



Center Area School District

SECTION: PUPILS

TITLE: STUDENT WELLNESS

ADOPTED: JUNE 29, 2006

REVISED:

246. STUDENT WELLNESS	
<p>1. Purpose</p>	<p>Center 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.</p>
<p>2. Authority P.L. 108-265 Sec. 204</p>	<p>To ensure the health and well-being of all students, the Center Area School District Board establishes that the district shall provide to students:</p> <ol style="list-style-type: none"> 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 within Center Area School District’s Breakfast and School Lunch Program. 3. Physical education courses and opportunities for developmentally appropriate physical activity during the school day, as the schedule will permit. Recess encouraged daily in elementary levels as weather permits. 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.
<p>3. Delegation of Responsibility Pol. 808</p>	<p>The School Health Coordinator 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>The School Health Coordinator shall report to the building principals or designee regarding compliance in his/her school.</p>

<p>P.L. 108-265 Sec. 204</p> <p>4. Guidelines</p>	<p>Staff members responsible for programs related to student wellness shall report to the School Health Coordinator regarding the status of such programs.</p> <p>The School Health Coordinator 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"> 1. Assessment of school environment regarding student wellness issues through evaluation of guideline implementation. 2. Evaluation of food services program regarding Health and Wellness Council recommendations and federal and state guidelines. 3. Review of all foods and beverages sold in schools for compliance with established nutrition guidelines and assessment of student usage of food services. 4. Listing of activities and programs conducted to promote nutrition and physical activity. 5. Based on collected data, recommendations for policy and/or program revisions and/or suggestions for improvement in specific areas will be made by the Health and Wellness Council. 6. Evaluation feedback received from district staff, students, parents/guardians, community members and the Health and Wellness Council. <p>An assurance that district guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for school in accordance with federal law shall be provided (annually) by the: Food Service Director, who reports to the Business Manager and Superintendent.</p> <p><u>Health and Wellness Council</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; teacher; school nurse; student; parent/guardian; member of the public; Center Township Supervisor; and health and physical education teacher.</p> <p>The Health and Wellness Council shall serve as an advisory committee regarding student health issues and shall be responsible for developing a Student Wellness Action Plan that complies with law to recommend to the Board for adoption.</p> <ol style="list-style-type: none"> 1. The Health and Wellness Council may examine related research and laws, assess student needs and the current school environment, review existing Board policies and administrative regulations, and raise awareness about
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student health issues. The Health and Wellness Council may make policy recommendations to the Board related to other health issues necessary to promote student wellness.

2. The Health and Wellness Council may survey parents/guardians and/or students; conduct community forums or focus groups; collaborate with appropriate community agencies and organizations; and engage in similar activities, within the budget established for these purposes. Additional data collection or activities will be based on grants or outside funding.
3. The Health and Wellness Council shall provide periodic reports to the Superintendent or designee regarding the status of its work, as required. The Health and Wellness Council will meet a minimum of four times per year, but may meet more often as need arises, and minutes of meetings will be sent to the administrators.

Nutrition Education

1. The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating is demonstrably linked to reduced risk for mortality and development of many chronic diseases as adults. Schools have a responsibility to help students and staff establish and maintain lifelong, healthy eating patterns. Well-planned and well-implemented school nutrition programs have been shown to positively influence students' eating habits.
2. All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, staff is encouraged to model healthy eating and physical activity as a valuable part of daily life. The Center Area School District shall prepare, adopt, and implement a comprehensive plan to encourage healthy eating and physical activity. This plan shall make effective use of school and community resources and equitably serve the needs and interests of all students and staff, taking into consideration differences in cultural norms.
3. Nutrition education lessons and activities shall be age-appropriate.
4. Nutrition curriculum shall be behavior focused.
5. School food service and nutrition education classes shall cooperate to create a learning laboratory within the Food and Consumer Science Department.
6. The Center Area School District has a comprehensive curriculum approach to nutrition and physical activity and lifelong lifestyle balance in Kindergarten through 12th grade. Beginning with the 2006-2007 school year,

all K-12 instructional staff will be encouraged to integrate nutritional themes from the Pennsylvania Department of Education Health Education Framework and/or the PA Family & Consumer Science Framework into daily lessons when appropriate.

7. The staff responsible for providing nutrition education will participate in appropriate professional development.
8. Students will receive positive, motivating messages, both verbal and non-verbal, about healthy eating and physical activity throughout the school setting. All school personnel will help reinforce these positive messages.
9. Healthy eating and physical activity will be actively promoted to students, parents, teachers, administrators, and the community at registration, PTO meetings, Open Houses, Health Fairs, teacher in-services, etc. Schools will work with a variety of media to spread the word to the community about a healthy school nutrition environment, such as local newspaper, newsletters, and school website.
10. The health benefits of lifelong lifestyle balance will be emphasized through nutrition and physical activity education.

