

Book	Policy Manual
Section	200 Pupils
Title	Student Wellness
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Status	Active
Legal	<ol style="list-style-type: none"> <li>1. 42 U.S.C. 1758b</li> <li>2. 24 P.S. 1513</li> <li>3. Pol. 102</li> <li>4. Pol. 105</li> <li>5. 7 CFR 210.10</li> <li>6. 7 CFR 220.8</li> <li>7. 42 U.S.C. 1751 et seq</li> <li>8. 42 U.S.C. 1773</li> <li>9. 7 CFR 210.11</li> <li>10. 7 CFR 210.31</li> <li>11. 7 CFR 210.15</li> <li>12. Pol. 808</li> <li>13. 24 P.S. 1512.1</li> <li>14. 7 CFR 210.30</li> <li>15. 24 P.S. 504.1</li> <li>16. Pol. 209.1</li> <li>24 P.S. 1337.1</li> <li>24 P.S. 1422</li> <li>24 P.S. 1422.1</li> <li>24 P.S. 1422.3</li> <li>P.L. 111-296</li> <li>7 CFR Part 210</li> <li>7 CFR Part 220</li> <li>Pol. 103</li> <li>Pol. 103.1</li> <li>Pol. 229</li> </ol>
Adopted	August 28, 2017
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**Purpose**

Fort Cherry 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.

### **Authority**

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.

### **Delegation of Responsibility**

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.[\[1\]](#)[\[10\]](#)

Each building principal or designee shall report to the Superintendent or designee regarding compliance in his/her school.[\[10\]](#)

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. Listing of activities and programs conducted to promote nutrition and physical activity.
4. Recommendations for policy and/or program revisions, as appropriate.
5. Suggestions for improvement in specific areas.
6. Feedback received from district staff, students, parents/guardians, community members and Wellness Committee.
7. 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.

### **Guidelines**

#### Wellness Committee

The District shall establish a Wellness Committee comprised of, but not necessarily limited to, at least one (1) of each of the following: School Board member, district administrator, district food service representative, student, parent/guardian, school health professional, physical education teacher or teacher of health and wellness, and member of the public. It shall be the goal that committee

membership will include representatives from each school building and reflect the diversity of the community.

The Wellness Committee shall review and consider evidence-based strategies and techniques in establishing goals for nutrition education and promotion, physical activity, and other school based activities that promote student wellness as part of the policy development and revision process. Individuals who conduct student medical and dental examinations shall submit annual reports as required by law to the Superintendent's Office which will be provided to the Wellness Committee as part of data collection on student health.

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 will conduct an assessment at least once every three (3) years on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation based on the results of the most recent assessment and/or as district and community needs and priorities change; wellness goals are met; new health science, information and technologies emerge; and new federal or state guidance or standards are issued. This policy will be reviewed annually and made accessible to the public through the annual Wellness Committee Meeting and shall include: [\[1\]](#)[\[10\]](#).

1. The extent to which each district school is in compliance with law and policies related to school wellness.
2. The extent to which this policy compares to model wellness policies.
3. A description of the progress made by the district in attaining the goals of this policy.

The district shall annually inform and update the public, including parents/guardians, students, and others in the community, about the contents, updates, and implementation of this policy via the district website, student handbooks, newsletters, posted notices, and/or other efficient communication methods. This annual notification shall include information on how to access the School Wellness policy; information about the most recent wellness assessment; information on how to participate in the annual Wellness Committee Meeting; and a means of contacting Wellness Committee leadership. [\[1\]](#)[\[10\]](#).

#### Recordkeeping

The district shall retain records documenting compliance with the requirements of the School Wellness Policy, which shall include: [\[10\]](#)[\[11\]](#).

1. The written School Wellness Policy.
2. Documentation demonstrating that the district has informed the public, on an annual basis, about the contents of the School Wellness Policy and any updates to the policy.
3. Documentation of efforts to review and update the School Wellness Policy, including who is involved in the review and methods used by the district to inform the public of their ability to participate in the review.
4. Documentation demonstrating the most recent assessment on the implementation of the School Wellness Policy and notification of the assessment results to the public.

#### 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. [\[2\]](#)[\[3\]](#)[\[4\]](#)

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.

Nutrition curriculum shall be behavior focused.

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.[12]

District staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.

Nutrition education shall extend beyond the school environment by engaging and involving families and communities.

### Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs.

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 and displayed throughout the district, schools, classrooms, cafeterias, homes, community, and media.

District shall offer resources about health and nutrition to encourage healthy living of student body and faculty/staff.

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

### Physical Activity

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

District schools shall determine how they will contribute to the effort to provide students opportunities provide 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.

Age-appropriate physical activity opportunities 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.

### Physical Education

A sequential 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 some form of physical education.[3][4][13]

Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.

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.

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.

### Other School Based Activities

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, without restriction and at no cost to the student, and throughout the school day.[\[5\]](#)[\[6\]](#)

Students shall have access to hand washing or sanitizing before meals and snacks.

