LENAPE TECHNICAL SCHOOL

SECTION: PUPILS

TITLE: SCHOOL WELLNESS

ADOPTED: June 15, 2006

REVISED: May 21, 2015
April 20, 2017
October 18, 2018

246. SCHOOL WELLNESS

1. Purpose

The Joint Operating Committee recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. The Joint Operating Committee 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.

2. Authority
24 P.S. 1422.1
42 U.S.C. 1758b
7 CFR 210.30

The Joint Operating Committee adopts this policy based on the recommendations of the Wellness Committee and in accordance with federal and state laws and regulations

To ensure the health and well-being of all students, the Joint Operating Committee establishes that the Lenape Technical School shall provide to students the following:

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 11 and 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.

3. Delegation of Responsibility
42 U.S.C. 1758b
7 CFR 210.30

The Administrative Director or appropriate personnel designated by the Administrative Director shall be responsible for the implementation and oversight of this policy to ensure the school's, programs and curriculum are compliant with this policy, related policies and established guidelines or administrative regulations.

7 CFR 210.30	Staff members responsible for programs related to school wellness shall report to the Administrative Director or appropriate personnel designated by the Administrative Director regarding the status of such programs. The Administrative Director or appropriate personnel designated by the Administrative Director shall annually report to the Joint Operating Committee on the school's compliance with law and policies related to school 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 the school 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 school staff, students, parents/guardians, community members, and Wellness Committee.
42 U.S.C. 1758b 7 CFR 210.30	The Administrative Director or appropriate personnel designated by the Administrative Director and the established Wellness Committee shall conduct an assessment at least once every three (3) years on the contents and implementation of this policy 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 the school is in compliance with law and polices 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 school in attaining the goals of this policy.
7 CFR 210.30	At lease once every three (3) years, the school shall update or modify this policy as needed, based on the results of the most recent triennial assessment and/or as school 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.
42 U.S.C. 1758b 7 CFR 210.30	The school shall annually inform and update the public, including parents/guardians, students, and others in the community, about the contents, updates and implementation of this policy via the school website, student handbooks, newsletters, posted notices and/or other efficient communication

4. Guidelines 7 CFR 210.15	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. <u>Recordkeeping</u> The school shall retain records documenting compliance with the requirements of the School Wellness policy, which shall include: **1.** The written School Wellness policy. **2.** Documentation demonstrating that the school 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 school to inform the public of their ability to participate in the review. **4.** Documentation demonstrating the most recent assessment on the implementation of the School Wellness policy and notification of the assessment results to the public. Wellness Committee The school shall establish a Wellness Committee comprised of, but not necessarily limited to, at least one (1) of each of the following: school administrator, school food service representative, student, parent/guardian, school health professional, physical education teacher and member of the public. The Joint Operating Committee shall receive notice of all Wellness Committee meetings. Any Joint Operating Committee member may participate in the Wellness Committee meetings. It shall be the goal that committee membership reflects the diversity of the community. 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 School Wellness policy that complies with law to recommend to the Joint Operating Committee for adoption.
42 U.S.C, 1758b 7 CFR 210.30	The Wellness Committee shall review and consider evidence-based strategies and techniques in establishing goals for nutrition education and promotion, physical activity and other school based activities that promote student wellness as part of the policy development and revision process.

Advisory Health Council

1. An Advisory Health Council may be established by the Administrative Director to study health issues and to assist in organizing follow-up programs.
2. The Advisory Health Council may examine related research, assess student needs and the current school environment, review existing Joint Operating Committee Policies and administrative regulations, and raise awareness about student health issues.
3. The Advisory Health Council may make policy recommendations to the Joint Operating Committee related to other health issues necessary to promote student wellness.
4. The Advisory Health Council may survey parents/guardians and/or students; conduct community forums or focus groups; collaborate with appropriate community agencies and organizations; and engage in similar activities within the budget established for these purposes.
5. The Advisory Health Council shall provide periodic reports to the Administrative Director or appropriate personnel designated by the Administrative Director regarding the status of its work, as required.

Individuals who conduct student medical and dental examinations in the school shall submit to the Advisory Health Council annual reports and later reports on the remedial work accomplished during the year.

Nutrition Education

24 P.S. 1513
Pol. 102
Pol. 105

Nutrition education will be provided within the sequential, comprehensive health education program in accordance with curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.

