

NORTHERN CAMBRIA SCHOOL DISTRICT

SECTION: PUPILS

TITLE: STUDENT WELLNESS

ADOPTED: May 16, 2006

REVISED:

246. STUDENT WELLNESS	
<p>1. Purpose</p>	<p>Northern Cambria 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.</p>
<p>2. Authority P.L. 108-265 Sec. 204</p>	<p>To ensure the health and well-being of all students, the Board establishes that the district shall provide to students:</p> <ul style="list-style-type: none"> ❖ A comprehensive nutrition program consistent with federal and state requirements. ❖ Access at reasonable cost to foods and beverages that meet established nutritional guidelines. ❖ Physical education courses and other opportunities for developmentally appropriate physical activity during the school day. ❖ 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 regulation and academic standards. ❖ Provide adequate facilities and equipment to facilitate the health and well-being of all students.
<p>3. Delegation of Responsibility Pol. 808</p>	<p>The Superintendent 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 regarding compliance in his/her school.</p> <p>Staff members responsible for programs related to student wellness shall report to their building principal regarding the status of such programs.</p> <p>The Superintendent shall report monthly to the Board on the district's compliance with law and policies related to student wellness. The report may include:</p>

<p>P.L. 108-265 Sec. 204</p> <p>4. Guidelines</p>	<ul style="list-style-type: none"> ❖ Assess the school environment to include physical, mental and social well-being. ❖ Evaluation of food service programs. ❖ Review of all foods and beverages sold in schools for compliance with established nutritional guidelines. ❖ Listing of activities and programs conducted to promote nutrition and physical activity. ❖ Feedback received from district staff, students, parents/guardian and community members reported to the Wellness Committee. ❖ Wellness Committee recommendations for policy and or program revisions. ❖ Wellness Committee suggestions for improvement in specific areas. <p>An assurance that district guidelines for reimbursable meals are not less restrictive than regulation and guidelines issued for schools in accordance with federal law shall be provided annually by the:</p> <ul style="list-style-type: none"> ❖ Food Service Director <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, and community member.</p> <ul style="list-style-type: none"> ❖ Health and Physical Education Teachers ❖ Family and Consumer Sciences Teacher ❖ School Nurse ❖ School Board Member ❖ District Administrator ❖ Food Service Director ❖ Student ❖ Parent ❖ Community Member <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> <ul style="list-style-type: none"> ❖ The Wellness Committee will examine related research and laws, assess the current school environment to include physical, mental and social well-being of students, to raise awareness and promote programs to create a healthy lifestyle. The Wellness Committee will make policy recommendations to the Board related to other health issues necessary to promote student wellness. ❖ The Wellness Committee Chairperson will provide a monthly report to the Superintendent regarding the student wellness program. ❖ The Wellness Committee will meet biannually to review and revise policy and programs.
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Nutritional 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 academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.
- ❖ Nutrition education lessons and activities shall be age-appropriate.
- ❖ Nutrition curriculum shall be behavior focused.
- ❖ School food service and nutrition education classes shall cooperate to create a learning laboratory.
- ❖ Nutrition education shall be integrated into other subjects to compliment but not replace academic standards based on nutrition education.
- ❖ Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.
- ❖ District staff shall collaborate with agencies and community organizations to provide information and experiences related to nutrition.
- ❖ Consistent nutrition messages shall be disseminated throughout the district, schools, classrooms, cafeteria, homes, community and media.
- ❖ Nutrition education shall extend beyond the school environment by engaging and involving families and community.
- ❖ Appropriate professional development shall be provided for staff responsible for providing nutrition education.

Physical Activity

- ❖ District schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.
- ❖ District schools shall encourage students to participate in a minimum of 30 minutes of physical activity three to five times a week. That time will include physical activity outside the school environment.
- ❖ Age-appropriate physical activity opportunities, such as recess; before and after school programs; during lunch; clubs; 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.
- ❖ District schools shall partner with parents/guardians and community members to institute programs that support physical activities.
- ❖ Students and community shall have access to physical activity facilities outside school hours.

Physical Education

- ❖ Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for

	<p>lifelong participation shall be provided.</p> <ul style="list-style-type: none">❖ 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.❖ 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.❖ 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.❖ 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.❖ 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.❖ Safe and adequate equipment, facilities and resources shall be provided for physical education courses.❖ Appropriate professional development shall be provided for physical education staff. <p><u>Other School Board Activities</u></p> <ul style="list-style-type: none">❖ 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.❖ Students shall be provided adequate time to eat.❖ Meal periods shall be scheduled at appropriate hours, as defined by school district.❖ 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.❖ Nutrition professionals who meet criteria established by the district shall administer the school meals program.❖ 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.❖ To the extent possible, the district shall utilize funding and outside programs to enhance student wellness.❖ The district shall provide appropriate training to all 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 submitted for approval shall be in accordance with the Nutritional Standards for Competitive Foods in Pennsylvania Schools; see
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Appendix I; page 8-9.

- ❖ 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.

Nutritional 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, vending food, snacks and beverages; fundraiser; classroom parties; holiday celebrations; and food from home.

- ❖ All competitive foods available to students in district schools shall comply with the Nutritional Standards for Competitive Foods in Pennsylvania Schools. The nutritional standards shall be implemented as a three year plan.
- ❖ All competitive foods available to students in district schools shall comply with the established nutrition guidelines, as listed in the Student Wellness Plan.

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.

References:

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