



<p>3. Delegation of Responsibility 42 U.S.C. Sec. 1758b 7 CFR Sec. 210.31</p>	<p>The Principal shall be responsible for the implementation and oversight of this policy to ensure St. Margaret School’s programs and curriculum is compliant with this policy, related policies and established guidelines or administrative regulations.</p>
<p>7 CFR Sec. 210.31</p>	<p>St. Margaret School Principal shall annually report to the Superintendent or designee regarding compliance in his/her school.</p>
<p>42 U.S.C. Sec. 1758b 7 CFR Sec. 210.31</p>	<p>Staff members responsible for programs related to school wellness shall report to the principal regarding the status of such programs.</p> <ol style="list-style-type: none"> <li>1. Evaluation of food services program.</li> <li>2. Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.</li> <li>3. Feedback received from district staff, students, parents/guardians, community members and the Wellness Committee.</li> </ol>
<p>42 U.S.C. Sec. 1758b 7 CFR Sec. 210.31</p>	<p>The principal 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:</p> <ol style="list-style-type: none"> <li>1. The extent to which St. Margaret School is in compliance with law and policies related to school wellness.</li> <li>2. The extent to which this policy compares to model wellness policies.</li> <li>3. A description of the progress made by St. Margaret School in attaining the goals of this policy.</li> </ol>
<p>7 CFR Sec. 210.31</p>	<p>At least once every three (3) years, the St. Margaret School 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.</p>
<p>42 U.S.C. Sec. 1758b</p>	<p>St. Margaret School shall annually inform and update the public, including parents/guardians, students and others in the community, about the contents,</p>

<p>7 CFR Sec. 210.31</p>	<p>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.</p>
<p>4. Guidelines</p> <p>7 CFR Sec. 210.15, 210.31</p>	<p><u>Recordkeeping</u></p> <p>The St. Margaret School shall retain records documenting compliance with the requirements of the School Wellness policy, which shall include:</p> <ol style="list-style-type: none"> <li>1. The written School Wellness policy.</li> <li>2. Documentation demonstrating that St. Margaret School has informed the public, on an annual basis, about the contents of the School Wellness policy and any updates to the policy.</li> <li>3. Documentation of efforts to review and update the School Wellness policy, including who is involved in the review and methods used by St. Margaret School to inform the public of their ability to participate in the review.</li> <li>4. Documentation demonstrating the most recent assessment on the implementation of the School Wellness policy and notification of the assessment results to the public.</li> </ol>
<p>42 U.S.C. Sec. 1758b</p>	<p><u>Wellness Committee</u></p> <p>St. Margaret School shall establish a Wellness Committee comprised of, but not necessarily limited to, at least one (1) of each of the following: HSA member, Principal, district food service representative, student, parent/guardian, 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.</p> <p>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.</p>
<p>7 CFR Sec. 210.31</p>	<p>The Wellness Committee shall review and consider evidence-based strategies and techniques in establishing goals for nutrition education and promotion, physical</p>



2. District schools shall offer resources about health and nutrition to encourage parents/guardians to provide healthy meals for their children.

3. Consistent nutrition messages shall be disseminated and displayed throughout the school, and cafeteria.

Physical Activity

1. St. Margaret School shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.

2. Age-appropriate physical activity opportunities, such as outdoor and indoor recess, after school programs, shall be provided to meet the needs and interests of all students, in addition to planned physical education.

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

Physical Education

A sequential physical education program consistent with curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented. All St. Margaret School 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. Safe and adequate equipment, facilities and resources shall be provided for physical education courses.

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 St. Margaret School and in compliance with federal regulations shall administer the school

SC 1512.1  
Pol. 102, 105

<p>7 CFR Sec. 210.10, 220.8 SC 701, 742</p> <p>42 U.S.C. Sec. 1751 et seq, 1773</p> <p>7 CFR Sec 210.30 Pol. 808</p> <p>7 CFR Sec. 210.10</p>	<p>meals program. Professional development and continuing education shall be provided for district nutrition staff, as required by federal regulations.</p> <p>1. District schools shall provide adequate space, as defined by the district, for eating and serving school meals.</p> <p>2. Students shall be provided a clean and safe meal environment.</p> <p>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.</p> <p>4. St. Margaret School shall implement alternative service models to increase school breakfast participation where possible, such as breakfast served in the classroom, “grab &amp; go breakfast” and breakfast after first period to reinforce the positive educational, behavioral and health impacts of a healthy breakfast.</p> <p>5. Meal periods shall be scheduled at appropriate hours, as required by federal regulations and as defined by the St. Margaret School</p> <p>6. Students shall have access to hand washing or sanitizing before meals and snacks.</p> <p>7. Access to the food service operation shall be limited to authorized staff.</p> <p>{ } _____ other.</p> <p><u>Nutrition Guidelines for All Foods/Beverages at School</u></p> <p>All foods and beverages available in St. Margaret School during the school day shall be offered to students with consideration for promoting student health and reducing obesity.</p> <p>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.</p>
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*Competitive Foods –*

Competitive foods 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.

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 thirty (30) minutes after the end of the official school day.

The district may impose additional restrictions on competitive foods, provided that the restrictions are not inconsistent with federal requirements.

*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 regulations to implement fundraising activities in district schools, including procedures for requesting a fundraiser exemption.

*Non-Sold Competitive Foods –*

42 U.S.C.  
Sec. 1751 et seq,  
1773  
7 CFR



*Marketing/Contracting –*

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.

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.

Management of Food Allergies in District Schools

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

Safe Routes to School

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

{ } The district shall cooperate with local municipalities, public safety agency, police departments and community organizations to develop and maintain safe routes to school.

{ } District administrators shall seek and utilize available federal and state funding for safe routes to school, when appropriate.

7 CFR  
Sec. 210.11,  
210.31

References:

School Code – 24 P.S. Sec. 504.1, 701, 742, 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 Regulations –  
7 CFR Part 210, Part 220

Board Policy – 102, 103, 103.1, 105, 209.1, 229, 808

SC 504.1

Pol. 209.1

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