

SECTION: PUPILS

TITLE: STUDENT WELLNESS

ADOPTED: April 24, 2006

REVISED: August 21, 2014

FREEDOM AREA SCHOOL DISTRICT

246. STUDENT WELLNESS	
<p>1. Purpose</p>	<p>The Freedom 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.</p>
<p>2. Authority SC 1422.1 42 U.S.C. Sec. 1758b</p>	<p>The Board adopts the Student Wellness Policy based on the recommendations of the appointed Wellness Committee and in accordance with federal and state laws.</p> <p>To ensure the health and well-being of all students, the Board establishes that the district shall provide to students:</p> <ol style="list-style-type: none"> 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 or 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.
<p>3. Delegation of Responsibility 42 U.S.C. Sec. 1758b</p>	<p>The Superintendent or designee shall be responsible to monitor each of the district's schools, programs, and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations.</p>

	<p>Each building principal or designee shall report to the Superintendent or designee regarding compliance in his/her school.</p> <p>Staff members responsible for programs related to student wellness shall report to the Superintendent or designee regarding the status of such programs.</p> <p>The Superintendent or designee shall annually report to the Board on the district's compliance with law and policies related to student wellness. The report may include:</p> <ol style="list-style-type: none">1. Assessment of school environment regarding student wellness issues.2. Evaluation of food services program.3. Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.4. Activities and programs conducted to promote nutrition and physical activity provided in the curriculum.5. Recommendations for policy and/or program revisions.6. Suggestions for improvement in specific areas.7. Feedback received from district staff, students, parents/guardians, community members and the Wellness Committee. <p>42 U.S.C. Sec. 1758b</p> <p>The Superintendent or designee and the appointed Wellness Committee shall periodically conduct an assessment on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation. The assessment shall include the extent to which district schools are in compliance with law and policies related to student wellness, and shall describe the progress made by the district in attaining the goals of this policy. The assessment shall be made available to the public.</p> <p>42 U.S.C. Sec. 1758b</p> <p>The district shall inform and update the public, including parents/guardians, students, and others in the community, about the contents and implementation of this policy.</p> <p>The Wellness Committee will meet to review the wellness Policy three times annually.</p>
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4. Guidelines	<p><u>Wellness Committee</u></p> <p>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, physical education instructor, school nurse and member of the public. Other members of the Wellness Committee may include: teachers, a coach, a dietician, health professionals, food vendors and other individuals chosen by the Board.</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 Student Wellness Policy that complies with law to recommend to the Board for adoption.</p> <p>The Wellness Committee shall provide periodic reports to the Superintendent or designee regarding the status of its work, as required.</p>
SC 1422	<p>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.</p>
SC 1513 Pol. 102, 105	<p><u>Nutrition Education</u></p> <p>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.</p> <p>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.</p> <p>Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.</p> <p>Nutrition education lessons and activities shall be age-appropriate.</p> <p>Nutrition curriculum shall be behavior focused.</p> <p>School food service and nutrition education classes shall cooperate to create a learning laboratory.</p> <p>Nutrition education shall be integrated into other subjects.</p>

