

SECTION: PUPILS

TITLE: STUDENT WELLNESS

ADOPTED: March 20, 2013

REVIEWED: August 23, 2017

REVISED:

STUDENT WELLNESS	
<p>1. Purpose</p>	<p>Premier Arts &amp; Science Charter School 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                      SC 1422.1                      42 U.S.C.                      Sec. 1751 nt                      Pol. 100</p>	<p>To ensure the health and well-being of all students, the Board establishes that the school shall provide to students:</p> <p>A comprehensive nutrition program consistent with federal and state requirements.</p> <p>Access at reasonable cost to foods and beverages 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                      Pol. 808</p>	<p>The Food Service Director shall be responsible to monitor 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 Food Service Director regarding compliance in his/her school.</p> <p>Staff members responsible for programs related to student wellness shall report to the Food Service Director regarding the status of such programs.</p> <p>The Food Service Director shall report to the Board on the school's compliance</p>

<p>SC 1422.1 42 U.S.C. Sec. 1751 nt</p> <p>4. Guidelines</p>	<p>with law and policies related to student wellness. The report may include:</p> <p>Assessment of school environment regarding student wellness issues.</p> <p>Evaluation of food services program.</p> <p>Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.</p> <p>Listing of activities and programs conducted to promote nutrition and physical activity.</p> <p>Recommendations for policy and/or program revisions.</p> <p>Suggestions for improvement in specific areas.</p> <p>Feedback received from staff, students, parents/guardians, community members and Wellness Committee.</p> <p>An assurance that school guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law shall be provided (<u>annually</u>) by the:</p> <p>Food Service Director.</p> <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, school administrator, school food service representative, student, parent/guardian, member of the public.</p> <p>The Wellness Committee may also be expanded to include:•</p> <ul style="list-style-type: none"><li>teacher</li><li>school nurse</li><li>school counselor</li><li>p.e. teacher</li><li>classified staff</li></ul>
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<p>SC 1513 Pol. 105</p>	<p>dietician</p> <p>health professional</p> <p>representative of local or county agency</p> <p>representative of community organization</p> <p>food vendor</p> <p>other individuals chosen by the Board.</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> <p><u>Nutrition Education</u></p> <p>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.</p> <p>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.</p> <p>Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.</p> <p>Nutrition education lessons and activities shall be age-appropriate.</p> <p>Nutrition curriculum shall be behavior focused.</p> <p>Nutrition education shall be integrated into other subjects to complement but not replace academic standards based on nutrition education.</p> <p>Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.</p> <p>The staff responsible for providing nutrition education shall be properly trained and prepared and shall participate in appropriate professional development. Criteria shall be developed to measure “properly” and “appropriate.”</p> <p>Consistent nutrition messages shall be disseminated throughout the school,</p>
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classrooms, cafeterias, homes, community and media.

Nutrition education shall extend beyond the school environment by engaging and involving families and communities.

Physical Activity

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

Students shall participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits.

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

Extended periods of student inactivity, two (2) hours or more, shall be discouraged.

Physical activity breaks shall be provided for elementary students during classroom hours.

After-school programs shall provide developmentally appropriate physical activity for participating children.

The school shall partner with parents/guardians and community members to institute programs that support physical activity.

Physical activity shall not be used as a form of punishment.

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.

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

<p>SC 1512.1 Pol. 105</p>	<p>remaining physically active for a lifetime shall be provided in the physical education program.</p> <p>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. All students must participate in physical education.</p> <p>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.</p> <p>A local assessment system shall be implemented to track student progress on the Health, Safety and Physical Education academic standards.</p> <p>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.</p> <p>Safe and adequate equipment, facilities and resources shall be provided for physical education courses.</p> <p>Physical education shall be taught by certified health and physical education teachers.</p> <p>Appropriate professional development shall be provided for physical education staff.</p> <p>Physical education classes shall have a teacher-student ratio comparable to those of other courses.</p> <p>Physical activity shall not be used as a form of punishment.</p> <p><u>Other School Based Activities</u></p> <p>The school shall provide adequate space, as defined by the administration, for eating and serving school meals.</p> <p>Students shall be provided a clean and safe meal environment.</p> <p>Students shall be provided adequate time to eat: ten (10) minutes sit down time for breakfast; twenty (20) minutes sit down time for lunch.</p> <p>Meal periods shall be scheduled at appropriate hours, as defined by the administration.</p>
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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 school shall administer the school meals program.

Professional development shall be provided for school 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.

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

To the extent possible, the school shall utilize available funding and outside programs to enhance student wellness.

The school 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 supportive of healthy eating and student wellness.

Administrators, teachers, food service personnel, students, parents/guardians, and community members shall be encouraged to serve as positive role models through school programs, communications and outreach efforts.

The school 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.

#### Nutrition Guidelines

All foods available during the school day, (including parties, celebrations, holidays, special events, etc.) shall be offered to students with consideration for promoting student health and reducing childhood obesity.

	<p>Foods provided through the National School Lunch or School Breakfast Programs shall comply with federal nutrition standards under the School Meals Initiative.</p> <p><u>Competitive Foods/Beverages</u></p> <p>SC 504.1 <b>Competitive foods and beverages</b> are defined as any food or beverage offered or sold at school in competition with reimbursable meals served through the National School Lunch or School Breakfast programs.</p> <p>SC 1337.1 All competitive foods and beverages available to students in school shall comply with the Federal Smart Snacks Standards for Competitive Foods in Pennsylvania Schools.</p> <p>All competitive foods available to students in school shall comply with the established nutrition guidelines, as listed in the:</p> <p>administrative policies and guidelines</p> <p>district publications</p> <p>SC 504.1 Exclusive competitive food and/or beverage contracts shall be approved by the Board, in accordance with provisions of law.</p> <p><u>Safe Routes To School</u></p> <p>The school shall assess and, to the extent possible, implement improvements to make walking and biking to school safer and easier for students.</p> <p>The school shall cooperate with local municipalities, public safety agency, police departments, and community organizations to develop and maintain safe routes to school.</p> <p>School administrators shall seek and utilize available federal and state funding for safe routes to school, when appropriate.</p> <p>References:</p> <p>School Code – 24 P.S. Sec. 504.1, 1337.1, 1422, 1422.1, 1512.1, 1513</p> <p>Child Nutrition and WIC Reauthorization Act of 2004 – 42 U.S.C. Sec. 1751 notes</p>
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