

SECTION: PUPILS
TITLE: SCHOOL WELLNESS
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246. School Wellness

Purpose

Ferndale 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 promotion, 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.

Authority

The Board adopts **this** Policy based on the recommendations of the Wellness Committee and in accordance with federal and state laws and **regulations**.^[3]

To ensure the health and well-being of all students, the Board establishes that the district shall provide to students:

- 1. A comprehensive nutrition program consistent with federal and state requirements.**
2. Access at reasonable cost to foods and beverages that meet established **nutrition** guidelines and where the student is eligible and the District is a participant in an applicable federal, state or comparable program, at a discount or for free, as provided for under the program guidelines and student's factual situation.
3. Physical education courses and opportunities for developmentally appropriate physical activity during the school day.
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.

Delegation of Responsibility

The Superintendent or designee shall be responsible **for the implementation and oversight of this policy to ensure** each of the district's schools, programs and curriculum **is compliant** with this policy, related policies and established guidelines or administrative regulations.[3]

The FASD School Nurse is appointed District Wellness Program Coordinator.

Wellness Policy compliance will be monitored by the School District Nurse, the Director of Food Services, and the Superintendent.

Staff members responsible for programs related to **school** wellness shall report to the Superintendent or designee regarding the status of such programs.

The Superintendent or designee shall annually report to the Board on the district's compliance with law and policies related to **school** wellness. The report may include:

1. Evaluation of food services program following PDE and Department of Agriculture reviews.
2. Recommendations for policy and/or program revisions.
3. **Specific annual goals set by Wellness Committee, attainment of annually set goals, and other relevant wellness related information.**

The Superintendent or designee and the **established** Wellness Committee shall conduct an assessment **at least once every three (3) years** on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation. **This triennial** assessment shall be made available to the public **in an accessible and easily understood manner and include:**[3]

1. **The extent to which each district school is in compliance with law and policies related to school wellness.**
2. **The extent to which this policy compares to model wellness policies. (using a standardized assessment tool to be provided by PDE.)**
3. **A description of the progress made by the district in attaining the goals of this policy.**

At least once every three (3) years, the district shall update or modify this policy as needed, based on the results of the most recent triennial assessment and/or as district and community needs and priorities change; wellness goals are met; new health science, information and technologies emerge; and new federal or state guidance or standards are issued.[3]

The district shall annually inform and update the public, including parents/guardians, students, and others in the community, about the contents, **updates and implementation of this policy**

via the district website, student handbooks, newsletters, information sent home in student beginning of the year packets, and/or other efficient communication methods. This annual notification shall include information on how to access the School Wellness policy; information about the most recent triennial assessment; information on how to participate in the development, implementation and periodic review and update of the School Wellness policy; and a means of contacting Wellness Committee leadership.[3]

Guidelines

Recordkeeping

The district shall retain records documenting compliance with the requirements of the School Wellness policy, which shall include:

1. The written School Wellness policy.
2. Documentation demonstrating that the district has informed the public, on an annual basis, about the contents of the School Wellness policy and any updates to the policy.
3. Documentation of efforts to review and update the School Wellness policy, including who is involved in the review and methods used by the district to inform the public of their ability to participate in the review. (Attachment #1)
4. Documentation demonstrating the most recent assessment on the implementation of the School Wellness policy and notification of the assessment results to the public.

Wellness Committee

The **district** shall **establish** a Wellness Committee comprised of, **but not necessarily limited to**, at least one (1) of each of the following: School Board member, district administrator, district food service **representative**, student, parent/guardian, **school health professional, physical education teacher** and member of the public. **It shall be the goal that committee membership will include representatives from each school building and reflect the diversity of the community.**

The Wellness Committee **shall serve** as an advisory committee regarding student health issues and shall be responsible for developing, implementing and periodically reviewing and updating a **School Wellness Policy** that complies with law to recommend to the Board for adoption.

The Wellness Committee shall review and consider evidence-based strategies and techniques in establishing goals for nutrition education and promotion, physical activity and other school based activities that promote student wellness as part of the policy development and revision process.[3]

Advisory Health Council

The Advisory Health Council is composed of members of the Wellness Committee.

The Advisory Health Council may examine related research, assess student health and wellness needs and the current school environment, review existing Board policies and administrative regulations, and raise awareness about student health issues.

