

No. 129

SECTION: PROGRAMS

TITLE: Wellness

# CATASAUQUA AREA SCHOOL DISTRICT

ADOPTED: May 9, 2006  
REVISED: June 15, 2015  
REVISED: June 13, 2017  
REVISED: January 8, 2019

<b>#129 — Wellness Policy</b>		1
1. Purpose	The Catasauqua Area School District is committed to providing school environments that promote and protect children’s health, well-being and ability to learn by supporting healthy eating and physical activity. 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 healthy dietary and lifestyle practices that can improve student achievement.	2 3 4 5 6 7 8 9 10 11
2. Authority 42 USC § 1758b, as added by the Healthy, Hunger- Free Kids Act of 2010, PL 111- 296, § 204; 7 CFR § 210.31	To ensure the health and well-being of all students, the Board establishes that the district shall provide to students: <ul style="list-style-type: none"> <li>• Qualified child nutrition professionals who will provide students with access to a variety of affordable, nutritious foods to meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean and safe settings for students to eat.</li> <li>• Nutrition education and physical education courses and opportunities for developmentally appropriate physical activity during the day to foster lifelong habits of healthy eating and physical activity.</li> </ul>	12 13 14 15 16 17 18 19 20 21 22 23
3. Delegation of Responsibility 42 USC § 1758b(b)(5)(B); 7 CFR § 210.31(c)(4)	The Superintendent or designee shall be responsible to monitor district schools, programs and curriculum and shall be responsible for the implementation and oversight of this policy to ensure compliance with this policy, related policies and established guidelines.	24 25 26 27 28 29 30
7 CFR § 210.31(e)(1)	Each building principal or designee shall report to the Superintendent regarding compliance of his/her school.  Staff members responsible for programs related to student wellness shall report to the Superintendent regarding the status of such programs.	31 32 33 34 35 36 37

	<p><b>Policy #129 – Wellness</b> <span style="float: right;"><b>Page 2</b></span></p> <p>The Superintendent shall annually report to the Board on the District’s compliance with law and policies related to student wellness. The report shall include:</p> <ul style="list-style-type: none"> <li>• Assessment of school environment regarding student wellness issues.</li> <li>• Evaluation of food services programs.</li> <li>• Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.</li> <li>• Listing of activities and programs conducted to promote nutrition and physical activity.</li> <li>• Recommendations for policy and/or program revisions.</li> <li>• Feedback received from district staff, students, parents/guardians Community members and Wellness Committee.</li> </ul> <p>An assurance that district guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law shall be provided annually by the:</p> <ul style="list-style-type: none"> <li>• Food Service Director</li> <li>• Superintendent</li> </ul> <p><u>Wellness Committee</u></p> <p>The School District will create and work within a Wellness Committee to develop, implement, monitor, periodically review and assess (at least once every three (3) years), and as necessary, recommend revisions and updates of school nutrition and physical activity policies, including this Wellness Policy, considering evidence-based strategies and techniques. At least once every three (3) years, the District shall update or modify this Policy as needed, considering the most recent triennial assessment and other factors. No such revisions or updates shall take effect until approved by the Board. The Committee will also serve as a resource to district school sites for implementing these policies. The Wellness Committee will consist of individuals representing the Board, school administrators, parents, school health professionals, teachers of physical education, Food Service Director, students, and the general public.</p> <p>The Wellness Committee shall serve as an advisory committee regarding student health issues.</p> <p>The Wellness Committee 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.</p>	<p>1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49</p>
<p>4. Guidelines</p> <p>42 USC § 1758b(b)(3); 7 CFR § 210.12(e); 7 CFR § 210.31(c)(1), (5), (d)(1), (e)(3); 7 CFR § 220.7(h)</p>		

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The Wellness Committee may examine related research and laws, assess student needs and the current school environment and raise awareness about student health issues. The Wellness Committee may make policy recommendations to the Board related to other health issues necessary to promote student wellness.

42 USC §  
1758b(b)(4); 7  
CFR §  
210.31(c)(6),  
(d)(2)

The Wellness Committee shall accept input from the public regarding this Wellness Policy, and shall inform the public about the content and implementation of the Wellness Policy and make the Wellness Policy and any updates to the Wellness Policy available to the public on an annual basis.

