



SECTION: STUDENTS

POLICY: 246

TITLE: STUDENT WELLNESS

ORIGINAL: May 22, 2017

CURRENT REVISION:

LAST REVIEWED BY THE

ADMINISTRATION: March 23, 2021

ADMINISTRATIVE GUIDELINES

A. Recordkeeping

- a. The District shall retain records documenting compliance with the requirements of the School Wellness policy, which shall include:
- b. The written School Wellness policy.
- c. Documentation demonstrating that the District has informed the public, on an annual basis, about the contents of the School Wellness policy and any updates to the policy.
- d. Documentation of efforts to review and update the School Wellness policy, including who is involved in the review and methods used by the District to inform the public of their ability to participate in the review.
- e. Documentation demonstrating the most recent assessment on the implementation of the School Wellness policy and notification of the assessment results to the public.

B. Wellness Committee

- a. The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing, implementing and periodically reviewing and updating a School Wellness policy that complies with law to recommend to the Board for adoption.
- b. The Wellness Committee shall review and consider evidence-based strategies and techniques in establishing goals for nutrition education and promotion, physical activity and other school based activities that promote student wellness as part of the policy development and revision process.

C. Advisory Health Council

- a. An Advisory Health Council may be established by the Superintendent to study student health issues and to assist in organizing follow-up programs.
- b. The Advisory Health Council may take the following actions:
 - i. Examine related research;
 - ii. Assess student needs and the current school environment;
 - iii. Review existing Board policies and administrative regulations;
 - iv. Raise awareness about student health issues;
 - v. Make policy recommendations to the Board related to other health issues necessary to promote student wellness; and

- vi. Survey parents/guardians and/or students, conduct community forums or focus groups, collaborate with appropriate community agencies and organizations, and engage in similar activities, within the budget established for these purposes.
 - c. The Advisory Health Council shall provide periodic reports to the Superintendent or designee regarding the status of its work, as required.
 - d. Individuals who conduct student medical and dental examinations shall submit to the Advisory Health Council annual reports and later reports on the remedial work accomplished during the year, as required by law.
- D. Goals of the Student Wellness Policy shall be considered in planning school-based activities:
- a. Nutrition Education
 - i. The goal of nutrition education is to teach, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement. Nutrition education will be provided within the sequential, comprehensive health education program in accordance with curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.
 - ii. Nutrition education in the District shall teach, model, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.
 - iii. Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.
 - iv. Nutrition education lessons and activities shall be age-appropriate.
 - v. Nutrition curriculum shall teach behavior-focused skills, which may include menu planning, reading nutrition labels and media awareness.
 - vi. School food service and nutrition education classes shall cooperate to create a learning laboratory.
 - vii. Nutrition education shall be integrated into other subjects such as math, science, language arts and social sciences to complement but not replace academic standards based on nutrition education.
 - viii. Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.
 - ix. The staff responsible for providing nutrition education shall be properly trained and prepared and shall participate in appropriate professional development. The District shall develop standards for such training and professional development.
 - x. Nutrition education shall extend beyond the school environment by engaging and involving families and the community.
 - b. Nutrition Promotion
 - i. Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs.
 - ii. District schools shall promote nutrition through the implementation of Farm to School activities, where possible. Activities may include, but not be limited to, the initiation/maintenance of school gardens, taste-testing of local products in the

cafeteria and classroom, classroom education about local agriculture and nutrition, field trips to local farms and incorporation of local foods into school meal programs.

- iii. District staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition. District food service personnel shall review and implement research-based, behavioral economics techniques in the cafeteria to encourage consumption of more whole grains, fruits, vegetables and legumes, and to decrease plate waste.
- iv. Consistent nutrition messages shall be disseminated and displayed throughout the District, schools, classrooms, cafeterias, homes, community and media.
- v. Consistent nutrition messages shall be demonstrated by avoiding use of unhealthy food items in classroom lesson plans and school staff avoiding eating less healthy food items in front of students.
- vi. District schools shall offer resources about health and nutrition to encourage parents/guardians to provide healthy meals for their children.

