

SCHOOL WELLNESS

The following administrative guidelines have been developed to assist with compliance to the Mt Lebanon School District Wellness Policy to support student health and well-being. The school setting has a natural influence on nutrition and physical activity of children.

The District recognizes that it is important for students to assume gradual responsibility for their health and well being as they mature and become developmentally ready to accept that responsibility. The ultimate goal is to equip our students with the knowledge and skills to make wholesome, healthy food and activity choices beyond their time in the district and into adulthood. To that end, our program integrates a gradual system of lessening restrictions and increasing food choices as students move from elementary to middle to high school level in an environment that encourages a healthy lifestyle.

Fundraisers

Fundraising activities shall be supportive of healthy living. Fundraising that utilizes food meant to be consumed upon purchase is limited to 10 events (secondary) and 5 events (elementary) per year. Schools, clubs, sports teams and PTAs are encouraged to choose alternative fundraisers. All fundraisers that include consumable food must be approved by administration. The district will work to develop a list of alternative fundraisers that meet the federal guidelines and district policy.

Student Parties, Celebrations and Meetings

Parties should be planned to include games, crafts and activities other than food. When food is part of a celebration, it shall include food and beverage choices that support healthy living. This should always include a fruit and/or vegetable choice, and no more than two items with sugar as the first ingredient. All food choices must be nut-free. Beverages are limited to water, 100% fruit juice and milk.

Teachers may create their own specific procedures for how student birthdays will be celebrated. These guidelines will not include food to be served or distributed.

The district will work to develop a list of party ideas that include games, crafts, birthday gifts and other activities to support teachers, parents and PTA in planning.

Classroom Instruction

Food may be a part of an instructional activity that promotes a positive nutrition message (i.e., guest chef, field trip) or is an integral part of the curriculum (i.e. cultural studies.)

Rewards and incentives for academic performance should not be food based (including candy). Non-edible rewards and incentives should be favored. Conversely, food shall not be withheld as punishment

Food from Home

Parents and guardians are encouraged to provide healthy meals (i.e., packed lunches) and snacks for their children. Nutrition standards and guidelines shall be shared with parents/guardians. Nutrition education outreach for parents/guardians shall occur through various means, such as newsletters, District website, handouts, etc.

Special Health Conditions and Food Requirements

Students who have special food requirements due to a documented health condition, such as diabetes, food allergy, etc., shall have accommodations made to meet their needs. An Individual Health Care Plan shall be developed and implemented to meet those needs in cooperation with the student, parent/guardian, student's health care provider, nurse, teacher, principal, and other appropriate school personnel. Careful consideration is required for these students when food is made available in school. Special foods and beverages may be provided by the student's parent/guardian.

Building-based Wellness Committees

The formation of Wellness committees at the building levels may be established. Members of the Committee may include, but are not limited to parents/guardians, teachers, school nurse, principal, and students. Programs and activities shall follow the School Wellness Policy and Guidelines. Emphasis shall be on parent education and outreach. Building activities, programs, etc. shall be reported to the District Wellness Committee.

These guidelines shall be reviewed annually and as needed by the Wellness Committee and findings/recommendations shared with the Superintendent or designee.