1. Nutrition education in the school shall teach, model, encourage, and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.
2. Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.
3. Nutrition education lessons and activities shall be age-appropriate
4. Nutrition curriculum shall teach behavior-focused skills, which may include menu planning, reading nutrition labels and media awareness.
5. The school's food service and/or culinary arts and nutrition education classes may cooperate to create a learning laboratory.
6. Nutrition education shall be integrated into other subjects such as math, science, language arts and social sciences to complement, but not replace academic standards-based on nutrition education.
7. Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.

Pol. 808	8. The staff responsible for providing nutrition education shall be properly trained and prepared and shall participate in appropriate professional development. <u>Nutrition Promotion</u> 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. 1. The School shall promote nutrition through the implementation of Farm to School activities, where possible. Activities may include, but not be limited to, the initiation/maintenance of gardens, taste-testing of local products in the cafeteria and classroom, classroom education about local agriculture and nutrition, field trips to local farms and incorporation of local foods into school meal programs. 2. School staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition. 3. School food service personnel shall review and implement research-based, behavioral economics techniques in the cafeteria to encourage consumption of more whole grains, fruits, vegetables and legumes, and to decrease plate waste. 4. Consistent nutrition messages shall be disseminated and displayed throughout the school, classrooms, cafeterias, participating school districts, homes, community and media. 5. Consistent nutrition messages shall be demonstrated by avoiding use of unhealthy food items in classroom lesson plans and school staff avoiding eating less healthy food items in front of students. 6. The school shall offer resources about health and nutrition to encourage parents/guardians to provide healthy meals for their children. <u>Physical Activity</u> 1. The school shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students. 2. The school shall contribute to the effort to provide students the opportunities to accumulate at least sixty (60) minutes of age-appropriate physical activity daily, as recommended by the Center 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. 3. Students shall participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness and performance benefits.

4. Age-appropriate physical activity opportunities during clubs may be provided to meet the needs and interests of all students, in addition to planned physical activity.
5. A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.
6. Extended periods of student inactivity, two (2) hours or more, shall be discouraged.
7. The school may partner with parents/guardians and community members, participating school districts and organizations, such as YMCAs, Boys & Girls Clubs, local and state parks, hospitals, etc., to institute programs that support lifelong physical activity.
8. Physical activity shall not be used or withheld as a form of punishment.
9. The school shall promote physical activity through encouragement of walking and biking as a means of transportation to and from school.
10. Students and their families shall be encouraged to utilize school owned physical activity facilities, such as playgrounds and fields, outside school hours in accordance with established rules.

<u>Physical Education</u>

A sequential physical education program consistent with curriculum regulations and Health, Safety, and Physical Education academic standards shall be developed and implemented. All enrolled students must participate in physical education if provided by the school.

1. Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong, health-enhancing physical activity.
2. 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.
3. A comprehensive physical education course of study that focuses on providing students the skills, knowledge and confidence to participate in lifelong, health-enhancing physical activity shall be implemented.
4. A varied and comprehensive curriculum that promotes both team and individual activities and leads to students becoming and remaining physically active for a lifetime shall be provided in the physical education program.
5. Adequate amounts of planned instruction shall be provided in order for students to achieve the proficient level for the Health, Safety and Physical Education academic standards.
6. A local assessment system shall be implemented to track student progress on the Health, Safety and Physical Education academic standards.

7. 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.
8. Safe and adequate equipment, facilities and resources shall be provided for physical education courses.
9. Physical education shall be taught by certified health and physical education teachers.
10. Appropriate professional development shall be provided for physical education staff.
11. Physical activity shall not be used or withheld solely as a form of punishment.

Other School- Based Activities

Safe 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.

Nutrition professionals who meet hiring criteria established by the school and in compliance with federal regulations shall administer the school meals program. Professional development and continuing education shall be provided for nutrition staff, as required by federal regulations.

1. The school shall provide adequate space, as defined by the school, for eating and serving school meals.
2. Students shall be provided a clean and safe meal environment.
3. Students shall be provided adequate time to eat: ten (10) minutes sit-down time for breakfast; twenty (20) minutes sit- down time for lunch.
4. The school shall implement alternative service models to increase school breakfast participation where possible, such as breakfast served in the classroom, "grab & go breakfast" and breakfast after first period to reinforce the positive educational, behavioral and health impacts of a healthy breakfast.
5. Meal periods shall be scheduled at appropriate hours, as required by federal regulations and as defined by the school.
6. Students shall have access to hand washing or hand sanitizing before meals and snacks.
7. Access to the food service operation shall be limited to authorized staff.
8. Nutrition content of school meals shall be available to student and parents/guardians.
9. Students and parents/guardians may be involved in menu selections through various means, such as taste testing and surveys.

