



Book	Policy Manual
Section	200 Pupils
Title	Copy of Student Wellness
Number	246
Status	
Legal	1. 24 P.S. 1422.1 3. Pol. 100 4. Pol. 808 5. 24 P.S. 1422 6. 24 P.S. 1513 7. Pol. 102 8. Pol. 105 9. 24 P.S. 1512.1 10. 24 P.S. 504.1 24 P.S. 1337.1 Pol. 000
Adopted	July 18, 2013

Purpose

Northern York County 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 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.

Authority

The Board adopts **this policy** ~~the Student Wellness Policy~~ based on the recommendations of the ~~appointed~~ Wellness Committee and in accordance with federal and state laws **and regulations**. The policy shall be included in the district's Strategic Plan.[\[1\]](#)[\[3\]](#)

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.

Delegation of Responsibility

The Superintendent or designee shall be responsible for the implementation and oversight of this policy to ensure each of the district's schools, programs and curriculum is compliant with this policy, related policies and established guidelines or administrative regulations. ~~responsible to monitor district schools, programs, and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations.~~[2] 3]

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

Staff members responsible for programs related to school ~~student~~ wellness shall report to the Superintendent or designee regarding the status of such programs.

The Superintendent or designee shall annually report to the Board on the district's compliance with law and policies related to school ~~student~~ wellness. The report may include:

1. Assessment of school environment regarding school ~~student~~ wellness issues.
2. Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.
3. Listing of activities and programs conducted to promote nutrition and physical activity.
4. Suggestions for improvement in specific areas.
5. Recommendations for policy and/or program revisions.
6. Feedback received from district staff, students, parents/guardians, community members and Wellness Committee.

And 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 Director of Food Service.

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 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.
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.

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 using one or more of the following means: 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. [2][3]

Guidelines

Recordkeeping

The District shall retain records documenting compliance with the requirements of the School Wellness policy, which shall include: [3][4]

1. The written School Wellness policy.
2. Documentation demonstrating that the district 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 district 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.

~~The district shall retain records documenting compliance with the requirements of the School Wellness policy, which shall include:~~

Wellness Committee

The ~~District Board~~ shall ~~establish~~ ~~appoint~~ a Wellness Committee comprised of at least one (1), ~~but not necessarily limited to~~, of each of the following: School Board member, district administrator, district food service representative, student, parent/guardian, member of the public, ~~physical education teacher, and school health professional school nurse, and other individuals chosen by the Board.~~ ~~It shall be the goal that committee membership will include representation from different school buildings and reflect the diversity of the community.~~ [2]

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 Student~~ Wellness Policy that complies with law to recommend to the Board for adoption.

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.

The Wellness Committee may examine related research, assess student needs and the current school environment, review existing Board policies and administrative ~~guidelines~~ ~~regulations~~, 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.

~~The Wellness Committee shall provide periodic reports to the Superintendent or designee regarding the status of its work, as required.~~

Individuals who conduct student medical and dental examinations shall submit to the Wellness Committee annual reports and later reports on the remedial work accomplished during the year, as required by law.[5]

Nutrition Education

The goal of nutrition 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 program in accordance with curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.[6][7][8]

Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.

Nutrition education shall be integrated into other subjects to complement but not replace academic standards based on nutrition education **and be age appropriate**.

Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.

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

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

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.

District schools 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 school 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.

The District shall offer resources about health and nutrition to parents/guardians.

Physical Activity

Developmentally and age-appropriate physical activity opportunities, such as **outdoor or indoor** recess; before and after school **programs**; during lunch; clubs; intramurals; and interscholastic athletics, shall be provided to meet the needs and interests 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.

District schools shall partner with parents/guardians, ~~and~~ community members, **and other organizations**, to institute programs that support **lifelong** physical activity.

Physical Education

Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.

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. [9][7][8] [7][8][10]

A local assessment system shall be implemented to track student progress on the Health, Safety and Physical Education academic standards.

Safe and adequate equipment, facilities and resources shall be provided for physical education courses.

Physical education shall be taught by certified health and physical education teachers.

Appropriate professional development shall be provided for physical education staff.

Other School Based Activities

District schools shall provide adequate space and time, as defined by the district, for eating and serving school meals in a clean and safe meal environment.

Drinking water shall be available at all meal periods and throughout the school day.

