



Book	Policy Manual
Section	200 Pupils
Title	School Wellness
Code	246
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Purpose

The Butler Area 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 District will engage students, parents/guardians, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing District-wide nutrition and physical activity practices which impact students, families, and staff. [\[1\]](#)[\[2\]](#)[\[3\]](#)

Authority

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.
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 to monitor District schools, programs and curriculum to ensure compliance with this policy, related policies and established guidelines or

administrative regulations.[\[1\]\[2\]](#)

Each building principal or designee shall report to the Superintendent or designee regarding compliance in his/her school.[\[1\]](#)

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

The Superintendent or designee and the established Wellness Committee shall conduct an assessment on the contents and implementation of this policy at least once every three (3) years 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:[\[1\]\[2\]](#)

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.
4. 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.[\[1\]](#)
5. Assessment of school environment regarding student wellness issues.
6. Evaluation of food services program.
7. Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.
8. Listing of activities and programs conducted to promote nutrition and physical activity.
9. Recommendations for policy and/or program revisions.
10. Suggestions for improvement in specific areas.
11. Feedback received from District staff, students, parents/guardians, community members, and Wellness Committee.

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 Food Service Director.

Guidelines

Wellness Committee

The Board shall appoint a Wellness Committee comprised of at least one (1) of each of the following: School Board member, District administrator, District food service representative, student, parent/guardian, member of the public, teacher, school nurse, and Athletic Director.[\[2\]](#)

The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing a School Wellness Policy that complies with law to recommend to the Board for adoption.

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

Recordkeeping

The District shall retain records documenting compliance with the requirements of the School Wellness policy, which shall include: [\[1\]](#)[\[4\]](#)

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 the Director of Food and Nutrition Services, the District Health and Wellness Coordinator and any other administrator 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.

Nutrition Education

The goal of nutrition education is to teach, encourage, and support healthy eating by students.

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. [\[5\]](#)[\[6\]](#) [\[7\]](#)

Nutrition education lessons and activities shall be age-appropriate.

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

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

The staff responsible for providing nutrition education shall be properly trained and prepared and shall participate in appropriate professional development. [\[8\]](#)

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.

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

District 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.

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

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.

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

Physical Activity

District schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.

Age-appropriate physical activity opportunities, such as recess before and after school and 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.

Students and the community shall have access to physical activity facilities outside school hours in accordance with the District's Use of School Facilities practice.[9]

Physical Education

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

A sequential physical education program consistent with State Board of Education curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented.[6][7][10]

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. Goals for Other School Based Activities

The District shall provide sufficient lunch periods that are long enough to give all students adequate time to be served and to eat their lunches.

School Environment –

District schools shall provide adequate space, as defined by the District, for eating and serving school meals.

Students shall be provided a clean and safe meal environment.

Meal periods shall be scheduled at appropriate hours, as defined by the District.[\[11\]](#)

Drinking water shall be available at all meal periods and throughout the school day.[\[11\]](#)[\[12\]](#)[\[13\]](#) [\[14\]](#)

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

Professional development shall be provided for District nutrition staff.[\[8\]](#)[\[15\]](#)[\[16\]](#)[\[17\]](#)

Access to the food service operations shall be limited to and supervised by authorized staff. Nutrition content of school meals shall be available to students and parents/guardians.

The District shall provide appropriate information to all staff on the components of the School Wellness Policy.

Goals of the School Wellness Policy shall be considered in planning all school based activities.

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 Guidelines

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 provided through the National School Lunch or School Breakfast Programs shall comply with federal nutrition standards under the School Meals Initiative.[\[11\]](#)[\[14\]](#)[\[15\]](#)[\[16\]](#)

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 in accordance with Smart Snacks in School nutrition standards.

Food shall not be used in the schools as a punishment or as a reward, unless the reward is an activity that promotes a positive nutrition message.

All foods and beverages offered for sale to students at school, outside of the reimbursable school meal, shall meet or exceed the federal nutrition standards for competitive foods (USDA Smart Snacks in School).[\[1\]](#)[\[18\]](#)[\[19\]](#)

Competitive foods are defined as foods offered at school other than through the National School Lunch or School Breakfast Programs and include a la carte foods, (snacks and beverages); vending food (snacks and beverages); school store food (snacks and beverages); fundraisers; classroom parties; holiday celebrations; and food from home.

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.[\[1\]](#)[\[18\]](#)

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.[\[20\]](#)

Safe Routes to School

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

Legal [1. 7 CFR 210.31](#)

[2. 42 U.S.C. 1758b](#)

[3. 24 P.S. 1422.1](#)

[4. 7 CFR 210.15](#)

[5. 24 P.S. 1513](#)

6. Pol. 102

7. Pol. 105

8. Pol. 808

9. Pol. 707

[10. 24 P.S. 1512.1](#)

[11. 7 CFR 210.10](#)

[12. 24 P.S. 701](#)

[13. 24 P.S. 742](#)

[14. 7 CFR 220.8](#)

[15. 42 U.S.C. 1751 et seq](#)

[16. 42 U.S.C. 1773](#)

[17. 7 CFR 210.30](#)

[18. 7 CFR 210.11](#)

[19. 7 CFR 220.12](#)

[20. 24 P.S. 504.1](#)

[24 P.S. 1337.1](#)

[24 P.S. 1422](#)

[24 P.S. 1422.3](#)

[7 CFR Part 210](#)

[7 CFR Part 220](#)

[P.L. 111-296](#)

Pol. 103