c. Physical Activity

- i. District schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.
- ii. District schools shall contribute to the effort to provide students opportunities to accumulate at least sixty (60) minutes of age-appropriate physical activity daily, as recommended by the Centers for Disease Control and Prevention. Opportunities offered at school will augment physical activity outside the school environment, such as outdoor play at home, sports, etc.
- iii. Students shall participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness and performance benefits.
- iv. Age-appropriate physical activity opportunities, such as outdoor and indoor recess, before and after school programs, during lunch, clubs, intramurals and interscholastic athletics, shall be provided to meet the needs and interests of all students, in addition to planned physical education. A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.
- v. Extended periods of student inactivity, two (2) hours or more, shall be discouraged. Physical activity breaks shall be provided for students during classroom hours.
- vi. Before and/or after-school programs shall provide developmentally appropriate physical activity for participating children.
- vii. District schools shall partner with parents/guardians and community members and organizations, such as YMCAs, Boys & Girls Clubs, local and state parks, hospitals, etc., to institute programs that support lifelong physical activity.
- viii. The District prohibits physical activity from being withheld or used as a form of punishment.
- ix. Students and their families shall be encouraged to utilize District-owned physical activity facilities, such as playgrounds and fields, outside school hours in accordance with established District rules.

- x. The District recognizes that walking and biking are valued physical activities. The District shall cooperate with local municipalities, public safety agencies, police departments, and community organizations to develop and maintain safe walking and biking opportunities.
- d. Physical Education
- i. Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.
 - ii. A sequential physical education program consistent with State Board of Education curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented. All District students must participate in physical education. Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.
 - iii. A comprehensive physical education course of study that focuses on providing students the skills, knowledge and confidence to participate in lifelong, health-enhancing physical activity shall be implemented.
 - iv. A varied and comprehensive curriculum that promotes both team and individual activities and leads to students becoming and remaining physically active for a lifetime shall be provided in the physical education program.
 - v. Adequate amounts of planned instruction shall be provided in order for students to achieve the proficient level for the Health, Safety and Physical Education academic standards.
 - vi. A local assessment system shall be implemented to track student progress on the Health, Safety and Physical Education academic standards.
 - vii. Students shall be moderately to vigorously active as much time as possible during a physical education class. Documented medical conditions and disabilities shall be accommodated during class.
 - viii. Safe and adequate equipment, facilities and resources shall be provided for physical education courses. A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.
 - ix. Physical education shall be taught by certified health and physical education teachers.
 - x. Appropriate professional development shall be provided for physical education staff and for all professional staff members in accordance with the physical education and health curriculum.
 - xi. Physical education classes shall have a teacher-student ratio comparable to those of other courses for safe and effective instruction.
 - xii. Physical activity shall not be used or withheld solely as a form of punishment.
- e. Other School Based Activities
- i. Drinking water shall be available and accessible to students, without restriction and at no cost to the student, at all meal periods and throughout the school day.
 - ii. Nutrition professionals who meet hiring criteria established by the District and in compliance with federal regulations shall administer the school meals program.

Professional development and continuing education shall be provided for District nutrition staff, as required by federal regulations.

- iii. District schools shall provide adequate space, as defined by the District, for eating and serving school meals.
 - iv. Students shall be provided a clean and safe meal environment.
 - v. Students shall have access to hand washing or sanitizing before meals and snacks.
 - vi. Meal periods shall be scheduled at appropriate hours, as defined by the District, providing students with adequate time to eat or ten (10) minutes sit down time for breakfast; twenty (20) minutes sit down time for lunch.
 - vii. District schools shall implement alternative service models to increase school breakfast participation where possible, such as breakfast served in the classroom, “grab & go breakfast” and breakfast after first period to reinforce the positive educational, behavioral and health impacts of a healthy breakfast.
 - viii. Meal periods shall be scheduled at appropriate hours, as required by federal regulations and as defined by the District. Students shall have access to hand washing or sanitizing before meals and snacks. Access to the food service operation shall be limited to authorized staff.
 - ix. Nutrition content of school meals shall be available to students and parents/guardians.
 - x. Students and parents/guardians may be involved in menu selections through various means, such as taste testing and surveys.
 - xi. To the extent possible, the District shall utilize available funding and outside programs to enhance student wellness.
 - xii. The District shall provide appropriate training to all staff on the components of the School Wellness policy.
 - xiii. Goals of the School Wellness policy shall be considered in planning all school based activities.
 - xiv. Fundraising projects submitted for approval shall be supportive of healthy eating and student wellness.
 - xv. 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.
 - xvi. 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.
 - xvii. The District shall maintain a healthy school environment, including but not limited to indoor air quality, in accordance with the district’s healthy learning environment program and applicable laws and regulations.
 - xviii. The District will discourage the use of food as a reward or punishment.
- f. Nutrition Guidelines for All Foods/Beverages at School
- i. All foods and beverages available in District schools during the school day shall be offered to students with consideration for promoting student health and reducing obesity.

