

<p>P.L. 108-265 Sec. 204</p> <p>4. Guidelines</p>	<p>The Superintendent or person designated by the Superintendent shall annually report to the Board on the district’s compliance with law and policies related to student wellness. The report may include:</p> <ul style="list-style-type: none"> ▪ Assessment of school environment regarding student wellness issues. ▪ Evaluation of food services program. ▪ Review of all foods and beverages sold in schools for compliance with established nutrition guidelines. ▪ Listing of activities and programs conducted to promote nutrition and physical activity. ▪ Recommendations for policy and/or program revisions. ▪ Suggestions for improvement in specific areas. ▪ Feedback received from district staff, students, parents/guardians, community members and Wellness Committee. <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, business manager and Superintendent.</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:</p> <ul style="list-style-type: none"> ▪ school board member ▪ district administrator ▪ district food service representative/food vendor ▪ student ▪ parent/guardian ▪ community member ▪ teacher ▪ school nurse/health professional ▪ representative of a local or county agency <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>
---	--

Nutrition Education

- 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 State Board of Education curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.
- Nutrition education shall provide all students with the knowledge and skills needed to live healthy lives.
- Nutrition education lessons and activities shall be age-appropriate.
- School food service and nutrition education classes shall cooperate to create a learning laboratory.
- Nutrition education shall be integrated into other subjects, including but not limited to, math, science, and physical education departments to complement but not replace academic standards based on nutrition education for at least twenty-five hours per school year.
- Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.
- District staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.
- Consistent nutrition messages shall be disseminated throughout the district, schools, classrooms, cafeterias, homes, community and media.
- Nutrition education shall extend beyond the school environment by engaging and involving families and communities.
- Students will participate in various “Enter the Zone” events offered by PANA (Pennsylvania Advocates for Nutrition and Activity) throughout the school year.

Physical Activity

- District schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.

- District schools shall determine how they will contribute to the effort to provide students opportunities to accumulate at least sixty (60) minutes of age-appropriate physical activity on all or most days of the week. That time will include physical activity outside the school environment, such as outdoor play at home, sports, etc.
- Students shall participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits.
- Age-appropriate physical activity opportunities, such as recess during lunch; 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.
- After-school programs shall provide developmentally appropriate physical activity for participating children.
- District schools shall partner with parents/guardians and community members to institute programs that support physical activity.
- Physical activity shall not be used as a form of punishment.

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.
- 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.
- 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.

- 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.
- 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.
- 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.
- Safe and adequate equipment, facilities and resources shall be provided for physical education classes.
- Physical education shall be taught by certified health and physical education teachers.

Other School Based Activities

- District schools shall provide adequate space, as defined by the district, for eating and serving school meals.
- Students shall be provided a clean and safe meal environment.
- Students shall be provided adequate time to eat: ten (10) minutes sit down time for breakfast; twenty (20) minutes sit down time for lunch.
- Meal periods shall be scheduled at appropriate hours, as defined by the district.
- Nutrition professionals who meet criteria established by the district shall administer the school meals program.
- Access to the food service operation shall be limited to authorized staff.
- Nutrition content of school meals shall be available to students and parents/guardians.
- To the extent possible, the district shall utilize available funding and outside programs to enhance student wellness.
- The district shall provide appropriate training to all staff on the components of the Student Wellness Policy.

- Goals of the Student Wellness Policy shall be considered in planning all school based activities.
- Fundraising projects submitted for approval shall be supportive of healthy eating and student wellness.
- No student shall consume a food or beverage item during the school day through fundraising.
- 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.

Nutrition Guidelines

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.

Foods provided through the National School Lunch or School Breakfast Programs shall comply with federal nutrition standards under the School Meals Initiative.

Competitive foods are defined as foods offered at school other than through the National School Lunch or School Breakfast Programs and include a la carte foods, snacks and beverages, vending food, school store food, fundraisers, classroom parties, holiday celebrations and food from home.

- All competitive foods available to students in district schools shall comply with the Nutritional Standards for Competitive Foods in Pennsylvania Schools. The nutritional standards shall be implemented as a three (3) year plan.
- All competitive foods available to students in district schools shall comply with the established nutrition guidelines, as listed in the Student Wellness Plan.

Safe Routes To School

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

References:

Child Nutrition and WIC Reauthorization Act of 2004 – P.L. 108-265 Sec. 204