Individuals who conduct student medical and dental examinations shall submit a tally/summary of work done to the Ferndale Area School District school nurse with any notes or concerns. The Ferndale Area School District school nurse submits to the Advisory Health Council annual reports and subsequent reports on the remedial work accomplished during the year, as required by law. The nurse's annual report is submitted to the Pennsylvania Department of Health.

Nutrition Education

Nutrition education will be provided within the sequential, comprehensive health education program in accordance with curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.[7][8]

Nutrition education **in the district shall** teach, **model**, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.

Nutrition education shall provide students with the knowledge and skills needed to lead healthy lives.

Nutrition education lessons and activities shall be age-appropriate.

Nutrition curriculum shall teach behavior-focused skills, which may include menu planning, reading nutrition labels and media awareness.

Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs.

District food service personnel shall review and implement research-based, behavioral economics techniques in the cafeteria to encourage consumption of more whole grains, fruits, vegetables and legumes, and to decrease plate waste.

Consistent nutrition messages shall be disseminated and/or displayed throughout the district, schools, and cafeterias.

District schools offer resources about health and nutrition to encourage parents/guardians to provide healthy meals for their children.

Physical Activity

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

Age-appropriate physical activity opportunities, such as **outdoor and indoor** recess, before and after school **programs**, during lunch, clubs, intramurals and interscholastic athletics, shall be provided to meet the needs and interests of all students, in addition to planned physical education.

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.

Before and/or after-school programs shall provide developmentally appropriate physical activity for participating children.

Physical activity shall not be used **or withheld** as a form of punishment, **unless safety is a concern.**

Physical Education

A sequential physical education program consistent with curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented. All district students must participate in physical education unless excused in writing by a licensed provider for appropriate medical or other appropriate reasons.[7][8]

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 **promotes both team and individual activities and** 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.

A local assessment system shall be implemented to track student progress on the Health, Safety and Physical Education academic standards.

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.

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.

Appropriate professional development shall be provided for physical education staff.

Physical education classes shall have a teacher-student ratio that allows for a safe environment and **effective instruction.**

Physical activity shall not be used or withheld solely as a form of punishment, unless safety is a concern.

Other School Based Activities

Drinking water shall be available and accessible to students, without restriction and at no cost to the student, at all meal periods and throughout the school day.

Nutrition professionals who meet hiring criteria established by the district and in compliance with federal regulations shall administer the school meals program. Professional development and continuing education shall be provided for district nutrition staff, as required by federal regulations.[9][15]

District schools shall provide adequate space, as defined by the district, 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; twenty (20) minutes sit down time for lunch.

Meal periods shall be scheduled at appropriate hours, as **required by federal regulations and as** defined by the district.

Students shall have access to hand washing or sanitizing before meals and snacks.

Nutrition professionals who meet criteria established by the district shall administer the school meals program.

Professional development shall be provided for district 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.

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

The district shall provide appropriate training to all staff on the components of the School Wellness policy.

Goals of the **School** 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 district programs, communications and outreach efforts.

The district shall maintain a healthy school environment, including but not limited to indoor air quality, in accordance with the district's healthy learning environment program and applicable laws and regulations.

Nutrition Guidelines for All Foods/Beverages at School

All foods and beverages available in district schools during the school day shall be offered to students with consideration for promoting student health and reducing obesity.

Foods **and beverages** provided through the National School Lunch or School Breakfast Programs shall comply with established federal nutrition standards.

Foods and beverages offered or sold at school-sponsored events outside the school day, such as athletic events and dances, shall offer healthy alternatives in addition to more traditional fare.

Competitive Foods

Competitive foods available **for sale shall meet or exceed the** established federal nutrition standards (**USDA Smart Snacks in School**). **These standards shall apply in all locations and through all services where foods and beverages are sold to students, which may include, but are not limited to: a la carte options in cafeterias, vending machines, school stores, snack carts and fundraisers.**

Competitive foods are defined as foods and beverages offered or sold to students on school campus during the school day, which are not part of the reimbursable school breakfast or lunch.

For purposes of this policy, school campus means any area of property under the jurisdiction of the school that students may access during the school day.

For purposes of this policy, school day means the period from midnight before school begins until thirty (30) minutes after the end of the official school day. The district may impose additional restrictions on competitive foods, provided that the restrictions are not inconsistent with federal requirements.

