SECTION: PUPILS

TITLE: STUDENT WELLNESS

BERMUDIAN SPRINGS SCHOOL DISTRICT

ADOPTED: May 11, 2017

REVISED: August 8, 2017

246. STUDENT WELLNESS

1. Purpose

Bermudian Springs 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.

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

2. Authority SC 1422.1
42 U.S.C.
7 CFR Sec.210.31

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.

3. Delegation of Responsibility
42 U.S.C. Sec. 1758b
7 CFR Sec 210.31

The Superintendent or designee shall be responsible to monitor district schools, programs, and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations.

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

Staff members responsible for programs related to student wellness shall report to

	the Superintendent or designee regarding the status of such programs.
42 U.S.C. Sec. 1758b 7 CFR Sec. 210.31	The Superintendent or designee and 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 a 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. 3. A description of the progress made by the district in attaining the goals of this policy.
7 CFR Sec. 210.31	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.
42 U.S.C. Sec. 1758b 7 CFR Sec. 210.31	The district 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 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.
4.Guidelines 7CFR Sec. 210.15,210.31	<u>Recordkeeping</u> The district 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 distract has informed the public, on a 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.

42 U.S.C. Sec. 1758b	4. Documentation demonstrating the most recent assessment on the implementation of the School Wellness policy and notification of the assessment results to the public. <u>Wellness Committee</u> The District shall establish Wellness Committee comprised of, but not necessarily limited to, at least one (1) of each of the following: School Board member, district administrator, district food service representative, student, parent/guardian, school health professional, physical education teacher and member of the public. It shall be the goal that committee membership will include representatives from each school building and reflect 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 Board for adoption.
7 CFR Sec. 210.31	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.
SC 1513 Pol. 102.105	<u>Nutrition Education</u> 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. 1. Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives. 2. Nutrition education lessons and activities shall be age-appropriate. 3. Nutrition education shall be integrated into other subjects to complement but not replace academic standards based on nutrition education. 4. Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.

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

Nutrition Promotion

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. Consistent nutrition messages shall be disseminated throughout the district, schools, classrooms, and cafeterias.

2. District staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.

3. 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.

Physical Activity

1. District schools shall contribute to the effort to provide students opportunities to participate in age-appropriate physical activity on all or most days of the week. That time will include physical activity outside the school environment, such as outdoor play at home, sports, etc.

2. Age-appropriate physical activity opportunities through interscholastic athletics shall be provided to meet the needs and interests of all students, in addition to planned physical education.

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

4. Physical activity breaks shall be provided for elementary students during classroom hours.

5. After-school programs shall provide developmentally appropriate physical activity for participating children.

6. Students and the community shall have access to physical activity facilities outside school hours.

	Physical Education
SC 1512.1 Pol. 102, 105	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. 1. Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided. 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 varied and comprehensive curriculum that leads to students becoming and remaining physically active for a lifetime shall be provided in the physical education program. 4. A local assessment system shall be implemented to track student progress on the Health, Safety and Physical Education academic standards. 5. Students shall be moderately too vigorously active as much time as possible during a physical education class. Documented medical conditions and disabilities shall be accommodated during class. 6. Safe and adequate equipment, facilities and resources shall be provided for physical education courses. 7. Physical education shall be taught by certified health and physical education teachers. 8. Appropriate professional development shall be provided for physical education staff.
7 CFR Sec.210.10,220.8	Other School Based Activities 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.
42 U.S.C. Sec. 1751 et seq, 1773	Nutrition professionals who meet hiring criteria established by the district and in compliance with federal regulations shall administer the school meals program. Professional development and continuing education shall be provided for district nutrition staff, as required by federal regulations.

7CFR Sec 210.30 Pol. 808	1. Students shall be provided a clean and safe meal environment. 2. Students shall be provided adequate time to eat: ten (10) minutes sit down time for breakfast; twenty (20) minutes sit down time for lunch. 3. Meal periods shall be scheduled at appropriate hours. 4. Students shall have access to hand washing or sanitizing before meals and snacks. 5. Access to the food service operation shall be limited to authorized staff only. 6. Students may be involved in menu selections through various means. 7. Goals of the Student Wellness Policy shall be considered in planning school based activities. 8. Fundraising projects conducted for sale during school hours shall be supportive of healthy eating and student wellness.
42 U.S.C. Sec. 1751 et seq, 1773 7 CFR Sec. 210.10,220.8 7 CFR Sec. 210.11, 210.31	<u>Nutrition Guidelines for all Foods/Beverages at School</u> 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. Foods and beverages provided through the National School Lunch or School Breakfast Programs shall comply with federal nutrition standards. *Competitive Foods*- 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. **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.
7CFR Sec. 210.11,210.31	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.

	For Purposes of this policy**, school day** means the period from midnight before school begins until (30) minutes after the end of the official school day.
7 CFR Sec.210.11	The district may impose additional restrictions on competitive foods, provided that the restrictions are not inconsistent with the federal requirements.
Pol.229	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 the applicable Board policy and administrative regulations.
7CFR Sec. 210.11,	The district may allow a limited numbers 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. **Exempt fundraisers** are fundraisers in which competitive food are available for sale to students that do not meet the Smart Snacks in School nutrition standards. The district shall establish administrative regulations to implement fundraising activities in districts 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 incentives, 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: 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. Classroom Parties and Celebrations: Classroom parties shall offer a minimal amount of foods containing added sugar as the primary ingredient (e.g. cupcakes , cookies) And will provide the following: • Fresh fruits/vegetables; and • Water, 100 percent juice, 100 percent juice diluted with water, low-fat milk or non fat milk.

	When possible, foods/beverages for parties and celebrations shall be provided by the food service department to help prevent food safety and allergy concerns. The district shall provide a list of suggested healthy food and beverage alternatives to parents/guardians and staff, which may be posted via the district website, student handbook, newsletters, posted notices and /or other efficient communication methods. <u>Marketing/ Contracting-</u>
7CFR Sec.210.11 210.31	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
SC 504.1	Exclusive competitive food and/ or beverage contracts shall be approved by the Board, 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.
Pol.209.1	<u>Management of Food Allergies in District Schools</u> The district shall establish policy and administrative regulations to address food allergy management in the district 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 server or potentially life-threatening allergic reactions. 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. 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 Regualtions- 7 CFR Part 210, Part 220