NORTHWEST AREA SCHOOL DISTRICT

SECTION: PUPILS

TITLE: STUDENT WELLNESS

ADOPTED: June 26, 2013

REVISED:

	246. STUDENT WELLNESS
1. Purpose	Northwest Area School 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, proper nutrition, nutrition education, 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.
2. Authority SC 1422.1 42 U.S.C. Sec. 1751 nt Pol. 100	The Board adopts the Student Wellness Policy based on the recommendations of the appointed Wellness Committee and in accordance with federal and state laws. The policy shall be included in the district's Strategic Plan. 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 consistent with federal and state requirements. 2. Access at reasonable cost to foods and beverages that meet established nutritional guidelines. 3. Physical education courses and opportunities for developmentally appropriate physical activity during the school day.
3. Delegation of Responsibility Pol. 808	The Superintendent or designee shall be responsible to monitor district schools, programs, and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations. Each building principal or designee shall report to the Superintendent or designee regarding compliance in his/her school.

	Staff members responsible for programs related to student wellness shall report to the Superintendent or designee regarding the status of such programs. The Superintendent or designee shall annually report to the Board on the district's compliance with law and policies related to student wellness. The report may include: 1. Evaluation of food services program. 2. Review of all foods and beverages sold in schools for compliance with established nutrition guidelines. 3. Listing of activities and programs conducted to promote nutrition and physical activity. 4. Recommendations for policy and/or program revisions. 5. Suggestions for improvement in specific areas. 6. Feedback received from district staff, students, parents/guardians, community members and Wellness Committee.
42 U.S.C. Sec. 1751 nt	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 Superintendent or designee.
4. Guidelines	<u>Wellness Committee</u> 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(s), school nurse, coach, support staff, dietician, health professional, representative of local or county agency and representative of community organization. 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. The Wellness Committee may examine related research, 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. The Wellness Committee shall provide periodic reports to the Superintendent or designee regarding the status of its work, as required. <u>Nutrition Education</u> 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.
SC 1513 Pol. 102, 105	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. Nutrition education lessons and activities shall be age-appropriate. School food service and nutrition education classes shall cooperate to create a learning experience. Nutrition education shall be integrated into other subjects to complement but not replace academic standards based on nutrition education. Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity. 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." Consistent nutrition literature shall be disseminated throughout the district, schools, classrooms, cafeterias, homes, community and media. <u>Physical Activity</u> District schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students. 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; before and after school; 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. Extended periods of student inactivity, two (2) hours or more, shall be discouraged. Physical activity breaks shall be provided for elementary students during classroom hours. Physical activity shall not be used as a form of punishment. <u>Physical Education</u> Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided. 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.
SC 1512.1 Pol. 102, 105	A 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. A local assessment system shall be implemented to track student progress on 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 courses. Physical education shall be taught by certified health and physical education teachers. Appropriate professional development shall be provided for physical education staff.

	Physical activity shall not be used as a form of punishment. <u>Other School Based Activities</u> 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. Meal periods shall be scheduled at appropriate hours, as defined by the district. Drinking water shall be available at all meal periods and throughout the school day. Students shall have access to hand washing or sanitizing before meals and snacks. Qualified nutrition professionals who meet criteria established by the district shall administer the school meals program. Professional development shall be provided for district nutrition staff. 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. Students may contribute to menu selections through Youth Advisory Council meetings. To the extent possible, the district shall utilize available funding and outside programs to enhance student wellness. Food shall not be used in the schools as a reward or punishment. The district shall provide appropriate training to all staff on the components of the Student Wellness Policy. Fundraising projects submitted for approval shall be supportive of healthy eating and student wellness. 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.

	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/Beverages
SC 504.1	**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. All competitive foods available to students in district schools shall comply with the established nutrition guidelines.
SC 504.1	Exclusive competitive food and/or beverage contracts shall be approved by the Board, in accordance with provisions of law. Safe Routes To School The district shall cooperate with local municipalities, public safety agency, police departments, and community organizations to develop and maintain safe routes to school. District administrators shall seek and utilize available federal and state funding for safe routes to school, when appropriate. References: School Code – 24 P.S. Sec. 504.1, 1337.1, 1422, 1422.1, 1512.1, 1513 Child Nutrition and WIC Reauthorization Act of 2004 – 42 U.S.C. Sec. 1751 notes Board Policy – 000, 100, 102, 105, 808