

NAZARETH AREA SCHOOL DISTRICT

SECTION: PUPILS

TITLE: STUDENT WELLNESS

ADOPTED: JUNE 26, 2006

REVISED: NOVEMBER 23, 2015

246. STUDENT WELLNESS	
<p>1. Purpose</p>	<p>Nazareth 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. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement. Parents, students, and community members will be informed of the content and implementation of the Wellness Policy.</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> <p>A comprehensive nutrition program consistent with federal and state requirements.</p> <p>Access to foods and beverages at appropriate costs that meet established nutritional guidelines.</p> <p>Physical education courses and opportunities for developmentally appropriate physical activity during the school day.</p> <p>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>
<p>3. Delegation of Responsibility Policy 808</p>	<p>The (<u>Superintendent or designee</u>) 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 and administrative staff shall report to the (<u>Superintendent or designee</u>) regarding compliance in his/her school and status of any programs related to student wellness.</p> <p>The (<u>Superintendent or designee</u>) shall (annually) report to the Board on the district’s compliance with law and policies related to student wellness. The report</p>

P.L. 108-265
Sec. 204

may include, but not limited to:

Assessment of school environment regarding student wellness issues.

Recommendations for policy and/or program revisions.

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.

Wellness Committee

The Wellness Committee is comprised of at least one (1) of each of the following: School Board member, district administrator, district food service representative, teacher, parent/guardian, member of the public, health professional (example, nurse or dietitian), physical education teacher.

The Wellness Committee shall be responsible for developing a Student Wellness Policy that complies with law to recommend to the Board for adoption. The Health and Safety Committee shall be a sub committee to the Wellness Committee and shall serve as an advisory committee regarding student health issues.

The Wellness Committee must submit periodic reports of progress to the Superintendent or designee.

The Wellness Committee will use related evidence-based research and laws to assess student's wellness needs. The Committee will also make policy recommendations and create awareness about student health issues.

The Wellness Committee will use a school health index tool provided by the Center for Disease Control or other approved survey tools to measure compliance of policies in the School District.

Nutrition Education

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 Healthy, Safety and Physical Education, and Family and Consumer Sciences.

Physical Activity

District schools shall strive to provide opportunities for developmentally appropriate

physical activity during the school day for all students.

District schools will partner with parents/guardians and community members to institute programs that support physical activity.

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

Refrain from using physical activity as a negative consequence. Physical activities are not used or withheld from students as a form of punishment.

Students and the 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 lifelong participation shall be provided

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.

A local assessment system shall be implemented to track student progress on the Health, Safety and Physical education academic standards.

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 who are provided appropriate professional development.

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

Other School-Based Activities

A. Food Services-

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; twenty (20) minute sit down time for lunch.

Meal periods shall be scheduled at appropriate hours, as defined by the 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.

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

All food will be prepared in health-inspected facilities under guidance of trained safety certified employees.

Fundraising will include non-food physical activity promotions such as fun runs and walks, etc.

Foods or beverages are NOT used as a reward for academic performance or good behavior (unless this practice is allowed by a student's individual education plan).

Schools will partner with families and community members to create programs that support student wellness outside of school hours.

Health education will include tobacco, alcohol, and other substance abuse prevention.

Celebrations encourage healthy choices and portion control.

B. Other Areas-

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

Fundraising projects submitted for approval shall be appropriate and in compliance with the wellness policy.

Nutrition Guidelines

All foods available in district schools during the school day and during school activities 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.

All competitive foods available to students in district schools shall comply with the established nutrition guidelines, as listed in the administrative regulations.

Marketing promotes the consumption of healthy foods, including fruit, vegetables, whole grains, and low-fat dairy products.

All competitive foods and beverages standards will meet the USDA Smart Snacks in School nutrition regulations. “Competitive foods” are defined as foods and beverages available to students on the school campus during the school day, but outside of the reimbursable meals offered in the School Breakfast and National School Lunch Programs. These include items available from vending machines, a la carte in the cafeteria, fundraisers, classroom parties and celebrations, incentives, and school stores.

Competitive foods offered for sale shall follow mandatory federal guidelines known as Smart Snacks in School. The Nazareth Area School District had no shared snacks in classrooms. For celebrations, Nazareth Area School District Food Service Department supplies “Birthday Baskets” for interested parents in grades K – 7.

References:

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

National School Lunch Program – 42 U.S.C. Sec. 1751 et seq.

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.

The new Wellness Policy must be updated on the school website for public viewing.

Links for survey tools that will be used by the Wellness Committee:

- CDC’s School Health Index Instructions:
<http://www.cdc.gov/healthyschools/shi/instructions.htm>
- Survey Tool: <http://www.fnx.usda.gov/nslp/administrative-review-manual>.

	<p>Other ideas that can be included in the future with approval of the Wellness Committee:</p>
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- Sponsoring health fairs
- TV turn off week
- Farm to school programs
- Chefs to schools activities