10. To the extent possible, the school shall utilize available funding and outside programs to enhance student wellness.

11. The school shall provide appropriate training to all staff on the components of the Student Health and Wellness Policy.
12. Goals of the School Wellness Policy shall be considered in planning all school-based activities.
13. Fundraising projects submitted for approval shall be supportive of healthy eating and student wellness.
14. 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.
15. The school shall support the efforts of parents/guardians to provide a healthy diet and daily physical activity for students by communicating relevant information through various methods.
16. The school shall maintain a healthy school environment to optimize conditions for learning and minimize potential health risks to students, in accordance with the school environmental health program and applicable laws and regulations.

Nutrition Guidelines for All Foods/Beverages at School

All foods and beverages available in the school during the school day shall be offered to students with consideration for promoting student health and reducing obesity.

Foods and beverages provided through the National School Lunch or School Breakfast Programs shall comply with established federal nutrition standards.

Foods and beverages offered or sold at school sponsored events outside the school day, such as athletic events and dances, shall offer healthy alternatives in addition to more traditional fare.

Competitive Foods

7 CFR 210.10
7 CFR 220.8

Competitive food available for sale shall meet or exceed the established federal nutrition standards (USDA 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.

Pol. 808
42 USC 1751 et seq
42 USC 1773
7 CFR 210.31

	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 National School Lunch or School Breakfast Programs. 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.
7 CFR 210.10	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. The school may impose additional restrictions on competitive foods, provided that the restrictions are not inconsistent with federal requirements.
7 CFR 210.10 7 CFR 220.8 42 USC 1751 et seq 42 USC 1771	<u>Fundraiser Exemptions</u> *Fundraiser Exemptions -* 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 Joint Operating Committee policy and administrative regulations.
7 CFR 210.30 7 CFR 210.11 7 CFR 220.12a	The school may allow a limited number of exempt fundraisers as permitted by the Pennsylvania Department of Education each school year: up to ten (10) exempt fundraisers. 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. The school shall establish administrative regulations to implement fundraising activities, 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 incentives, at classroom parties and celebrations, or as shared classroom snacks, shall meet or exceed the standards established by the school.
7 CFR 210.30 7 CFR 210.11 7 CFR 210.30 7 CFR 210.11 7 CFR 210.11	If the offered competitive foods do not meet or exceed the Smart Snacks in School nutrition standards, the following standards shall apply: 1. Rewards and Incentives: Foods and beverages shall not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message (e.g., free breakfast).

2. Classroom Parties and Celebrations:
   Classroom parties/celebrations with food/beverages shall be limited to no more than one (1) per trimester in each classroom.

Marketing/Contracting -

Pol. 229

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 Joint Operating Committee policy and administrative regulations.

7 CFR 210.11

Exclusive competitive food and/or beverage contracts shall be approved by the Joint Operating Committee, in accordance with provisions of law. Existing contracts shall be reviewed and modified to the extent feasible to ensure compliance with established federal nutrition standards, including applicable marketing restrictions.

Management of Food Allergies in the School

The school shall establish Joint Operating Committee policy and administrative regulations to address food allergy management in the school 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 the students by providing them, through necessary accommodations when required, the opportunity to participate fully in all school programs and activities.

Safe Routes To School

1. The school shall assess and, to the extent possible, implement improvements to make walking and biking to school safer and easier for students.

7 CFR 210.30
7 CFR 210.11

2. The school shall cooperate with participating school districts, local municipalities, public safety agency, police departments, and community organizations to develop and maintain safe routes to school.

a. School administrators shall seek and utilize available federal and state funding for safe routes to school, when appropriate.

24 P.S. 504.1

	References: 24 P.S. 1422.1, 42 U.S.C. 1758b, 7 CFR 210.30, 7 CFR 210.15, 24 P.S. 1513, 24 P.S. 1512.1, 7 CFR 210.10, 7 CFR 220.8, 42 U.S.C. 1751 et seq, 42 U.S.C. 1773, 7 CFR 210.31, 7 CFR 210.11, 7 CFR 220.12a, 24 P.S. 504.1, 24 P.S. 1337.1, 24 P.S. 1422.3, 24 P.S. 1850.1, P.L. 111-296, 7 CFR Part 210, 7 CFR 220 Policy 102, Policy 103, Policy 105, Policy 229, Policy 808