# WALLINGFORD-SWARTHMORE SCHOOL DISTRICT

SECTION: PUPILS

TITLE: STUDENT WELLNESS

ADOPTED: June 26, 2006

REVISED: February 9, 2015

# 246. STUDENT WELLNESS

1. Purpose

Wallingford-Swarthmore 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.

2. Authority SC 1422.1 42 U.S.C. Sec. 1758b The Board adopts the Student Wellness Policy based on the recommendations of the appointed Wellness Committee and in accordance with federal and state laws.

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 nutritional guidelines.
- 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.

Proposed curriculum revisions must be submitted to the Superintendent by June 15<sup>th</sup>.

# Delegation of Responsibility 42 U.S.C. Sec. 1758b

The Superintendent, through the Wellness Committee, shall be responsible to monitor district schools, programs, and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative procedures.

Each building principal or designee shall report to the Wellness Committee regarding compliance in his/her school.

Staff members responsible for programs related to student wellness shall report to the Wellness Committee regarding the status of such programs.

By June 30<sup>th</sup>, the Superintendent shall report to the Board on the district's compliance with law and policies related to student wellness. The report may include:

- 1. Assessment of school environment regarding student wellness issues.
- 2. Evaluation of food services program.
- 3. Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.
- 4. Listing of activities and programs conducted to promote nutrition and physical activity.
- 5. Recommendations for policy and/or program revisions.
- 6. Suggestions for improvement in specific areas.
- 7. Feedback received from district staff, students, parents/guardians, community members and Wellness Committee.

# 42 U.S.C. Sec. 1758b

The Superintendent or designee and the appointed Wellness Committee shall periodically conduct an assessment on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation. The assessment shall include the extent to which district schools are in compliance with law and policies related to student wellness, and shall describe the progress made by the district in attaining the goals of this policy. The assessment shall be made available to the public.

# 42 U.S.C. Sec. 1758b

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

By June 30<sup>th</sup> of each year, the Food Service Director, building principal and Director of Curriculum, through the Wellness Committee, shall report to the Superintendent and the School Board on the district's compliance with law and policies related to student wellness. The evaluation and report shall include:

- 1. A review of classroom instruction and school activities to determine compliance with the Student Wellness Policy.
- 2. A log of wellness-related opportunities that occurred during the year.
- 3. An assessment of student habits toward healthy eating and physical activity based on an annual student survey.

SC 1422

4. A report of student Body Mass Index (BMI) to provide independent, year-to-year comparative analysis of student physical condition.

#### 4. Guidelines

# Wellness Committee

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. The Superintendent shall appoint a chairperson who in turn shall select committee members. The number of committee members should not exceed twenty (20).

42 U.S.C. Sec. 1758b The district shall be required to permit physical education teachers and school health professionals to participate on the Wellness Committee.

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 Student Wellness Policy that complies with law to recommend to the Board for adoption.

The Wellness Committee may examine related research and laws, assess student needs and the current school environment, review existing Board policies and administrative procedures, 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.

The Wellness Committee shall provide a report to the Superintendent or designee regarding the status of its work by June 30th.

#### SC 1422

Individuals who conduct student medical and dental examinations shall submit to the Wellness Committee annual reports and later reports on the remedial work accomplished during the year, as required by law.

#### **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.

SC 1513 Pol. 102, 105 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 and, when applicable, throughout the curriculum.

Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives. Lifelong energy balance shall be reinforced by linking nutrition education and physical activity, when possible.

District staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition, especially in local communities.

The staff responsible for providing nutrition education shall be trained and prepared and shall participate in professional development.

#### **Nutrition Promotion**

The district aims to teach, encourage, and support healthful eating by students. District schools shall promote nutrition by providing appropriate nutrition education in accordance with the Student Wellness Policy.

# **Physical Activity**

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

District schools shall determine how they will contribute to the effort to provide students opportunities to accumulate at least sixty (60) minutes of age-appropriate physical activity that meets the needs of all students on all or most days of the week.

That time should include recess, clubs, intramurals, interscholastic athletics, physical education class, as well as physical activity outside the school environment, such as outdoor play at home, sports, etc.

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

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

Physical education classes shall be the means through which all students learn, practice and are assessed on a variety of developmentally appropriate skills and knowledge for lifelong, health-enhancing behaviors.

SC 1512.1 Pol. 102, 105 A sequential physical education program, consistent with the State Board of Education curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented. All district students must participate in physical education.

Safe and adequate equipment, facilities and resources shall be provided for physical education courses.

Pol. 103.1

Documented medical conditions and disabilities shall be accommodated.

Physical education classes 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 student to teacher ratio comparable to those of other courses.

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

### Other School Based Activities

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 defined by the district.

7 CFR Sec. 210.10, 220.8 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.

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

Professional development shall be provided for food service staff.

Nutrition content of school meals shall be available to students and parents/guardians.

Students and parents/guardians should be involved in menu selections through various means.

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 appropriate staff on the components of the Student Wellness Policy.

Goals of the Student 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 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 Standards/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.

42 U.S.C. Sec. 1751 et seq, 1773 7 CFR Foods provided through the National School Lunch or School Breakfast Programs shall comply with established federal nutrition standards.

Sec. 210.10, 220.8

7 CFR Sec. 210.11, 220.12a Competitive foods available for sale to students in district schools outside of school meal programs shall comply with established federal nutrition standards.

7 CFR Sec. 210.11 The district may impose additional restrictions on competitive foods, provided that the restrictions are not inconsistent with federal requirements.

SC 504.1 Pol. 913.1 Exclusive competitive food and/or beverage contracts shall be approved by the Board, in accordance with provisions of law.

#### Management Of Food Allergies In District Schools

Pol. 209.1

The district shall establish Board policy and may establish administrative procedures to address food allergy management in district schools in order to:

- 1. Reduce and/or eliminate the likelihood of severe or potentially life-threatening allergic reactions.
- 2. Ensure a rapid and effective response in case of a severe or potentially life-threatening allergic reaction.
- 3. Protect the rights of students by providing them, through necessary accommodations when required, the opportunity to participate fully in all school programs and activities.

# Wellness Committee Meetings

The Wellness Committee shall be a standing committee that will meet no less than four (4) times during the school year. Meeting dates and times shall be determined by the chairperson.

#### References:

School Code – 24 P.S. Sec. 504.1, 1337.1, 1422, 1422.1, 1422.3, 1512.1, 1513

National School Lunch Program – 42 U.S.C. Sec. 1751 et seq.

School Breakfast Program – 42 U.S.C. Sec. 1773

Healthy, Hunger-Free Kids Act of 2010 – P.L. 111-296

National Food Service Programs, Title 7, Code of Federal Regulations – 7 CFR Part 210, Part 220

Board Policy – 102, 103, 103.1, 105, 209.1, 808, 913.1