

ROCHESTER AREA SCHOOL DISTRICT

SECTION: PUPILS

TITLE: STUDENT WELLNESS

ADOPTED: June 26, 2006

REVISED: August 11, 2008

<p>1. Purpose</p> <p>2. Authority</p> <p>3. Delegation of Responsibility Pol. 808</p>	<p style="text-align: center;">246. STUDENT WELLNESS</p> <p>Rochester 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.</p> <p>To ensure the health and well-being of all students, the Board establishes that the district shall provide to students:</p> <ol style="list-style-type: none"> 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. <p>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.</p> <p>Each building principal or designee shall report to the Superintendent or designee regarding compliance in his/her school.</p> <p>Staff members responsible for programs related to student wellness shall report to the Superintendent or designee regarding the status of such programs.</p>
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<p>SC 1422.1 42 U.S.C. Sec. 1751 nt</p> <p>4. Guidelines</p>	<p>The Superintendent or designee shall annually, or as needed, report to the Board on the district’s compliance with law and policies related to student wellness. The report may include:</p> <ol style="list-style-type: none"> 1. Assessment of school environment regarding student wellness issues by random sampling of BMI results given by school nurse. 2. Evaluation of food services program. 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. <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:</p> <ol style="list-style-type: none"> 1. Food Service Director or Nutrition Services Leader. 2. Cafeteria Manager. 3. Business Manager. 4. Superintendent. <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: School Board member, district administrator, district food service representative, student, parent/guardian, member of the public, teacher, school nurse, classified staff, health professional and representative of community organization.</p> <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>
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<p>SC 1513 Pol. 105</p>	<p>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.</p> <p>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.</p> <p>The Wellness Committee shall provide periodic reports to the Superintendent or designee regarding the status of its work, as required.</p> <p><u>Nutrition Education</u></p> <p>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.</p> <p>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.</p> <p>Nutrition curriculum shall provide a basis for students to make wise choices in diet selection and participation in physical activity.</p> <p>Nutrition education lessons and activities shall be age-appropriate.</p> <p>Nutrition curriculum shall be behavior focused.</p> <p>School food service and nutrition education classes shall cooperate to create a learning laboratory.</p> <p>Nutrition education shall be integrated into other subjects to complement but not replace academic standards based on nutrition education.</p> <p>Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.</p> <p>The staff responsible for providing nutrition education shall be properly trained and prepared and shall participate in appropriate professional development.</p>
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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.

Physical Activity

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

District schools shall 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 be encouraged to 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.

A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.

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.

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.

<p>SC 1512.1 Pol. 105</p>	<p>Physical activity shall not be used as a form of punishment.</p> <p>Students and the community shall have access to physical activity facilities outside school hours.</p> <p>Random sampling of physical activity. Students will keep a log of activity for one (1) week. This will be an assignment in K-12 P.E. class.</p> <p><u>Physical Education</u></p> <p>Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>Safe and adequate equipment, facilities and resources shall be provided for physical education courses.</p> <p>Physical education shall be taught by certified health and physical education teachers.</p>
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Appropriate professional development shall be provided for physical education staff.

Physical education classes shall have a teacher-student ratio comparable to those of other courses.

Physical activity shall not be used as a form of punishment.

Other School Based Activities

District schools shall provide adequate space 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.

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 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 and parents/guardians may be involved in menu selections through various means.

To the extent possible, the district shall utilize available funding and outside programs to enhance student wellness.

Food shall not be used as punishment.

The district shall provide appropriate training to all staff on the components of the Student Wellness Policy.

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:

1. Ala Carte

Any and all foods served at the Rochester Area High School and Middle School Ala Carte will be the same size as the recommended portion of the National School Lunch and/or Breakfast Program.

- a. A minimum of one (1) fresh fruit or vegetable will be offered daily.
- b. Foods of minimal nutritional value (USDA reg. 7CFR 210 & 220) will not be available during the school day.
- c. No foods will be deep fried on site. This does not include stir-fried or sautéed foods.
- d. Grades K-5 will not have ala carte availability.

2. Ala Carte Beverages

A minimum of seventy-five percent (75%) of beverages offered will be:

- a. Water, unflavored and any size.
- b. Tea (not to exceed thirty (30) grams of sugar).

- c. Milk, one percent (1%) low fat or two percent (2%) (not to exceed a sixteen (16) oz. serving), flavored or unflavored.

3. Vending

There will be no vending available to students in grades K-8. There will be vending available to students in grades 9-12 only after school has been dismissed for the day. Students in grades 9-12 also have the option of stopping in the cafeteria after school hours to buy water, unflavored (any size), or milk – one percent (1%) low fat or two percent (2%) (not to exceed a sixteen (16) oz. serving).

4. Fundraisers

All food items sold as fundraisers will be available during after school hours only and will be encouraged to follow the National Standards for Competitive Foods adopted by the Rochester Area School District.

5. Classroom Parties

Classroom parties will be encouraged to follow the Nutritional Standards for Competitive Foods adopted by the Rochester Area School District.

6. School Store

If food is implemented into the school store, it will follow the same guidelines as the ala carte area in the high school cafeteria.

The nutritional standards shall be implemented as a three-year plan.

All competitive foods available to students at Rochester Area School District shall comply with the established nutrition guidelines, as listed:

1. Student Wellness Plan.
2. Administrative regulations.
3. National School Lunch Program guidelines.
4. National School Lunch Program procedures.

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.

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.