

WALLINGFORD- SWARTHMORE SCHOOL DISTRICT

SECTION: PUPILS
 TITLE: SCHOOL WELLNESS
 ADOPTED: June 26, 2006
 REVISED: February 9, 2015
 September 11, 2017
 September 24, 2018

<p>1. Purpose</p> <p>2. Authority SC 1422.1 42 U.S.C. Sec. 1758b 7 CFR Sec. 210.31</p>	<p style="text-align: center;">246. SCHOOL WELLNESS</p> <p>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 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.</p> <p>The Board adopts this Policy based on the recommendations of the appointed Wellness Committee and in accordance with federal and state laws and regulations.</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"> 1. A comprehensive nutrition program aligned with federal and state requirements where students receive consistent nutrition education messages across school activities, cafeterias, classrooms, and school media. 2. Access at reasonable cost to foods and beverages that meet established nutrition guidelines. 3. Physical education courses and opportunities for developmentally appropriate physical activity during the school day. <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. Proposed curriculum revisions must be submitted to the Superintendent by June 15th.</p>
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<p>7 CFR Sec. 210.31</p>	<ol style="list-style-type: none"> 1. The extent to which each school is in compliance with law and policies related to school wellness. 2. The extent to which this Policy compares to model wellness policies. 3. A description of the progress made by the District in attaining the goals of this Policy. <p>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.</p>
<p>42 U.S.C. Sec. 1758b 7 CFR Sec. 210.31</p>	<p>The District shall annually inform and update the public, including parents/guardians, students, and other in the community, about the contents, updates and implementation of this Policy via the District website, student handbooks, newsletters, posted notices 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.</p>
<p>4. Guidelines</p> <p>7 CFR Sec. 210.31 and 210.15</p>	<p><u>Recordkeeping</u></p> <p>The District shall retain records documenting compliance with the requirements of the School Wellness Policy, which shall include:</p> <ol style="list-style-type: none"> 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. 4. Documentation demonstrating the most recent assessment on the implementation of School Wellness Policy and notification of the assessment results to the public.

<p>Pol. 808</p>	<p>District staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition, especially in local communities.</p> <p>The staff responsible for providing nutrition education shall be trained and shall participate in professional development.</p> <p><u>Nutrition Promotion</u></p> <p>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.</p> <p>Consistent nutrition messages shall be disseminated and displayed throughout the District schools, classrooms, cafeterias, homes, community and media.</p> <p><u>Physical Activity</u></p> <p>District schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.</p> <p>District schools shall contribute to the effort to provide students opportunities to accumulate at least sixty (60) minutes of age-appropriate physical activity daily, as recommended by the Centers for Disease Control and Prevention. Opportunities offered at school will augment physical activity outside the school environment, such as outdoor play at home, sports, etc.</p> <p>A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.</p> <p>Students and the community shall have access to physical activity facilities outside of school hours.</p>
<p>SC 1512.1 Pol. 102, 105</p>	<p><u>Physical Education</u></p> <p>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.</p> <p>Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.</p>

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<p>7 CFR Sec.210.10</p>	<p>Meal periods shall be scheduled at appropriate hours, as required by federal regulations and as defined by the District.</p>
<p>7 CFR Sec.210.10 and 220.8</p>	<p>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.</p> <p>Students shall have access to hand washing or sanitizing before meals and snacks.</p> <p>Nutrition content of school meals shall be available to students and parents/guardians.</p> <p>Students and parents/guardians should have the opportunity to be involved in menu selections through various means, such as taste testing and surveys.</p> <p>To the extent possible, the District shall utilize available funding and outside programs to enhance student wellness.</p> <p>The District shall provide appropriate training to all appropriate staff on the components of the School Wellness Policy.</p> <p>Goals of the School Wellness Policy shall be considered in planning all school based activities.</p> <p>Fundraising projects submitted for approval shall be supportive of healthy eating and student wellness.</p> <p>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.</p>
<p>42 U.S.C. Sec. 1751 et seq, 1773 7 CFR Sec. 210.10 and 220.8</p>	<p><u>Nutrition Guidelines for All Foods/Beverages at School</u></p> <p>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 childhood obesity. Water should be the default beverage for class parties and celebrations and school events.</p> <p>Foods and beverages provided through the National School Lunch or School Breakfast Programs shall comply with established federal nutrition standards.</p>