Physical Activity

1. Center Area School District promotes a life long learning environment. The curriculum will be sequential and age appropriate. Center Area School District will strive to provide additional time for physical education as the scheduling is adjusted. For school year 2007-2008 or as the Fitness Center is completed, cardiovascular components will be added to the curriculum for grades 6-12.
2. Center Area School District will promote the increase of physical activity whenever possible and will promote the need for all to engage in physical activity on all or most days of the week. District schools shall contribute to the effort to provide students opportunities to accumulate 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.
3. Students shall participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits. Students will be exposed to a variety of life long physical fitness activities.
4. Age-appropriate physical activity opportunities, such as recess; before and after school; during lunch; clubs; intramurals; and interscholastic athletics,

	<p>shall be provided to meet the needs and interests of all students, in addition to planned physical education.</p> <ol style="list-style-type: none">5. Center Area School District will promote a physical and social environment that encourages safe and enjoyable activity for all students. The Center Health and Wellness Council has established a relationship with Center Township Supervisors and the Center Area Recreation Department to further provide physical opportunities for Center Area School District students and residents.6. Extended periods of student inactivity, two (2) hours or more, shall be discouraged.7. Physical activity breaks shall be provided for elementary students during classroom hours.8. Intramural and after-school programs shall provide developmentally appropriate physical activity for participating children.9. Physical activity shall not be used as a form of punishment. Teachers and administrators will be encouraged to seek alternative forms of punishment. <p><u>Physical Education</u></p> <ol style="list-style-type: none">1. Center Area School District quality physical education instruction will promote a lifelong physical activity and provide instruction in the skills and knowledge necessary for lifelong learning and active participation. Curriculum will be coordinated sequentially across the continuum 1st-12th and will be age appropriate.2. 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.3. Center Area School District will provide 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. Center Area School District curriculum will move from team oriented sports concepts to lifelong learning skills beginning 2006-07.4. Center Area School District will provide a varied and comprehensive curriculum that leads to students becoming and remaining physically active for a lifetime and will be sequential and age appropriate.
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5. A sequential physical education program consistent with Pennsylvania State Board of Education curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented. Physical Education classes shall be sequential, building from year to year; and content will include movement, personal fitness and personal and social responsibility. Students shall be able to demonstrate competency through application of knowledge, skill and practice.
6. The Pennsylvania Academic Standards for Health, Safety, and Physical Education will be utilized for evaluating Center Area School District's Health and PE curriculum format 1-12.
7. 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.
8. Safe and adequate equipment, facilities and resources shall be provided for physical education courses.
9. All Center Area School District Physical education shall be taught by certified health and physical education teachers.
10. Teachers and other school and community personnel shall limit the practice of using physical activity or exercise as a form of punishment. Appropriate alternative strategies shall be developed as consequences for negative or undesirable behaviors.

Other School Based Activities

1. Students shall be provided a clean and safe meal environment.
2. Students shall be provided adequate time to eat: ten (10) minutes for breakfast; thirty (30) minutes for lunch.
3. Meal periods shall be scheduled at appropriate hours.
4. Drinking water shall be available at all meal periods and throughout the school day.
5. Students shall have access to hand washing or sanitizing before meals and snacks.
6. The Food Service Director and staff shall administer the school meals program.

	<ol style="list-style-type: none">7. Professional development shall be provided for district nutrition staff.8. Access to the food service operation shall be limited to authorized staff.9. Nutrition content of school meals shall be available to students and parents/guardians.10. Students and parents/guardians may be involved in menu selections through various means.11. To the extent possible, the district shall utilize available funding and outside programs to enhance student wellness.12. School staff shall use food as a reward for student accomplishment sparingly, and at the elementary level only after the school breakfast and school lunch program.13. Center Area School District will provide appropriate training to all staff on the components of the Student Wellness Policy.14. Administrators, staff, and extracurricular groups shall ensure that all school activities, including classroom practices and incentives, are consistent with the sound nutrition practices taught in the classroom and implemented in the school meal programs.15. Food and beverages used for fundraisers during the school day are prohibited. The school day encompasses 7:00 a.m. to 3:00 p.m. Any food sold in school during the school day will be handled through the food service department.16. After school hour concessions and/or fundraising will be encouraged to provide foods and beverages that follow the schools nutritional content guidelines, however, this will not be mandatory.17. Site administrators, staff and visiting community member will promote a school environment, which is supportive of the school health policies. Staffs are encouraged to model healthy eating by offering healthier choices at school meetings and events, and to refrain from using candy and snacks of minimal nutritional value as rewards to students.18. 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 menus, newsletters, programs, etc.
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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; fundraisers and concession stands; classroom parties; holiday celebrations; and food from home.

1. All competitive foods served on school property during the school day shall meet the nutritional standards established by the Food Services Department based on nutritional standards for competitive foods in Pennsylvania schools. 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 (3) year plan.

A la carte foods: A la carte items will meet the same nutritional standards required for the school district.

Vending: Elementary schools are prohibited from having vending machines, which students can access. All other vending machines in the school district will include no more than 35% foods of minimum nutritional value. The district will prohibit the sale of foods of minimum nutritional value in vending machines which secondary students will have access to during the school day.

Fundraisers/Concessions Stands: Foods and beverages sold for fundraising purposes are prohibited during the school day. After school hour fundraisers/concessions stands will be encouraged to provide foods and beverages that follow the school's nutritional content guidelines, however, this will not be mandatory. Fundraising organizations are encouraged to raise funds through the sale of items other than food.

Classroom parties/holiday celebrations/field trips/food from home: Food and beverages served on school grounds or at school-sponsored events during the school day shall consider healthy alternatives as listed in the guidelines. Food brought by students from home will not be monitored.

2. All competitive foods available to students in district schools shall comply with the established nutrition guidelines, as listed in the Student Wellness Plan, Administrative Regulations, Guidelines and Procedures.