Fundraiser Exemptions

Fundraising activities held during the school day involving the sale of competitive foods shall be limited to foods that meet the Smart Snacks in School nutrition standards, unless an exemption is approved in accordance with applicable Board policy and administrative regulations.

The district shall establish administrative regulations to implement fundraising activities in district schools, including procedures for requesting a fundraiser exemption.

Non-Sold Competitive Foods

Non-sold competitive foods available to students, which may include but are not limited to foods and beverages offered as rewards and incentives, at classroom parties and celebrations, shall meet or exceed the standards established by the district.

I. Rewards and Incentives:

- a. Non-food rewards or incentives are recommended in district schools.**
- b. Foods and beverages if provided shall comply with the district's Wellness Policy and USDA food and nutrition standards for foods in schools.**

II. Classroom Parties and Celebrations:

- a. Non-food based parties and celebrations are recommended during the school day in district schools. The district will provide examples of non-food options to parents/guardians and staff.**
- b. When food-based parties/celebrations are requested, it is recommended that foods and beverages be selected and purchased through the Food Services Department, to help prevent food safety and allergy concerns. Parents/Guardians shall be informed through newsletters or other efficient communication methods of the foods/beverages available through Ferndale Area School District Food Services Department for parent purchase.**
- c. If parents want to bring in foods and beverages for parties/celebrations, the following rules will apply:**

Rules for Parents/Guardians when treats are brought into the classroom for birthday parties/holiday celebrations:

- 1. Birthday parties must be coordinated with the child's teacher at least a week in advance of the desired celebration date.**
- 2. All food items must be store-bought and individually wrapped. Nutrition information labels for these snacks must be provided on the individual wrapper OR on the box/bag containing the treats. The nutrition label must be provided for the homeroom teacher to review the nutrition content.**
- 3. No homebaked goods are permitted.**
- 4. Treats that do not comply with these rules will not be distributed to the class.**
- 5. Annually sign an indemnification agreement. The agreement will state the following:**

“Should a parent(s)/guardian(s) elect not to utilize the District to acquire a product for a celebration/party and elect to provide a product from a supplier other than the District, the parent(s)/guardian(s) supplying the same shall be required, as a condition of providing the product, to execute and deliver to the District an indemnification and hold-harmless agreement whereby the parent(s)/guardian(s) agree to indemnify and hold the District, its staff and its representatives harmless from any and all claims of any kind or nature, including but not limited to defense costs, resulting from the product supplied by said parent(s)/guardian(s).”

Rules for Teachers when treats are brought into the classroom for birthday parties/holiday celebrations:

- 1. Teachers will assure that treats brought in for birthday parties and/or major holidays comply with Parent rules #1-3 above.**
- 2. Any treat that does not comply with parent rule #2 or #3 will not be distributed to students. If this is the case the parent will be notified by the teacher at a convenient time for the teacher.**
- 3. Teachers who have students with dietary concerns/allergies in class will need to monitor ingredients very closely and have “back up” snacks provided/available if needed. Items can be coordinated with the child's parent.**
- 4. For diabetic students in the classroom: The time of the party needs to be coordinated with the school nurse, so there is at least 2 hours between insulin doses. Additionally, classroom teachers will notify the school**

nurse of the carbohydrate total of the treat so that a diabetic student can be properly covered with insulin.

- 5. Classroom parties for the four major holidays (Halloween, Christmas, Valentine's Day, Easter) will follow the same set of rules above.**

Food celebrations shall not occur until thirty (30) minutes after the end of the grade specific lunch period.

Marketing/Contracting

Any foods and beverages marketed or promoted to students on the school campus during the school day shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School) and comply with established Board policy and administrative regulations. Exclusive competitive food and/or beverage contracts shall be approved by the Board, in accordance with provisions of law. Existing contracts shall be reviewed and modified to the extent feasible to ensure compliance with established federal nutrition standards, including applicable marketing restrictions.

Management of Food Allergies in District Schools

The district shall establish Board policy and administrative regulations to address food allergy management in district schools in order to:[20]

1. Reduce and/or eliminate the likelihood of severe or potentially life-threatening allergic reactions.
2. The school nurse and food service director shall be involved in the planning of any in school activity that includes food.
3. Ensure a rapid and effective response in case of a severe or potentially life-threatening allergic reaction.
4. Protect the rights of students by providing them, through necessary accommodations when required, the opportunity to participate fully in all school programs and activities which students are required to participate in as part of a class activity.

Safe Routes to School

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