SY 19-20	Change
Family Engagement Plans	Required	Required	no change
Professional Development on Family Engagement	Not addressed	Not addressed	no change
Family Engagement in Local Governance	Not addressed	Not addressed	no change
Family Engagement in Policymaking on School Discipline	Required	Required	no change

Nutrition Environment and Services

	SY 17-18	SY 19-20	Change
USDA School Nutritional Standards	Required	Required	no change
Unhealthy Marketing Restrictions	Recommends restricting to foods that meet Smart Snack standards	Recommends restricting to foods that meet Smart Snack standards	no change
Strategies to Increase Breakfast	Not addressed	Not addressed	no change
Access to Potable Water Throughout Day	Not addressed	Not addressed	no change
Competitive Food (Outside of School Meals)	Addressed, does not meet federal requirements in all grades	Addressed, does not meet federal requirements in all grades	no change
Unpaid Meal Charge Policy	Not addressed	Supports access to meals	more supportive/prescriptive

Community Involvement

	SY 17-18	SY 19-20	Change
Community Involvement in Local Governance	Not addressed	Not addressed	no change
School-Community Interagency Partnerships	Encouraged	Encouraged	no change
Community Use of Public School Facilities	Not addressed	Not addressed	no change