

246. WELLNESS

<p>42 U.S.C. Sec. 1751 nt</p> <p>4. Guidelines</p>	<p>The designee shall annually report to the Board on the district's compliance with law and policies related to student wellness. The report may include:</p> <p>Assessment of school environment regarding student wellness issues.</p> <p>Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.</p> <p>Listing of activities and programs conducted to promote nutrition and physical activity.</p> <p>Feedback received from district staff, students, parents/guardians, community members and Wellness Committee.</p> <p>An assurance that district guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law shall be provided annually by the Food Service Director.</p> <p><u>Wellness Committee</u></p> <p>The Board shall appoint a Wellness Committee comprised of at least one (1) of each of the following: School Board member, district administrator, district food service representative, student, parent/guardian, member of the public, teacher, health professional, representative of community organization, other individuals chosen by the Board.</p> <p>The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing a Student Wellness Policy that complies with law to recommend to the Board for adoption.</p> <p>The Wellness Committee may examine related research and laws, assess student needs and the current school environment, review existing Board policies and administrative regulations, and raise awareness about student health issues. The Wellness Committee may make policy recommendations to the Board related to other health issues necessary to promote student wellness.</p> <p>The Wellness Committee may 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.</p>
--	--

246. WELLNESS

<p>SC 1513 Pol. 102, 105</p>	<p>The Wellness Committee shall provide periodic reports to the Superintendent or designee regarding the status of its work, as required.</p> <p><u>Nutrition Education</u></p> <p>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.</p> <p>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.</p> <p>Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.</p> <p>The staff responsible for providing nutrition education shall be properly trained and prepared and shall participate in appropriate professional development. Criteria shall be developed to measure “properly” and “appropriate.”</p> <p>Nutrition education shall extend beyond the school environment by engaging and involving families and communities.</p> <p><u>Physical Activity</u></p> <p>District schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.</p> <p>A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.</p> <p>Extended periods of student inactivity, two (2) hours or more, shall be discouraged.</p> <p>Physical activity breaks shall be provided for elementary students during classroom hours.</p> <p>After-school programs shall provide developmentally appropriate physical activity for participating children.</p> <p>Students and the community shall have access to physical activity facilities outside school hours.</p>
----------------------------------	---

246. WELLNESS

<p>SC 1512.1 Pol. 102, 105</p>	<p><u>Physical Education</u></p> <p>Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.</p> <p>Physical education classes shall be the means through which all students learn, practice and are assessed on developmentally appropriate skills and knowledge necessary for lifelong, health-enhancing physical activity.</p> <p>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.</p> <p>A varied and comprehensive curriculum that leads to students becoming and remaining physically active for a lifetime shall be provided in the physical education program.</p> <p>A sequential physical education program consistent with curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented. All district students must participate in physical education.</p> <p>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.</p> <p>Safe and adequate equipment, facilities and resources shall be provided for physical education courses.</p> <p>Physical education shall be taught by certified health and physical education teachers.</p> <p>Appropriate professional development shall be provided for physical education staff.</p> <p>Physical activity shall not be used as a form of punishment.</p> <p><u>Other School Based Activities</u></p> <p>District schools shall provide adequate space, as defined by the district, for eating and serving school meals.</p> <p>Students shall be provided a clean and safe meal environment.</p>
------------------------------------	--

246. WELLNESS

SC 504.1	<p>Students shall be provided adequate time to eat: ten (10) minutes sit down time for breakfast; twenty (20) minutes sit down time for lunch.</p> <p>Meal periods shall be scheduled at appropriate hours, as defined by the district.</p> <p>Students shall have access to hand washing or sanitizing before meals and snacks.</p> <p>Nutrition professionals who meet criteria established by the district shall administer the school meals program.</p> <p>Professional development shall be provided for district nutrition staff.</p> <p>Access to the food service operation shall be limited to authorized staff.</p> <p>Nutrition content of school meals shall be available to students and parents/guardians.</p> <p>To the extent possible, the district shall utilize available funding and outside programs to enhance student wellness.</p> <p>The district shall provide appropriate training to all staff on the components of the Student Wellness Policy.</p> <p>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.</p> <p>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.</p> <p><u>Nutrition Guidelines</u></p> <p>All foods available in district schools during the school day shall be offered to students with consideration for promoting student health and reducing childhood obesity.</p> <p>Foods provided through the National School Lunch or School Breakfast Programs shall comply with federal nutrition standards under the School Meals Initiative.</p> <p><u>Competitive Foods/Beverages</u></p> <p>Competitive foods and beverages are defined as any food or beverage offered or sold at school in competition with reimbursable meals served through the National School Lunch or School Breakfast programs.</p>
----------	--

246. WELLNESS

<p>SC 1337.1</p>	<p>All competitive foods available to students in district schools shall comply with the established nutrition guidelines, as listed in the administrative regulations.</p> <p><u>Safe Routes To School</u></p> <p>The district shall assess and, to the extent possible, implement improvements to make walking and biking to school safer and easier for students.</p> <p>The district shall cooperate with local municipalities, public safety agency, police departments, and community organizations to develop and maintain safe routes to school.</p> <p>District administrators shall seek and utilize available federal and state funding for safe routes to school, when appropriate.</p> <p>References:</p> <p>School Code – 24 P.S. Sec. 504.1, 1337.1, 1422, 1422.1, 1512.1, 1513</p> <p>Child Nutrition and WIC Reauthorization Act of 2004 – 42 U.S.C. Sec. 1751 notes</p> <p>NOTES:</p> <p>P.L. 108-265 Sec. 204 Local Wellness Policy can be found in notes to 42 U.S.C. Sec. 1751.</p> <p>NOTE: This policy is intended to provide a framework for developing a legally complaint wellness policy. The policy adopted by your School Board must be developed by the appointed Wellness Committee. Thus, the Wellness Committee should choose only the options it deems necessary for the successful implementation of a Student Wellness Plan in the school district.</p>
------------------	---