



## BOARD POLICY

**Policy Number:** 246

**Section:** Pupils

**Title:** Student Wellness

**First Adopted:** May 16, 2006

### 246 STUDENT WELLNESS

### REFERENCES

#### I. PURPOSE:

The Upper Adams 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.

#### II. AUTHORITY:

To ensure the health and well-being of all students, the Board establishes that the district shall provide to students:

- A. A nutrition program consistent with federal and state requirements.
- B. Access at reasonable cost to foods and beverages that meet established nutritional guidelines.
- C. Physical education courses and opportunities for developmentally appropriate physical activity during the school day.
- D. 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.

#### III. DELEGATION OF RESPONSIBILITY:

The Superintendent or his/her 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 his/her designee regarding compliance in his/her school. Staff members responsible for programs related to student wellness shall report to the Superintendent or his/her designee regarding the status of such programs.

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The Superintendent or his/her designee shall report to the Board on the district's compliance with law and policies related to student wellness. The report may include:

1. Assessment of school environment regarding student 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 and suggestions for improvement in specific areas.

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 by the Food Service Director.

P.L. 108-265  
Sec 204

### IV. GUIDELINES:

#### Wellness Committee

The Board shall appoint a wellness committee, which shall be called the School Health Council, comprised of at least one (1) of each of the following: School Board member, district administrator, district food service representative, student, parent/guardian, and a member of the public. Other members of the School Health Council may include teachers, school nurses, school counselors, classified staff, dietitians, health professionals, representatives of local or county agencies, representatives of community organizations and/or other individuals chosen by the Board.

The School Health Council shall serve as an advisory committee regarding student health issues and shall be responsible for developing and reviewing a Student Wellness Policy that complies with law to recommend to the Board for adoption.

#### 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. Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity. District personnel shall disseminate consistent nutrition messages throughout the district, schools, classrooms, cafeterias, homes, and community.

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### **Physical Activity**

Students shall participate in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits.

Age-appropriate physical activity opportunities shall be provided to meet the needs and interests of all students, in addition to planned physical education. Extended periods of student inactivity shall be discouraged. Physical activity breaks shall be provided for elementary students during classroom hours. District schools shall partner with parents/guardians and community members to institute programs that support physical activity.

### **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. 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. 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. Physical education shall be taught by certified health and physical education teachers. Appropriate professional development shall be made available for physical education staff.

### **Other School Based Activities**

Students shall be provided adequate time to eat. 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. Professional development shall be made available for district nutrition staff. Access to the food service operation shall be limited to authorized staff. To the extent possible, the district shall utilize available funding and outside programs to enhance student wellness. The district shall distribute to all staff the Student Wellness Policy. Goals of the Student Wellness Policy shall be considered in planning all school based activities. The district shall support the efforts of parents/guardians to provide a healthy diet and daily physical activity for children.

### **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.

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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, snacks and beverages; school store food, snacks and beverages; 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.

### **Safe Routes To School**

The district shall assess and, to the extent possible, implement improvements to make walking and biking to school safer and easier for students.

#### References:

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