- ii. Foods and beverages provided through the National School Lunch or School Breakfast Programs shall comply with established federal nutrition standards.
 - iii. Foods and beverages offered or sold at school-sponsored events outside the school day, such as athletic events and dances, shall offer healthy alternatives in addition to more traditional fare.
- g. Competitive Foods
- i. Competitive foods available for sale shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School). These standards shall apply in all locations and through all services where foods and beverages are sold to students, which may include, but are not limited to: a la carte options in cafeterias, vending machines, school stores, snack carts and fundraisers.
 - ii. Competitive foods are defined as foods and beverages offered or sold to students on school campus during the school day, which are not part of the reimbursable school breakfast or lunch.
 - iii. For purposes of this policy, school campus means any area of property under the jurisdiction of the school that students may access during the school day.
 - iv. For purposes of this policy, school day means the period from midnight before school begins until thirty (30) minutes after the end of the official school day.
 - v. The District may impose additional restrictions on competitive foods, provided that the restrictions are not inconsistent with federal requirements.
- h. Fundraiser Exemptions
- i. Fundraising activities held during the school day involving the sale of competitive foods shall be limited to foods that meet the Smart Snacks in School nutrition standards, unless an exemption is approved in accordance with applicable Board policy and administrative regulations.
 - ii. The District may allow a limited number of exempt fundraisers as permitted by the Pennsylvania Department of Education each school year: up to five (5) exempt fundraisers in elementary and middle school buildings, and up to ten (10) exempt fundraisers in high school buildings. Exempt fundraisers are fundraisers in which competitive foods are available for sale to students that do not meet the Smart Snacks in School nutrition standards.
 - iii. The District shall establish administrative regulations to implement fundraising activities in district schools, including procedures for requesting a fundraiser exemption.
- i. Non-Sold Competitive Foods
- i. Non-sold competitive foods available to students, which may include but are not limited to foods and beverages offered as rewards and incentives, at classroom parties and celebrations, or as shared classroom snacks, shall meet or exceed the standards established by the District.
 - ii. If the offered competitive foods do not meet or exceed the Smart Snacks in School nutrition standards, the following standards shall apply:
 - iii. Rewards and Incentives:

1. Alternatives to food will be recommended as a reward for classroom or school activities. If food and beverages are used as a reward, it must only be used to promote a positive nutrition message (e.g. guest chef, field trip to a farm or farmers' markets, etc.)
- iv. Classroom Parties and Celebrations:
 1. Classroom parties shall offer a minimal amount of foods (maximum 2-3 items) containing added sugar as the primary ingredient (e.g., cupcakes, cookies) and will provide the following:
 2. Fresh fruits/vegetables; and
 3. Water, 100 percent juice, 100 percent juice diluted with water, low-fat milk or nonfat milk.
 4. Peanut/tree nut-free safe selections.
- v. Shared Classroom Snacks:
 1. Shared classroom snacks are not permitted in District schools.
 2. The District shall provide a list of suggested nonfood ideas and healthy food and beverage alternatives to parents/guardians and staff, which may be posted via the District website, student handbooks, newsletters, posted notices and/or other efficient communication methods.
- j. Marketing/Contracting
 - i. Any foods and beverages marketed or promoted to students on the school campus during the school day shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School) and comply with established Board policy and administrative regulations.
 - ii. Exclusive competitive food and/or beverage contracts shall be approved by the Board, in accordance with provisions of law. Existing contracts shall be reviewed and modified to the extent feasible to ensure compliance with established federal nutrition standards, including applicable marketing restrictions.
- k. Management of Food Allergies in District Schools
 - i. The District shall establish Board policy and administrative regulations to address food allergy management in District schools in order to:
 - ii. Reduce and/or eliminate the likelihood of severe or potentially life-threatening allergic reactions.
 - iii. Ensure a rapid and effective response in case of a severe or potentially life-threatening allergic reaction.
 - iv. Protect the rights of students by providing them, through necessary accommodations when required, the opportunity to participate fully in all school programs and activities.
- l. Safe Routes to School
 - i. The District shall assess and, to the extent possible, implement improvements to make walking and biking to school safer and easier for students.
 - ii. The District shall cooperate with local municipalities, public safety agency, police departments and community organizations to develop and maintain safe routes to school.

- iii. District administrators shall seek and utilize available federal and state funding for safe routes to school, when appropriate.