

# LAWRENCE COUNTY CAREER AND TECHNICAL CENTER

SECTION: PUPILS

TITLE: STUDENT WELLNESS

ADOPTED: June 16, 2006

REVISED:

246. STUDENT WELLNESS	
<p>1. Purpose</p>	<p>The Lawrence County Career and Technical Center recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. The Joint Operating Committee 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 Joint Operating Committee establishes that the center shall provide to students:</p> <ol style="list-style-type: none"> <li>1. A comprehensive nutrition program consistent with federal and state requirements.</li> <li>2. Access at reasonable cost to foods and beverages that meet established nutritional guidelines.</li> <li>3. Physical education courses and opportunities for developmentally appropriate physical activity during the school day.</li> </ol>
<p>3. Delegation of Responsibility Pol. 808</p>	<p>The Administrative Director or designee shall be responsible to monitor the center's programs, and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations.</p> <p>Staff members responsible for programs related to student wellness shall report to the Administrative Director or designee regarding the status of such programs.</p> <p>The Administrative Director or designee shall, as needed, report to the Joint Operating Committee on the center's compliance with law and policies related to student wellness. The report may include:</p> <ol style="list-style-type: none"> <li>1. Assessment of school environment regarding student wellness issues.</li> </ol>

<p>P.L. 108-265 Sec. 204</p> <p>4. Guidelines</p>	<ol style="list-style-type: none"><li>2. Evaluation of food services program.</li><li>3. Review of all foods and beverages sold in the center for compliance with established nutrition guidelines.</li><li>4. Listing of activities and programs conducted to promote nutrition and physical activity.</li><li>5. Recommendations for policy and/or program revisions.</li><li>6. Suggestions for improvement in specific areas.</li><li>7. Feedback received from center staff, students, parents/guardians, community members and Wellness Committee.</li></ol> <p>An assurance that center guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for the center in accordance with federal law shall be provided, as needed, by the Cafeteria Manager or Administrative Director.</p> <p><u>Wellness Committee</u></p> <p>The Joint Operating Committee shall appoint a Wellness Committee comprised of at least one (1) of each of the following: Joint Operating Committee member, center administrator, center food service representative, student, parent/guardian, member of the public, teacher, school nurse, school counselor, classified staff, health professional, and representative of community organization.</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 Joint Operating Committee for adoption.</p> <p>The Wellness Committee may examine related research and laws, assess student needs and the current school environment, review existing Joint Operating Committee policies and administrative regulations, and raise awareness about student health issues. The Wellness Committee may make policy recommendations to the Joint Operating Committee related to other health issues necessary to promote student wellness.</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>
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Center staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.

Physical Activity

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

Physical activity shall not be used 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.

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.

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.

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.

Other School Based Activities

The center shall provide adequate space, as defined by the center, for eating and serving school meals.

Students shall be provided a clean and safe meal environment.

Students shall be provided adequate time to eat: ten (10) minutes sit down time for breakfast; thirty (30) minutes sit down time for lunch.

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 center shall administer the school meals program.

Fundraising projects submitted for approval shall be supportive of healthy eating and student wellness.

The center shall support the efforts of parents/guardians to provide a healthy diet and daily physical activity for students by communicating relevant information through various methods.

Vending machines shall contain healthy choices, such as water, flavored water, low-calorie soft drinks, as well as other beverages that comply with national guidelines.

#### Nutrition Guidelines

All foods available in the center during the school day shall be offered to students with consideration for promoting student health and reducing 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 the center 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; center store food, snacks and beverages; fundraisers; classroom parties; holiday celebrations; and food from home.

All competitive foods available to students in the center shall comply with the Nutritional Standards for Competitive Foods in Pennsylvania Schools. The nutritional standards shall be implemented as a three (3) year plan.

#### Safe Routes To School

The center shall cooperate with participating school districts, local municipalities, public safety agency, police departments, and community organizations to develop and maintain safe routes to the center.

References:

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