Students shall have access to hand washing or sanitizing before meals and snacks.

Nutrition professionals who meet 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.** [9][13][14] [15]

~~Professional development shall be provided for district nutrition staff.~~

Students and parents/guardians may be involved in menu selections through various means.

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.

The district shall support the efforts of parents/guardians to provide a healthy diet and daily physical activity for children by communicating relevant information through various methods.

Nutrition content of school meals shall be available to students and parents/guardians as requested.

Nutrition Guidelines for Foods and Beverages at School

All foods **and beverages** 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 **the established** federal nutrition standards. ~~under the School Meals Initiative.~~ [11][12][13] [14]

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

Competitive Foods/Beverages

~~Competitive foods and beverages are defined as any food or beverage offered or sold at school in competition with reimbursable meals served through the National School Lunch or School Breakfast programs. [10]~~

Competitive food and beverages 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 program.

For the purpose of this policy, school campus means any area of property under the jurisdiction of the school that students may access during the school day. [3][16]

All competitive foods available to students in district schools 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: ala carte options in cafeterias, vending machines, school stores, snack carts and fundraisers. [3][16][17] ~~comply with the established nutrition guidelines, as listed in the Nutritional Standards for Competitive Foods in the Northern York County School District.~~

For the 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. [3][16]

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. [19]

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 guidelines ~~regulations~~. [3][16]

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 Board policy and administrative regulations.

The district may allow a limited number 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 foods are available for sale to students that do not meet the Smart Snacks in School nutrition standards.

The district shall establish administrative guidelines ~~regulations~~ to implement fundraising activities in district schools, including procedures for requesting a fundraiser exemption.

Non-Sold Competitive Foods

Non-sold competitive foods and beverages available to students shall meet or exceed the standards established by the District.

Classroom Parties/Holiday Celebrations

The District recognizes that classroom celebrations are a tradition in public education. Parents/guardians and staff are encouraged to provide snack and beverage items that are consistent with the goals of the Student Wellness Policy. Each School within the District will encourage healthy choices and portion control within classroom celebrations

Student Rewards

The District recognizes that student reward celebrations are a tradition in public education. School administration and staff are encouraged to provide foods that are consistent with the goals of the Student Wellness Policy.

Foods from Home

Parents/guardians will be encouraged to promote their child's participation in school meal programs which meet Federal nutrition guidelines. For children not participating in school meal programs, parents/guardians will be encouraged to provide healthy alternatives. Parents/guardians are encouraged to comply with the nutrition policy to the best of their ability and knowledge. Nutritional education outreach will be provided through newsletters, open houses, back to school nights, and other school related events and media.

Healthy food choices can be categorized into the following categories:

Food Items

Healthiest – Green	Healthy – Yellow	Limited – Red
3g of total fat or fewer per serving (nuts and seeds exempt from restrictions)	6g of total fat or fewer per serving (nuts and seeds exempt from restrictions)	Any food items which exceed the limits set in the healthy and healthiest categories
30g of carbohydrates or fewer per serving (all candies considered in limited category)	40g of carbohydrates or fewer per serving (nuts and seeds exempt from restrictions)	
Sugar will not be first ingredient		

Beverages

Healthiest – Green	Healthy – Yellow	Limited - Red
Milk – Low fat (1%) or Non-fat preferred, any flavor (not to exceed 8oz.)	Water – Flavored or vitamin enhanced	Any beverage which exceeds the limits set in the healthy and healthiest categories
Water- Pure, unflavored (any size)	Low calorie beverages - <50 calories per 12 oz. serving	
Juice – 100% fruit juice		

Choices are encouraged to be from the Healthiest and Healthy categories. An example of some of these choices may include:

- Fresh Fruit
- Fresh Vegetables
- Low-Fat Frozen Yogurts
- Wheat Crackers (plain or topped with peanut butter)
- Fruit Cups
- Dried Fruits and Trail Mixes
- Fruit Bars
- Rice Cakes
- Low-Fat Popcorn
- Baked Tortilla Chips
- Whole Grain Granola Bars
- Low-Fat or Fat Free Yogurts
- Animal Crackers/ Graham Crackers
- 100 % Fruit Juices
- Non-Fat or Low Fat Milk

Water
Nuts and Seeds

Last Modified by Eric Eshbach on May 12, 2017