

## Lower Merion School District

Policy No.:	254
Section:	STUDENTS
Title:	STUDENT WELLNESS
Date Adopted:	4/24/06
Date Last Revised	6/12/17

### 254 STUDENT WELLNESS

The Lower Merion School District promotes healthy schools and students by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment.

The Board is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education, health 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.

To promote the health and well-being of all students, the Board establishes that the District shall provide the students, in accordance with State Board of Education curriculum regulations and academic standards:

- A comprehensive nutrition program consistent with federal and state requirements.
- Access at reasonable cost to foods and beverages that meet established nutrition guidelines.
- Physical education courses and opportunities for developmentally appropriate physical activity during the school day.
- Curriculum and programs for grades K-12 that are designed to educate students about proper nutrition and lifelong physical activity.

The District shall ensure the continued existence of a Wellness Committee comprised of at least one of each of the following: School Board member, District administrator, District food services representative, student, parent/guardian, member of the public, District physical education teacher, and school nurse. Additional members may be chosen by the Board.

The purpose of the Wellness Committee is to review Board policies and administrative regulations, procedures and practices regarding wellness and nutrition and to recommend revisions to the Board and administration regarding these policies, regulations, procedures and practices.

The Superintendent or designee shall prepare and administer procedures to monitor the District's programs and curriculum to ensure compliance with state and federal law, this Policy, related policies and established guidelines or administrative regulations.

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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 and the accompanying administrative regulation 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:

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; and
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.