Nutrition professionals who meet hiring criteria established by the district and in compliance with federal regulations shall administer the school meals program. Professional development shall be provided for district nutrition staff.[\[7\]](#)[\[12\]](#)[\[14\]](#)

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.

### 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, including foods provided through the National School Lunch or School Breakfast Programs and competitive foods.

Foods provided through the National School Lunch or School Breakfast Programs shall comply with federal nutrition standards under the School Meals Initiative.[\[5\]](#)[\[6\]](#)[\[7\]](#)[\[8\]](#)

Foods and beverages offered or sold at school-sponsored events outside the school day, such as athletic events and dances, shall offer healthy alternatives in addition to more traditional fare.

#### *Competitive Foods -*

**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.

For purposes of this policy, school campus means any area of property under the jurisdiction of the school that students may access during the school day.[\[9\]](#)[\[10\]](#)

For purposes of this policy, school day means the period from midnight before school begins until thirty (30) minutes after the end of the official school day.[\[9\]](#)[\[10\]](#)

Competitive foods offered for sale to students shall follow the federal competitive food nutrition standards known as Smart Snacks in School (<https://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>).

All competitive foods available to students in the Fort Cherry School District shall comply with the district standards developed from the Nutritional Standards for Competitive Foods in Pennsylvania Schools. The district will ensure that all foods available in district schools used for fundraisers, birthday parties, classroom parties and rewards shall be offered to students with consideration for promoting student health and wellness.

#### *Non-Sold Competitive Foods -*

Non-sold competitive foods available to students, which may include but are not limited to foods and beverages offered as rewards and incentives, at classroom parties and celebrations, or as shared classroom snacks, shall meet or exceed the standards established by the district.

If the offered competitive foods do not meet or exceed the Smart Snacks in School nutrition standards, the following standards shall apply:

1. Foods and beverages shall not be used as a reward or incentive in a district school on a regular and continuous basis.
2. Classroom Parties/Celebrations shall offer a minimal amount of foods containing sugar as a primary ingredient and will provide alternative healthy options such as water, 100% fruit juice, fresh fruits, and/or vegetables.
3. Shared Classroom snacks are not permitted as a daily activity.

The district shall provide a list of suggested nonfood ideas and healthy food and beverage alternatives to parents/guardians and staff, which may be posted via the district website, student handbook, newsletters, posted notices, and/or other efficient communication methods.

#### *Exemptions -*

The district may allow a limited number of exempt fundraisers as permitted by the Pennsylvania Department of Education each school year: up to five (5) exempt fundraisers in elementary and middle school buildings, and up to ten (10) exempt fundraisers in high school buildings. Exempt fundraisers are fundraisers in which competitive foods are available for sale to students that do not meet the Smart Snacks in School nutrition standards.<sup>[9]</sup>

The district shall establish administrative regulations to implement fundraising activities in district schools, including procedures for requesting a fundraiser exemption.

#### *Non-Sold Competitive Foods -*

Non-sold competitive foods available to students, which may include but are not limited to foods and beverages offered as rewards and incentives, at classroom parties and celebrations, or as shared classroom snacks, shall meet or exceed the standards established by the district.

If the offered competitive foods do not meet or exceed the Smart Snacks in School nutrition standards, the following standards shall apply:

##### 1. Rewards and Incentives:

Foods and beverages shall not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message (e.g., guest chef, field trip to a farm or farmers market, etc.).

##### 2. Classroom Parties and Celebrations:

Classroom parties/celebrations with food/beverages shall be limited to no more than one (1) per month in each classroom

Parents/Guardians shall be informed through newsletters or other efficient communication methods that foods/beverages should only be brought in when requested for scheduled parties

### 3. Shared Classroom Snacks:

Shared classroom snacks are not permitted in district schools.

The district shall provide a list of suggested nonfood ideas and healthy food and beverage alternatives to parents/guardians and staff, which may be posted via the district website, student handbooks, newsletters, posted notices and/or other efficient communication methods.

#### *Marketing/Contracting -*

Any foods and beverages marketed or promoted to students on the school campus during the school day shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School) and comply with established Board policy and administrative regulations.[\[9\]](#)[\[10\]](#)

Exclusive competitive food and/or beverage contracts shall be approved by the Board, in accordance with provisions of law. Existing contracts shall be reviewed and modified to the extent feasible to ensure compliance with established federal nutrition standards, including applicable marketing restrictions.[\[15\]](#)

#### Management of Food Allergies in District Schools

The district shall establish Board policy, building protocols, and administrative regulations to address food allergy management in district schools in order to:[\[16\]](#)

1. Reduce and/or eliminate the likelihood of severe or potentially life-threatening allergic reactions.
2. Ensure a rapid and effective response in case of a severe or potentially life-threatening allergic reaction.
3. Protect the rights of students by providing them, through necessary accommodations when required, the opportunity to participate fully in all school programs and activities.

#### 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.