

Book: Policy Manual
Section: 200 Pupils
Title: **Student Wellness**
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Purpose

The Schuylkill Haven 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.

The Board adopts the Student Wellness Policy based on the recommendations of the Wellness Committee and in accordance with federal and state laws [\[1\]\[6\]](#).

Authority

To ensure the health and well-being of all students, the Board establishes that the district shall do the following:

1. The school district will engage students, parents/guardians, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring and reviewing district-wide nutrition and physical activity policies.
2. The school district will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and the district will establish linkages between health education and school meal programs and with related community services.
3. Foods and beverages sold or served during school hours will meet established nutritional guidelines of the Nutritional Standards for Competitive Foods in Pennsylvania Schools.
4. To the maximum extent practicable, all schools in our district will participate in available federal school meal programs, including but not limited to the School Breakfast Program, National School Lunch Program (including after-school snacks), Summer Food Service Program, Fruit and Vegetable Snack Program, and Child and Adult Care Food Program (including suppers).

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. [\[6\]](#)

Each building principal or designee shall report to the Superintendent or designee regarding compliance in his/her school.

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

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 Superintendent.

Guidelines

Wellness Committee

The Board shall appoint a Wellness Committee comprised of at least one (1) of each of the following: a group of individuals representing the school and community, including parents/guardians, students, representatives of the school food authority, School Board members, district administrators, school nurse, teachers, coaches, health professionals and members of the public.

The Wellness Committee shall serve as an advisory committee regarding student health issues and conduct an assessment at least once every three (3) years that complies with law to recommend to the Board for adoption.

The district and/or individual schools within the district will create, strengthen or work within existing school health councils to develop, implement, monitor, review and, as necessary, revise school nutrition education and physical activities.

The district shall annually inform and update via the district website, student handbook and other efficient communication methods.

Nutrition Education

The purpose of nutrition education is to educate and encourage children to adopt a healthy lifestyle by making proper food choices.

The following will be goals for nutrition education:

1. Nutrition education will be provided within a 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.[\[2\]](#)[\[3\]](#)[\[4\]](#)
2. Nutrition education shall be integrated into other subjects to complement, but not replace, academic standards based on nutrition education.

Nutrition Promotion

The district aims to teach, encourage, and support healthful eating by students. District schools shall promote nutrition by providing appropriate nutrition education in accordance with the Student Wellness Policy.

Consistent nutrition messages for families and the community shall be disseminated via school and district newsletters and postings on the district web site.

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.

Physical Activity

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

In addition to planned physical education, age-appropriate physical activity opportunities, such as recess; clubs; intramurals; and interscholastic athletics, shall be provided to meet the needs and interests of all students.

Schools shall partner with parents/guardians and community members to support programs that encourage physical activity.

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 may participate in physical education.[3][4][5]

The purpose of physical education is to educate and encourage children to adopt a healthy lifestyle by incorporating daily physical activity into their lives.

Physical education classes shall be the primary means through which all students learn, practice and are assessed on developmentally appropriate skills and knowledge necessary for lifelong, health-enhancing physical activity.

Comprehensive health/physical education courses that focus on providing students the skills, knowledge and confidence to participate in lifelong, health-enhancing physical activity shall be taught.

A varied and comprehensive curriculum, consistent with the State Board of Education curriculum regulations and Health, Safety and Physical Education academic standards, shall be provided.

Other School Based Activities

Students shall be provided adequate space and time to eat: ten (10) minutes sit down time for breakfast; twenty (20) minutes sit down time for lunch.

Professional development shall be provided for staff, including but not limited to, nutrition, physical education, alternative fundraising and options for classroom parties.

The schools shall ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

1. Schools will, to the extent possible, operate the School Breakfast Program.
2. Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including grab-and-go breakfast.
3. Schools that serve breakfast to students will notify parents/guardians and students of the availability of the School Breakfast Program.
4. Schools will encourage parents/guardians and students to provide a healthy breakfast through newsletter articles, take-home materials, classroom activities, or other means.

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 and School Breakfast Programs shall comply with federal nutrition standards under the School Meals Initiative. [\[10\]\[7\]\[8\]\[9\]](#)

The federal Smart Snacks in School nutrition standards are followed by the district.

Management of Food Allergies in District Schools

The district shall establish Board policy and/or administrative regulations to address food allergy management in district schools in order to:

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.

Safe Routes to School

The district shall cooperate with local municipalities, public safety agencies, police departments, and community organizations to develop and maintain safe routes to school.

Legal

24 P.S. 1422.1	7 CFR 210.11
24 P.S. 1513	7 CFR 220.12a
Pol. 102	24 P.S. 504.1
Pol. 105	24 P.S. 1337.1
24 P.S. 1512.1	24 P.S. 1422
42 U.S.C. 1758b	24 P.S. 1422.3
42 U.S.C. 1751 et seq	7 CFR Part 210
42 U.S.C. 1773	7 CFR Part 220
7 CFR 210.10	Pol. 103
7 CFR 220.8	Pol. 808
	P.L. 111-296