## WILKINSBURG SCHOOL DISTRICT

SECTION: PUPILS

TITLE: STUDENT WELLNESS

ADOPTED: June 24, 2014

REVISED: October 28, 2014

	246. STUDENT WELLNESS
1. Purpose	Wilkinsburg 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. 1758b 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.
	4. 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.

3. Delegation of Responsibility 42 U.S.C Sec. 1758b 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. 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.
	6. Suggestions for improvement in specific areas.
	7. Feedback received from district staff, students, parents/guardians, community members and Wellness Committee.
SC 1422.1 42 U.S.C. Sec. 1758b	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 or Cafeteria Manager.
4. Guidelines	Wellness Committee
	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, school nurse, school counselor, coach, and classified staff.

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 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.
Individuals who conduct student medical and dental examinations shall submit to the Wellness Committee annual reports and later reports on the remedial work accomplished during the year.
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 lead healthy lives.
Nutrition education lessons and activities shall be age-appropriate.
Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.
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.

	Other School Based Activities
	Nutrition content of school meals shall be available to students and parents/guardians.
	Food shall not be used in the schools as a punishment.
	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.
42 U.S.C. Sec. 1751 et seq, 1773 7 CFR	Foods provided through the National School Lunch or School Breakfast Programs shall comply with federal nutrition standards under the School Meals Initiative.
Sec. 210.10, 220.8	Competitive Foods/Beverages
SC 504.1	<b>Competitive foods and beverages</b> 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.
SC 1337.1	All competitive foods and beverages available to students in district schools shall comply with the Nutrition Standards for Competitive Foods in Pennsylvania Schools.
	All competitive foods available to students in district schools shall comply with the established nutrition guidelines, as listed in the Student Wellness plan, administrative regulations, guidelines and procedures.
SC 504.1	Exclusive competitive food and/or beverage contracts shall be approved by the Board, in accordance with provisions of law.

References:
School Code – 24 P.S. Sec. 504.1, 1337.1, 1422, 1422.1, 1422.3, 1512.1, 1513
National School Lunch Program – 42 U.S.C. Sec. 1751 et seq.
School Breakfast Program – 42 U.S.C. Sec. 1773
Healthy, Hunger-Free Kids Act of 2010 – P.L. 111-296
National Food Service Programs, Title 7, Code of Federal Regulations – 7 CFR Part 210, Part 220
Board Policy – 100, 102, 103, 105, 209.1, 808