



SECTION: STUDENTS

POLICY: 246

TITLE: STUDENT WELLNESS

ORIGINAL: May 22, 2017

CURRENT REVISION: June 1, 2021

**LAST REVIEWED BY THE
COMMITTEE:**

I. PURPOSE

- A. The District recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development and readiness to learn. The Board is committed to providing a school environment that promotes student wellness through a balance of proper nutrition, nutrition education and promotion, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement. Good nutrition and physical activity are essential for students to perform physical and mental tasks well and achieve lifelong health and well-being. A responsible approach to nutrition and physical activity, including foods and beverages available to student during the school day, nutrition education, opportunities for physical activity, and other school-based activities designed to promote student wellness are important factors in promoting healthy weight maintenance and reducing the risk of chronic diseases.
- B. Goals of the Student Wellness Policy shall be considered in planning school-based activities. Administrators, teachers, food service personnel, students, parents/guardians, and community members shall be encouraged to serve as positive role models through District programs, communications and outreach efforts. The District shall support the efforts of parents/guardians to provide a healthy diet and daily physical activity for children by communicating relevant information through various methods.

II. DEFINITIONS

- A. **Wellness Committee** – Board appointed committee comprised, but not necessarily limited to, at least one (1) of each of the following: School Board member, District administrator, District food service representative, student, parent/guardian, school health professional, physical education teacher, and member of the public. It shall be the goal that the committee membership will include representatives from each school building and reflect the diversity of the community.
- B. **Competitive Foods** – Food and beverages offered or sold to students during the school day and on the school campus other than through the National School Lunch or School Breakfast Program including a la carte, vending machines, school stores, classroom parties and holiday celebrations.

III. POLICY

- A. The Board adopts this policy based on the recommendations of the Wellness Committee and in accordance with federal and state laws and regulations.
- B. To ensure the health and well-being of all students, the Board establishes that the District shall provide to students:
 - 1. A comprehensive nutrition program providing various and nutritious food choices consistent with federal and state requirements.
 - 2. Access at reasonable cost to foods and beverages that meet established nutrition guidelines.
 - 3. Physical education courses and opportunities for developmentally appropriate physical activity during the school day.
 - 4. Curriculum and programs for grades K-12 that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with State Board of Education curriculum regulations and academic standards.
 - 5. A curriculum that includes a kinesthetic approach to instruction.

IV. DELEGATION OF AUTHORITY

- A. The Board authorizes the Superintendent or his/her designee to establish and measure the implementation of the District's Student Wellness Policy. The Superintendent and/or his/her designee shall be responsible for the implementation and oversight of this policy to ensure each of the District's schools, programs and curriculum is compliant with this policy, related policies and established guidelines.
- B. Each building principal or designee shall annually report to the Superintendent or designee regarding compliance in his/her school.
- C. Staff members responsible for programs related to school wellness shall report to the Superintendent or designee regarding the status of such programs.
- D. The Superintendent or designee shall annually report to the Board on the District's compliance with law and policies related to school wellness. The report may include:
 - 1. Assessment of school environment regarding school wellness issues.
 - 2. Evaluation of food services program.
 - 3. Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.
 - 4. Listing of activities and programs conducted to promote nutrition and physical activity.
 - 5. Recommendations for policy and/or program revisions.
 - 6. Suggestions for improvement in specific areas.
 - 7. Feedback received from District staff, students, parents/guardians, community members and the Wellness Committee.
- E. The Superintendent or designee and the established Wellness Committee shall conduct an assessment at least once every three (3) years on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation. This triennial assessment shall be made available to the public in an accessible and easily understood manner and include:
 - 1. The extent to which each district school is in compliance with law and policies related to school wellness.
 - 2. The extent to which this policy compares to model wellness policies.

3. A description of the progress made by the District in attaining the goals of this policy.
At least once every three (3) years, the District shall update or modify this policy as needed, based on the results of the most recent triennial assessment and/or as District and community needs and priorities change; wellness goals are met; new health science, information and technologies emerge; and new federal or state guidance or standards are issued.
- F. The District shall annually inform and update the public, including parents/guardians, students, and others in the community, about the contents, updates and implementation of this policy via the District website, student handbooks, newsletters, posted notices and/or other efficient communication methods. This annual notification shall include information on how to access the School Wellness policy; information about the most recent triennial assessment; information on how to participate in the development, implementation and periodic review and update of the School Wellness policy; and a means of contacting Wellness Committee leadership.
- G. The Superintendent or his/her designee shall provide an assurance that District guidelines for reimbursable meals are not less restrictive than the federal regulations and guidelines issued to schools in accordance with federal law annually.
- H. When possible, the District shall seek available funding and outside programs to enhance student wellness. The District shall provide appropriate communication to all staff on the components of the Student Wellness Policy.

V. **REFERENCES**

24 P.S. 1422.1
42 U.S.C. 1758b
7 CFR 210.31
7 CFR 210.15
24 P.S. 1422
24 P.S. 1513
24 P.S. 1512.1
7 CFR 210.10
7 CFR 220.8
42 U.S.C. 1751 et seq
42 U.S.C. 1773
7 CFR 210.30
Pol. 808
7 CFR 210.11
7 CFR 220.12
Pol. 229
24 P.S. 504.1
Pol. 102
Pol. 105
Pol. 809
Pol. 229
Pol. 209.1