



<p>P.L. 108-265 Sec. 204</p> <p>4. Guidelines</p>	<p>The Superintendent or his/her designee shall annually 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"><li>1. Assessment of school environment regarding student wellness issues.</li><li>2. Evaluation of the food services program.</li><li>3. A review of all foods and beverages sold in schools for compliance with established nutrition guidelines.</li><li>4. A listing of activities and programs conducted to promote nutrition and physical activity.</li><li>5. Recommendations for policy and/or program revisions.</li><li>6. Suggestions for improvement in specific areas.</li><li>7. Feedback received from district staff, students, parents/guardians, community members and the Wellness Committee.</li></ol> <p>An assurance that district guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with state and federal law shall be provided annually by the Food Service Director to the Cafeteria ad hoc committee.</p> <p><u>Wellness Committee</u></p> <p>The Board shall approve the administration's appointment of 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, and a member of the public. In addition, the Board may select other individuals such as: school nurse, school counselor, coach, dietician, health professional, local or county agency representative, community organization representative, or food vendor.</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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The Wellness Committee may examine related research and laws, assess student needs and the current school environment including curriculum, 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.

#### 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 may be integrated into other subjects to complement but not replace academic standards based on nutrition education.

Nutrition education should extend beyond the school environment by engaging and involving families and communities. Consistent nutrition messages may be disseminated throughout the district, schools, classrooms, cafeterias, homes, community and media.

#### Physical Activity

The district:

1. Shall maintain a physical and social environment that encourages safe and enjoyable activity for all students.
2. Shall strive to provide opportunities for developmentally appropriate physical activity for all students on a regular basis throughout the school term.
3. May provide, in addition to planned physical education, age-appropriate physical activity opportunities, such as recess; before and after school; during lunch; clubs; intramurals; and interscholastic athletics to meet the needs and interests of all students.
4. May provide and should encourage students to participate in after-school programs that include developmentally appropriate physical activities.

5. May provide students and the community with access to physical activity facilities outside school hours within the budget established for these purposes.
6. Shall not use physical activity as a form of disciplinary action; however, physical activity may be restricted when it is necessary to protect the health, safety and welfare of the students.

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 through a varied and comprehensive curriculum consistent with State Board of Education curriculum regulations and Health, Safety and Physical Education academic standards.

Students shall be encouraged to 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.

Physical education shall not be used as a form of disciplinary action; however, physical education may be restricted to protect the health, safety and welfare of the students.

Other School-Based Activities

District schools shall provide a clean and safe meal environment with adequate space, as defined by the district, for eating and serving school meals.

Meal periods shall be scheduled at appropriate hours and with adequate sit down time, as defined by the district.

Drinking water shall be available at all meal periods and throughout the school day.

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

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

Fundraising projects shall be supportive of healthy eating and student wellness.

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 a la carte foods, snacks and beverages; vending food, snacks and beverages; school store food, snacks and beverages; fundraisers; classroom parties; holiday celebrations; rewards; and food from home.

All competitive foods available to students in district schools, except for NSLP entrees that may be sold a la carte, 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.

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.

References:

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

Nutrition Standards for Competitive Foods in Pennsylvania Schools