

SECTION: PUPILS

TITLE: STUDENT WELLNESS

ADOPTED: April 18, 2006

REVISED:

PINE-RICHLAND SCHOOL DISTRICT

| 252. STUDENT WELLNESS | |
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| 1. Purpose | <p>Pine-Richland 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> |
| 2. Authority P.L. 108-265 Sec. 204 | <p>To ensure the health and well-being of all students, the Board establishes that the district 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> |
| 3. Delegation of Responsibility Pol. 808 | <p>The Superintendent or his/her 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 or designee shall report to the Superintendent or his/her designee regarding compliance in his/her school.</p> <p>Staff members responsible for programs related to student wellness shall report to the Superintendent or his/her designee regarding the status of such programs.</p> |

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| <p>P.L. 108-265 Sec. 204</p> <p>4. Guidelines</p> | <p>School food service provider will ensure compliance with nutritional guidelines as established by federal regulations and will report on this matter to the Superintendent and Board at least quarterly.</p> <p><u>Wellness & Safety Committee</u></p> <p>The Wellness & Safety Committee shall serve as an advisory committee regarding student health issues.</p> <p>The Wellness & Safety Committee may examine related research and laws, assess student needs and the current school environment, and raise awareness about student health issues.</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>The District aims to teach, encourage, and support healthy eating by students.</p> <p>Nutrition curriculum shall include enjoyable, developmentally-appropriate, culturally-relevant participatory activities.</p> <p>Nutrition education shall be integrated into other subjects including, but not limited to, math, science, and physical education departments to complement but not replace academic standards based on nutrition education.</p> <p>Healthy lifestyles will be reinforced through 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.</p> <p>Nutrition education shall extend beyond the school environment by engaging and involving families and communities.</p> |
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Physical Activity / Physical Education

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 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.

Student involvement in other after-school activities will not be substituted for physical education requirements.

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

Age-appropriate physical activity opportunities, such as recess; before and after school; 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.

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

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

Staff is discouraged from using physical activity or withholding opportunities for physical activity as a form of punishment. Alternative punishments must be considered.

Students and the community shall have access to physical activity facilities outside school hours.

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.

Health and physical education teachers shall have the appropriate certification.

The staff responsible for providing physical education shall be properly trained and prepared and shall participate in appropriate professional development in accordance

with Act 48 requirements.

Other School-Based Activities

Students shall be provided a clean and safe meal environment.

Students shall be provided adequate time to eat.

Meal periods shall be scheduled at appropriate hours.

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.

Qualified nutrition professionals shall administer the school meals program.

School food service directors and staff shall participate in at least 12 hours of professional development opportunities per school year, including nutrition standards and food-safety requirements.

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.

Food shall not be used in the schools as a reward or punishment.

Goals of the Student Wellness Policy shall be considered in planning all school-based activities.

The District strongly recommends school fundraising activities during the instructional school day will not involve food or will use only healthy food items. A list of creative fundraising ideas will be available in school offices for reference.

Celebrations and classroom parties must include healthy food choices with consideration for special dietary needs. A list of healthy party ideas will be made available. Teachers and parents/guardians are always encouraged to consider non-food options for classroom celebrations.

The district shall support the efforts of parents/guardians to provide a healthy diet and daily physical activity for children.

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 and holiday celebrations.

All competitive foods available to students in district schools, during the instructional school day, shall comply with the following nutritional guidelines:

Food & Beverages Sold Individually:

Elementary Schools: The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits and non-fried vegetables.

Secondary Schools: All foods and beverages sold individually outside the reimbursable school meals programs (including competitive foods listed above) will meet the following nutrition and portion size standards:

Beverages:

- Allowed: water, fruit and vegetable juice and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages;
- Not allowed: soft drinks and fruit-based drinks that do not contain at least 50% fruit juice or that contain additional caloric sweeteners.

Foods:

- A food item sold individually will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined and will have no more than 35% of its weight from added sugars.
- A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold.

Portion sizes:

- Limit portion sizes of foods and beverages sold individually to no more than

200 calories per portion.

Classroom Parties and Holiday Celebrations:

Classroom parties will offer minimal amounts of foods (maximum 2-3 items) that contain added sugar as the first ingredient (*see following table*) and will provide the following:

- Fresh fruits and vegetables
- Water, 100% fruit juice or milk

Table - Added Sugar

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| Brown sugar | Invert sugar |
| Corn sweetener | Lactose* |
| Corn syrup | Maltose* |
| Dextrose | Malt syrup |
| Fructose* | Molasses |
| Fruit juice concentrate | Raw sugar |
| Glucose* | Sucrose |
| High fructose corn syrup | Sugar |
| Honey | Syrup |

*Naturally occurring. Will not show up on food ingredient list unless added. Will be included as "sugars" listed on food label.

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.

References:

- Child Nutrition and WIC Reauthorization Act of 2004 – P.L. 108-265 Sec. 204
- Nutritional Standards for Competitive Foods in Pennsylvania Schools