42 USC §  
1758b(b)(5)(A);  
7 CFR §  
210.31(d)(3),  
(e)(2)

The Wellness Committee shall periodically (at least once every three (3) years) measure and make available to the public in an accessible and easily understood manner an assessment on the implementation of this Wellness Policy, including:

- (1) the extent to which the District’s schools are in compliance with this Wellness Policy;
- (2) the extent to which this Wellness Policy compares to model local school wellness policies; and
- (3) a description of the progress made in attaining the goals of this Wellness Policy.

42 USC §  
1758b(b)(4),  
(5)(A); 7 CFR §§  
210.15(b)(9),  
210.31(f)

The Wellness Committee shall produce and maintain the following documentation:

- (1) Documentation demonstrating that this Wellness Policy and any updates to this Policy have been made available to the public (including parents, students, and others in the community) on an annual basis.
- (2) Documentation of the District’s efforts to review and update this Wellness Policy, including an indication of who is involved in the update and methods the District uses to make stakeholders aware of their ability to participate.
- (3) A copy of the District’s most recent assessment on the implementation of this Wellness Policy.
- (4) Documentation demonstrating the District’s most recent assessment on the implementation of this Wellness Policy has been made available to the public.

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Nutrition Promotion and Education

7 CFR §  
210.31(c)(1)

The goal of nutrition promotion and education is to teach, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.

Nutrition education will be provided within the sequential, comprehensive health education and Family and Consumer Science programs in accordance with State Board of Education curriculum regulations and the academic standards for Health, Safety, and Physical Education and Family and Consumer Science.

Nutrition education K-12 shall be age appropriate and provide all students with the knowledge and skills needed to lead healthy lives.

The nutrition curriculum shall be behavior focused K-12.

Nutrition education shall be integrated into other subjects including but not limited to mathematics, science and physical education to complement but not replace academic standards based on nutrition education for a total of at least 25 hours/year.

Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity in grades K-12.

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

Nutrition education shall extend beyond the school environment by engaging and involving families and communities.

Physical Activity

7 CFR §  
210.31(c)(1)

The Catasauqua Area School District shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students for at least 30 minutes daily.

Age appropriate physical activity opportunities, such as recess, before and after school; during lunch; clubs; intramurals; and interscholastic athletics, shall be provided to meet the needs of all students, in addition to planned physical education.

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

Extended periods of student inactivity, two (2) hours or more, shall be discouraged.

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

After school programs shall encourage and provide developmentally appropriate physical activity for participating children and shall be supervised by appropriately trained adults.

The Catasauqua Area School District shall partner with parents/guardians and community members to institute programs that support physical activity.

Physical activity shall not be used as a form of punishment.

The Catasauqua Area School District will strive to make its physical activity facilities available to community members outside of school hours to support programs that encourage student and adult wellness.

Physical Education

The Catasauqua Area School District will provide quality physical education instruction that promotes lifelong physical activity and provide instruction in the skills and knowledge necessary for lifelong participation.

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.

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.

A sequential physical education curriculum consistent with the State Board of Education curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented.

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.

The Catasauqua Area School District shall provide safe and adequate equipment, facilities and resources for physical education courses.