<p>7 CFR Sec. 210.11, 210.31, and 220.12a</p>	<p><i>Competitive Foods –</i></p> <p>Competitive foods available for sale shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School). (SEE ATTACHED EXPLANATION OF 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.</p> <p>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.</p>
<p>7 CFR Sec. 210.11 and 210.31</p>	<p>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.</p>
<p>7 CFR Sec. 210.11 and 210.31</p>	<p>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.</p>
<p>7 CFR Sec. 210.11</p>	<p>The District may impose additional restrictions on competitive foods, provided that the restrictions are not inconsistent with federal requirements.</p>
	<p><u><i>Fundraiser Exemptions –</i></u></p>
<p>Pol. 229</p>	<p>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. (SEE ATTACHED EXPLANATION OF SMART SNACKS IN SCHOOL).</p>
<p>7 CFR Sec. 210.11</p>	<p>The District may allow a limited number of exempt fundraisers as permitted by the Pennsylvania Department of Education each school year: up to five (5) exempt fundraisers in elementary and middle school buildings, and up to ten (10) exempt fundraisers in high school buildings. Each fundraiser may not exceed one school week. Exempt fundraisers are fundraisers in which competitive foods are available for sale to students that do not meet the Smart Snacks in School nutrition standards. Non-food fundraisers and food fundraisers that meet the requirements of the Smart Snack Standards do not require an exemption. (SEE ATTACHED EXPLANATION OF SMART SNACKS IN SCHOOL).</p>

District must keep records of all food fundraisers for four (4) years and present to the Pennsylvania Department of Education when audited.

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 incentive, at classroom parties and celebrations, or as shared classroom snacks, shall meet or exceed the standards established by the District.

If the offered competitive foods do not meet or exceed the Smart Snacks in School nutrition standards, the following standards shall apply: (SEE ATTACHED EXPLANATION OF SMART SNACKS IN SCHOOL).

1. Rewards and Incentives:

- a. Foods and/or beverages of minimal nutritional value shall not be provided as a reward or incentive except for circumstances where prior approval is obtained. (SEE ATTACHED CATEGORIES OF FOODS OF MINIMAL NUTRITIONAL VALUE).

2. Classroom/Birthday Parties and School Celebrations:

Parties and celebrations are encouraged to substitute the provision of food high in calories, sugar and fat with non-food items such as erasers, pencils, stories, songs, games or other special recognition.

- a. For individual classroom or birthday parties, there will be no food provided. If teachers, parents and students choose to organize a classroom party, non-food items such as erasers, pencils, stickers, etc. or activities such as stories, songs, or games, etc. are recommended.
- b. School Celebrations are encouraged to minimize the amount of foods containing sugar as a primary ingredient (e.g., cupcakes, cookies) and should provide the following:
 - i. Fresh fruits/vegetables, and
 - ii. Water

<p>7 CFR Sec. 210.11 and 210.31</p>	<p>The food service provider can provide recommendations on healthy Smart Snack compliant options and compliant food options for purchase, if desired.</p> <p>School Celebrations may include but are not limited to, cultural awareness days, end of year celebrations, Valentine’s Day, Halloween, and other building wide events as approved by the building principal.</p> <p>3. <u>Food Allergies:</u></p> <p>a. Children with allergies will be allowed to access their designated safe snacks as provided by the caregiver to the teacher, staff or school nurse. Teachers are not responsible for reading food product labels or ensuring foods are safe from allergens (see WSSD food allergy guidelines for additional guidance).</p> <p>4. <u>Shared Curricular Foods and Snacks:</u></p> <p>a. Shared classroom foods and snacks are permitted when in conjunction with District curricular activities or programs. Examples include cultural awareness days and special program events. Foods and/or beverages should meet the Smart Snacks in School nutrition standards in all possible cases and be limited when not in compliance with those standards. Foods and/or beverages of minimal nutritional value are discouraged. (SEE ATTACHED EXPLANATION OF SMART SNACKS IN SCHOOL and ATTACHED CATEGORIES OF FOODS OF MINIMAL NUTRITIONAL VALUE).</p> <p>b. Individual snacks brought by the student for consumption by that student are not covered by this Policy and should not be shared.</p> <p><u>Marketing/Contracting –</u></p> <p>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. (SEE ATTACHED EXPLANATION OF SMART SNACKS IN SCHOOL).</p> <p>Exclusive competitive food and/or beverage contracts shall be approved by the Board, in accordance with provisions of law.</p>
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<p>Pol. 209.1</p>	<p><u>Management Of Food Allergies In District Schools</u></p> <p>The District shall establish Board policy and may establish administrative procedures to address food allergy management in District schools in order to:</p> <ol style="list-style-type: none">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. <p>ATTACHMENTS: USDA: A Guide to Smart Snacks in School Categories of Food of Minimal Nutritional Value</p> <p>References:</p> <p>School Code – 24 P.S. Sec. 504.1, 1337.1, 1422, 1422.1, 1422.3, 1512.1, 1513</p> <p>National School Lunch Program – 42 U.S.C. Sec. 1751 et seq.</p> <p>School Breakfast Program – 42 U.S.C. Sec. 1773</p> <p>Healthy, Hunger-Free Kids Act of 2010 – P.L. 111-296</p> <p>National Food Service Programs, Title 7, Code of Federal Regulations – 7 CFR Part 210, Part 220</p>
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