	<p>Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.</p> <p>Nutrition education shall extend beyond the school environment by engaging and involving families and the community.</p> <p><u>Nutrition Promotion</u></p> <p>The district aims to teach, encourage, and support healthful eating by students. District schools shall promote nutrition by providing appropriate nutrition education in accordance with the Student Wellness Policy.</p> <p>District staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.</p> <p>Consistent nutrition messages shall be disseminated and displayed throughout the district, schools, classrooms, cafeterias, and/or homes, community and media.</p> <p>Consistent nutrition messages shall be demonstrated by avoiding use of unhealthy food items in classroom lesson plans and encourage school staff to avoid eating less healthy food items in front of students.</p> <p>District schools shall encourage parents/guardians to provide healthy meals for their children through newsletter articles, take-home materials, or other means.</p> <p><u>Physical Activity</u></p> <p>District schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.</p> <p>District schools shall determine how they will contribute to the effort to provide students opportunities to accumulate at least sixty (60) minutes of 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.</p> <p>Students will have the opportunity to participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits.</p> <p>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 and interests of all students, in addition to planned physical education.</p>
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<p>SC 1512.1 Pol. 102, 105</p>	<p>A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.</p> <p>Extended periods of student inactivity shall be discouraged.</p> <p>Physical activity breaks shall be recommended for elementary students during classroom hours.</p> <p>District schools shall partner with parents/guardians and community members to institute programs that support physical activity.</p> <p>Physical activity shall not be used as a form of punishment.</p> <p><u>Physical Education</u></p> <p>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.</p> <p>Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>Adequate amounts of planned instruction shall be provided in order for students to achieve the proficient level for the Health, Safety and Physical Education academic standards.</p> <p>A local assessment system shall be implemented to track student progress on the Health, Safety and Physical Education academic standards.</p>
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<p>7 CFR Sec. 210.10, 220.8</p>	<p>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.</p> <p>Safe and adequate equipment, facilities and resources shall be provided for physical education courses.</p> <p>Physical education shall be taught by certified health and physical education teachers.</p> <p>Appropriate professional development shall be provided for physical education staff.</p> <p>Physical education classes shall have a teacher-student ratio comparable to those of other courses.</p> <p>Physical activity shall not be used as a form of punishment.</p> <p><u>Other School Based Activities</u></p> <p>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.</p> <p>District schools shall provide adequate space, as defined by the district, for eating and serving school meals.</p> <p>Students shall be provided a clean and safe meal environment.</p> <p>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>Meal periods shall be scheduled at appropriate hours, as defined by the district.</p> <p>Students shall have access to hand washing or sanitizing before meals and snacks.</p> <p>Nutrition professionals who meet criteria established by the district shall administer the school meals program.</p> <p>Professional development shall be provided for district nutrition staff.</p> <p>Access to the food service operation shall be limited to authorized staff.</p>
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<p>42 U.S.C. Sec. 1751 et seq, 1773</p> <p>7 CFR Sec. 210.10, 220.8</p> <p>7 CFR Sec. 210.11, 220.12a</p> <p>7 CFR Sec. 210.11</p> <p>SC 504.1</p>	<p>Nutrition content of school meals shall be available to students and parents/guardians.</p> <p>Students and parents/guardians may be involved in menu selections through various means.</p> <p>To the extent possible, the district shall utilize available funding and outside programs to enhance student wellness.</p> <p>Food shall not be used in the schools as a reward or punishment.</p> <p>The district shall provide appropriate training to all staff on the components of the Student Wellness Policy.</p> <p>Goals of the Student Wellness Policy shall be considered in planning all school based activities.</p> <p>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.</p> <p>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.</p> <p><u>Nutrition Standards/Guidelines</u></p> <p>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.</p> <p>Foods provided through the National School Lunch or School Breakfast Programs shall comply with established federal nutrition standards.</p> <p>Competitive foods available for sale to students in district schools outside of school meal programs shall comply with established federal nutrition standards.</p> <p>The district may impose additional restrictions on competitive foods, provided that the restrictions are not inconsistent with federal requirements.</p> <p>Exclusive competitive food and/or beverage contracts shall be approved by the Board, in accordance with provisions of law.</p>
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<p>Pol. 209.1</p>	<p><u>Management Of Food Allergies In District Schools</u></p> <p>The district shall establish Board policy and administrative regulations to address food allergy management in district schools in order to:</p> <ol style="list-style-type: none">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. <p><u>Safe Routes To School</u></p> <p>The district shall cooperate with local municipalities, public safety agency, police departments, and community organizations to develop and maintain safe routes to school.</p> <p>District administrators shall seek and utilize available federal and state funding for safe routes to school, when appropriate.</p> <p>References:</p> <p>School Code – 24 P.S. Sec. 504.1, 1337.1, 1422, 1422.1, 1422.3, 1512.1, 1513</p> <p>National School Lunch Program – 42 U.S.C. Sec. 1751 et seq.</p> <p>School Breakfast Program – 42 U.S.C. Sec. 1773</p> <p>Healthy, Hunger-Free Kids Act of 2010 – P.L. 111-296</p> <p>National Food Service Programs, Title 7, Code of Federal Regulations – 7 CFR Part 210, Part 220</p> <p>Board Policy – 102, 103, 105, 808</p>
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