

# NORTH STAR SCHOOL DISTRICT

SECTION: PUPILS

TITLE: STUDENT WELLNESS

ADOPTED: AUGUST 21, 2007

REVISED:

**Student Wellness Policy for North Star School District  
1200 Morris Ave.  
Boswell, PA 15531**

**Section 1422.1 of Act No.114 of 2006 (HB 185)**

**PURPOSE\***

North Star 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 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.

**AUTHORITY\***

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

Access at reasonable cost to foods and beverages that meet established nutritional guidelines

Physical education courses and opportunities for developmentally appropriate physical activity during the school day

## **DELEGATION OF RESPONSIBILITY \***

The Superintendent or the Superintendent's designee shall be responsible to monitor district schools, programs, and curriculum to facilitate compliance with this policy, related policies and established guidelines or administrative regulations.

Each building principal or designee shall report to the Superintendent or the Superintendent's designee regarding compliance in his/her school.

Staff members responsible for programs related to student wellness shall report to the Building Principal regarding the status of such programs.

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

- 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
- 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

## **GUIDELINES\***

### Wellness Committee

A Wellness Committee shall be formed by the Board. It will be comprised of one the following: School Board member, district administrator, district food service representative, student, parent/guardian, member of the public.

- Superintendent
- School Administrators
- Teacher
- School Board Member
- School Nurse
- Nutritionist
- Health Professional
- Representative of local agency

- Representative of a community organization
- Food Vendor
- Student

The Wellness Committee shall serve as an advisory committee regarding student health issues.

- 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
- The Wellness Committee shall provide periodic reports to the Superintendent or the Superintendent's designee regarding the status of its work, as required

The district recognizes the goals set forth below and shall endeavor to work towards such goals.

#### 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 lessons and activities shall be age-appropriate
- Nutrition education shall be reasonably integrated as appropriate into other subjects to complement but not replace academic standards based on nutrition education
- Consistent nutrition messages shall be made available for dissemination throughout the district, schools, classrooms, cafeterias, homes, community and media
- The district shall reasonably try to make available nutrition education beyond the school environment by engaging and involving families and communities

## Physical Activity

- District schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students
- Students shall be encouraged to participate weekly in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits
- Physical activity breaks shall be provided for elementary students during classroom hours when reasonably consistent with educational programs
- Physical activity shall not be used as a form of punishment
- Students and the community shall have reasonable access to physical activity facilities consistent with maintenance needs, costs, staff availability and other circumstances

## Physical Education

- A varied and comprehensive curriculum that promotes students becoming and remaining physically active for a lifetime shall be the goal of the physical education program
- 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
- Efforts shall be made to have students be moderately to vigorously active as much time as possible during physical education class. Documented medical conditions and disabilities shall be accommodated during class
- Efforts shall be made to have safe and adequate equipment, clean facilities and resources for physical education courses
- Health and physical education teachers shall meet State certification requirements
- Appropriate professional development shall be provided for physical education staff
- Physical education class shall have an appropriate teacher/student ratio for the activity of the class
- Physical activity shall not be used as a form of punishment

## Other School Based Activities

- District schools shall endeavor to provide adequate time and space for eating and serving school meals
- Students shall be provided a clean and safe meal environment
- Students shall have access to hand washing or sanitizing before meals and snacks
- Qualified staff shall administer the school meals program
- Appropriate professional development shall be provided for district nutrition staff as approved by the district administration
- 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
- Foods shall not be used in the schools as a punishment
- The use of food as a reward for classroom activities will be limited
- The district shall provide reasonable training to appropriate 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 that take place during school hours shall be supportive of healthy eating and student wellness

## Nutrition Guidelines

Food available in district schools during the school day shall give consideration to 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 ala carte foods, snacks and beverages; vending foods, snacks and beverages; fundraisers; classroom parties; holiday celebrations.

- Reasonable effort shall be made to make competitive foods available to students in district schools comply with Nutritional Standards for Competitive Foods in Pennsylvania Schools\*\*

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

\*\*Nutritional Standards for Competitive Foods in Pennsylvania Schools per PDE