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7 CFR § 210.31(c)(1)	<b>Policy #129 – Wellness</b>	<b>Page 6</b>	<b>1</b>
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	Physical Education shall be taught by certified Health and Physical Education teachers.		<b>3</b>
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	Appropriate professional development shall be provided for Physical Education staff at least twice yearly.		<b>6</b>
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	<u>Other School Based Activities</u>		<b>10</b>
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	The Catasauqua Area School District shall provide adequate space for eating and serving school meals.		<b>12</b>
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	The Catasauqua Area School District will insure that students are provided a clean and safe meal environment.		<b>14</b>
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	Students shall be provided adequate time to eat: ten (10) minutes sit down time for breakfast; twenty (20) minutes sit down time for lunch. Lunch periods shall be scheduled between 10:45 a.m. and 1 p.m. daily.		<b>16</b>
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	The Catasauqua Area School District will insure that access to free drinking water is available at all meal periods and throughout the school day.		<b>18</b>
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	The school meals program shall be administered by a qualified Food Service Director.		<b>20</b>
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Students shall have access to hand washing or sanitizing before meals and snacks and the District shall take reasonable steps to accommodate the toothbrushing regimens of students with special oral health needs, e.g. orthodontia or high tooth decay risk.		<b>22</b>	
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The Catasauqua Area School District will insure that appropriate professional development opportunities are provided to the district nutrition staff at least yearly according to their levels of responsibility.		<b>24</b>	
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The Catasauqua Area School District will insure that access to the food service operation shall be limited to authorized staff.		<b>26</b>	
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The nutrition content of school meals shall be available to students and parents/guardians through the school district web site and/or upon request to the Food Service Director.		<b>28</b>	
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The Catasauqua Area School Board shall insure that procedures are utilized to prevent the overt identification of students who are eligible for free and reduced-price school meals through various means in compliance with applicable federal laws.		<b>30</b>	
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To the extent possible, the Catasauqua Area School District shall utilize available funding and outside resources to enhance student wellness by developing partnerships with community agencies and members.

The Catasauqua Area School District will insure that food shall not be used in the district schools as a punishment.

The Catasauqua Area School District shall provide appropriate training to all staff on the components of this Wellness Policy at least yearly.

The Catasauqua Area School District will insure that Administration and all staff members consider the goals of this Wellness Policy when planning any school activity.

Fundraising projects submitted for approval must have considered healthy eating and student wellness.

The Catasauqua Area School District shall encourage the use of healthier foods or non-food items as choices for fundraisers and all activities where competitive foods (as defined below) are provided, even outside the school day, so that the District sends a consistent message that healthy eating is important.

There shall be no food or drink provided within the District to students during regularly scheduled breakfast or lunch periods by any entity other than the District’s Food Service Department, except for breakfasts and lunches provided by a student’s parent or guardian. This will ensure optimal participation in the regulated program available to District students and optimize availability of balanced meals during the school day.

Administrators, teachers, food service personnel, students, parents/guardians are encouraged to serve as positive role models through district programs, communications and outreach efforts.

The Catasauqua Area School District shall support the efforts of parents and guardians to provide a healthy diet and daily physical activity for students by communicating relevant information through various means.

Nutrition Guidelines

The Catasauqua Area School District shall insure that all foods available in the district schools shall be offered to students with consideration for promoting student health and reducing childhood obesity by meeting at least the minimum standards set forth within this policy and by the National School Lunch Program’s federal nutrition standards.

42 USC §  
1758b(b)(2)

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<p>42 USC § 1753(b)(3)(A), as added by the Healthy, Hunger-Free Kids Act of 2010, PL 111-296, § 201; 7 CFR § 210.31(c)(2), (3)</p> <p>7 CFR § 210.31(c)(3)(iii)</p>	<p><b>Policy #129 – Wellness</b> <span style="float: right;"><b>Page 8</b></span></p> <p>The Catasauqua Area School District shall insure that foods provided through the National School Lunch or School Breakfast Programs shall comply with federal nutrition standards under the Healthy, Hunger-Free Kids Act of 2010.</p> <p>For purposes of this Policy, the term “competitive foods” means any foods offered at school other than through the National School Lunch or School Breakfast Programs, whether sold or otherwise provided, and include a la carte foods, snacks and beverages; vending foods, snacks and beverages; school store food, snacks and beverages; fundraisers; classroom parties, holiday celebrations, and food from home. However, the term “competitive foods” shall not include breakfasts or lunches provided by a student’s parent or guardian.</p> <p>All competitive foods available to students in the Catasauqua Area School District school buildings shall meet or exceed the established federal nutrition standard (USDA Smart Snacks in School), and the standards listed in this Wellness Policy, and administrative guidelines and procedures. Any foods or beverages marketed or promoted to students on the school campus during the school day shall meet or exceed the established federal nutrition standard (USDA Smart Snacks in School), and comply with Board policies and administrative regulations.</p> <p>These nutrition guidelines do not apply to any vending or lunch area maintained for staff use only.</p> <p><u>Specific Guidelines for Competitive Foods and Beverages Sold Individually</u></p> <p>These specific guidelines apply to competitive foods sold on school grounds until 30 minutes following school hours. Any entrée item offered as part of the National School Lunch or School Breakfast Program is exempt from all competitive food standards if it is sold as a competitive food on the day of service or the day after service in the lunch or breakfast program. Sugar-free chewing gum is also exempt from all competitive food standards.</p> <p>A. <u>Ingredient Rules</u></p> <p>Any competitive food sold must be a:</p> <ul style="list-style-type: none"> <li>• Fruit;</li> <li>• Vegetable;</li> <li>• Dairy product;</li> <li>• Protein-rich food (meat, beans, poultry, seafood, eggs, nuts, seeds);</li> <li>• Whole-grain rich food (the first ingredient is a whole grain or the product is 50% or more whole grains by weight); or</li> <li>• Combination food that has at least ¼ cup fruit and/or vegetable.</li> </ul>	<p>1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49</p>
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B. Nutrient Standards

