



<p>P.L. 108-265 Sec. 204</p> <p>4. Guidelines</p>	<p>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:</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. Listing of activities and programs conducted to promote nutrition and physical activity.</li> <li>4. Recommendations for policy and/or program revisions.</li> <li>5. Suggestions for improvement in specific areas.</li> <li>6. 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 (School Health Council)</u></p> <p>The Board shall appoint a Wellness Committee (SHC) 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, school nurse, school counselor, and other individuals chosen by the Board.</p> <p>The Wellness Committee (SHC) 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. The committee will meet minimally one (1) time each semester.</p> <p>The Wellness Committee (SHC) 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 (SHC) 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 (SHC) 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 (SHC) shall provide periodic reports to the Superintendent or designee regarding the status of its work, as required.

Nutrition Education

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.

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.

Physical Activity

District schools may provide opportunities for developmentally appropriate physical activity throughout the school program.

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

Physical activity shall not be used as a form of classroom discipline.

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 shall be developed and implemented so that it reflects the State Board of Education curriculum regulations and academic standards for Health, Safety and Physical Education.

Students shall be active as much time as possible during a physical education class. Documented medical conditions and disabilities shall be accommodated during class.

Physical education shall be taught by certified health and physical education teachers.

Professional development shall be provided for physical education staff.

Physical education classes shall have a teacher-student ratio that will promote a safe and active experience for students.

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

Physical education classes shall not be denied as a form of punishment.

Other School Based Activities

Students shall be provided a clean and safe meal environment, as measured by the Department of Health.

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.

Professional development shall be provided for district nutrition staff.

To the extent possible, the district shall utilize outside resources to enhance student wellness.

The district shall provide appropriate training to all staff on the components of the Student Wellness Policy.

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.

References:

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