

# PORTAGE AREA SCHOOL DISTRICT

SECTION: PUPILS

TITLE: STUDENT WELLNESS

ADOPTED: June 14, 2006

REVISED:

246. STUDENT WELLNESS	
<p>1. Purpose</p>	<p>Portage 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 Board establishes that the district 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> <li>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.</li> </ol>
<p>3. Delegation of Responsibility Pol. 808</p>	<p>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.</p> <p>Each building principal shall report to the Superintendent regarding compliance in his/her school.</p> <p>Staff members responsible for programs related to student wellness shall report to the Superintendent regarding the status of such programs.</p>

<p>P.L. 108-265 Sec. 204</p> <p>4. Guidelines</p>	<p>The Superintendent 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"> <li>1. Assessment of school environment regarding student wellness issues.</li> <li>2. Evaluation of food services program.</li> <li>3. Review of all foods and beverages sold in schools 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 district staff, students, parents/guardians, community members and Wellness Committee.</li> </ol> <p>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.</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, district administrator, district food service representative, student, parent/guardian, member of the public, teacher and school nurse.</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>The Wellness Committee 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 student health issues. The Wellness Committee may make policy recommendations to the Board related to other health issues necessary to promote student wellness.</p>
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The Wellness Committee 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.

The Wellness Committee shall provide periodic reports to the Superintendent or designee regarding the status of its work, as required.

#### Nutrition Education

The goals of our nutrition education program are to:

1. Teach, encourage and support healthy eating by students. Promoting health and nutrition enhances readiness for learning and increases student achievement.
2. Provide nutrition education 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.
3. Provide all students with the knowledge and skills needed to lead healthy lives.
4. Provide age-appropriate lessons and activities.

#### Physical Activity

The goals for physical activity are to:

1. Provide opportunities for developmentally appropriate physical activity during the school day for all students.
2. Provide students opportunities to accumulate at least thirty (30) minutes of 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, intramural activities, etc.
3. Provide age-appropriate physical activity opportunities, such as recess; before and after school; during lunch; clubs; intramurals; and interscholastic athletics, to meet the needs and interests of all students, in addition to planned physical education.

Physical Education

The goals for physical education are to:

1. Provide quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation.
2. Provide physical education classes that 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. 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 shall be implemented.
4. Provide in the physical education program a varied and comprehensive curriculum that leads to students becoming and remaining physically active for a lifetime.
5. Develop and implement a sequential physical education program consistent with State Board of Education curriculum regulations and Health, Safety and Physical Education academic standards.
6. Provide safe and adequate equipment, facilities and resources for physical education courses.
7. Provide physical education that shall be taught by certified health and physical education teachers.
8. Provide appropriate professional development for physical education staff.

Other School Based Activities

The other school based activity goals are to:

1. Provide adequate space, as defined by the district, for eating and serving school meals.
2. Provide a clean and safe meal environment.

3. Provide students adequate time to eat: at least ten (10) minutes and up to thirty (30) minutes sit down time for breakfast; at least twenty (20) minutes and up to thirty (30) minutes sit down time for lunch.
4. Provide drinking water at all meal periods and throughout the school day.
5. Provide students with access to hand washing or sanitizing before meals and snacks.
6. Have the school meals program administered by nutrition professionals who meet criteria established by the district.
7. Provide professional development for district nutrition staff.
8. Limit access to the food service operation to authorized staff.
9. Make available to students and parents/guardians the nutrition content of school meals.
10. Provide students the opportunity to be involved in menu selections through various means.
11. Not use food in the schools as a reward or punishment.
12. Provide appropriate training to all staff on the components of the Student Wellness Policy.
13. Consider the goals of the Student Wellness Policy in planning all school based activities.
14. Encourage administrators, teachers, food service personnel, students, parents/guardians, and community members to serve as positive role models through district programs, communications and outreach efforts.
15. 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 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; school store food, snacks and beverages; fundraisers; classroom parties; holiday celebrations; and food from home.

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.

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

References:

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