All competitive foods must meet each of the following nutrient limits:

*Calories*

Maximum of 200 calories per item for snacks items and side dishes, as served, including any added accompaniments.

Maximum of 350 calories per item for entrées sold a la carte as served, including any added accompaniments.

*Sugar*

Maximum of 35% total sugar by weight, as served. However, the following are exempt from the sugar standard:

- Dried whole fruits or vegetables;
- Dried whole fruit or vegetable pieces;
- Dehydrated fruits or vegetables with no added nutritive sweeteners;
- Dried whole fruits, or pieces, with nutritive sweeteners that are required for processing and/or palatability purposes (such as cranberries, tart cherries, or blueberries); and
- Products consisting of only exempt dried fruit with nuts and/or seeds, and with no added nutritive sweeteners or fats.

*Sodium*

Maximum of 200 mg sodium per item for snacks and side dishes sold a la carte, as served, including any added accompaniments.

Maximum of 480 mg sodium per item for entrées sold a la carte, as served, including any added accompaniments.

*Fat*

Total fats: Maximum of 35% calories from fat, as packaged or served. However, the following are exempt from the total fat standard:

- Reduced fat cheese (including part-skim mozzarella);
- Nuts and seeds and nut/seed butters;
- Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats; and
- Seafood with no added fat, are exempt from the total fat standard.

Combination products are not exempt and must meet all the nutrient standards.

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Saturated fats: Less than 10% calories from fat, as packaged or served. However, the following are exempt from the saturated fat standard:

- Reduced fat cheese (including part-skim mozzarella);
- Nuts and seeds and nut/seed butters; and
- Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats.

Combination products are not exempt and must meet all the nutrient standards.

Trans fats: 0 g as served (less than or equal to 0.5 g per portion).

*Caffeine*

Elementary and Middle School: Foods and beverages must be caffeine-free with the exception of trace amounts of naturally occurring caffeine substances.

High School: Foods and beverages may contain caffeine.

C. Beverage Rules

The following may be sold at all grade levels:

- Plain water or plain carbonated water;
- Unflavored low-fat milk;
- Flavored or unflavored non-fat milk, including nutritionally equivalent milk alternatives as permitted by the school meal requirements;
- 100% fruit/vegetable juice; and
- 100% fruit/vegetable juice diluted with water (with or without carbonation) and no added sweeteners.

Size limits: 8 oz for the elementary school; 12 oz for the middle and high schools. (There is no size limit for plain water or plain carbonated water.)

At the high school, other flavored and/or carbonated beverages may be sold so long as they satisfy either of the following rules:

- The serving is less than or equal to 20 fl oz, and the beverage is labeled to contain no more than 5 calories per 8 fl oz, or no more than 10 calories per 20 fl oz; or
- The serving is less than or equal to 12 fl oz, and the beverage is labeled to contain no more than 40 calories per 8 fl oz, or no more than 60 calories per 20 fl oz.

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Safe Routes to School

The Catasauqua Area School District shall assess, and to the extent possible, implement improvements to make walking and biking to and from school safer and easier for students.

The Catasauqua Area School District shall cooperate with local municipalities, public safety agencies, police departments, and community organizations to develop and maintain safe routes to and from school.

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

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