

10600 STUDENT WELFARE**10615 Student Wellness**

The Warren County School District recognizes that student wellness and proper nutrition are related to improving students' physical well-being, growth, development, readiness to learn, **and reducing childhood obesity**. 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.~~

~~To promote a healthy learning environment and a health-conscious curriculum, and to ensure compliance with state and federal law, the Board establishes the following student nutrition goals with the purpose of promoting student health and reducing childhood obesity.~~

- ~~● Provide nutrition education and physical education integrated curricula at the elementary, middle and high school levels.~~
- ~~● Contribute to the effort to provide students the opportunities to accumulate at least 15 minutes of age appropriate daily physical activity in Kindergarten, 30 minutes in grades 1-5; and by school year 2007-2008 have a plan to provide students in grades 6-12 opportunities to accumulate at least 30 minutes of age appropriate daily physical activity. That time will include physical activity outside the school environment, such as outdoor play at home, sports and other activities.~~
- ~~● Provide yearly growth information for each student by school year 2008.~~
- ~~● Assure that the guidelines for reimbursable school meals shall not be less restrictive than regulations and guidelines issued by the U.S. Secretary of Agriculture.~~
- ~~● Adopt the Nutritional Standards for Competitive Foods in Pennsylvania Schools.~~
- ~~● Implement a Warren County School District Student Wellness Policy by August 30, 2006 with the Superintendent charged with the operational responsibility for ensuring that the District meets the goals and requirements of the Student Wellness Policy. The Superintendent shall establish a plan based on the Policy goals that will annually evaluate the effectiveness of the Policy.~~

- ~~Involve parents, students, administrators, board members, food service representatives and the public in advising the Board and Administration on related policy development and district student wellness activities through the establishment of a WCSD Student Wellness Advisory Committee.~~

~~Annually the Administration shall recommend that the Board approve at the September Board meeting the membership of the WCSD Student Wellness Advisory Committee. Membership shall include at least one of the following from each attendance area: high school student, parent, teacher, and administrator. In addition, membership shall include a school board member appointed by the Board President, at least one Central Office administrator, a district food service representative, and members of the public.~~

~~The Student Wellness Advisory Committee is charged with advising the Board and Administration on student nutrition and health related policy, curriculum, student activities and health issues. The Student Wellness Advisory Committee will meet at least four times in a school year.~~

~~The Administration shall develop with advice from the Student Wellness Advisory Committee an administrative procedure supporting the Policy.~~

To ensure the health and well-being of all students, 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 and through extracurricular activities during non-school hours.**
- 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.**

The Superintendent or his/her designee shall work in cooperation with each building principal and other applicable staff members to monitor compliance with this Policy and to monitor District programs related to student wellness.

The Superintendent or his/her designee shall annually, at the conclusion of each school year, report to the Board on the District's compliance with law and policy related to student wellness. The report may include:

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. Listing of activities and programs conducted to promote nutrition and physical activity.
5. Recommendations for improvement and policy or program revisions.
6. Feedback received from District staff, students, parents/guardians, community members and the Wellness Committee.

The Superintendent or his/her 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 its implementation. The assessment shall include the extent to which District schools are in compliance with laws related to student wellness and shall describe the progress made by the District in attaining the goals of this Policy. The assessment, as well as information about the contents and implementation of this Policy, shall be made available to the public.

Wellness Committee

The Board shall annually, as a part of its October meeting, 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, and member of the public. In advance of each October Board meeting, the Administration shall provide the Board with a list of the recommended Committee Members. Even if not a member of the Committee, physical education teachers and school health professionals shall be permitted to participate in the operations of the Wellness Committee.

The Wellness Committee shall serve as an advisory committee regarding student health and wellness issues and shall implement, periodically review, and recommend updates to this Policy for the Board's consideration.

As a part of its responsibilities, the Wellness Committee, or a subcommittee thereof, shall address Health and Nutrition Education and Promotion; Physical Activity and Education; and Other School Based Operations, as follows:

1. Health and Nutrition Education and Promotion

Nutrition Education will be provided within the sequential, comprehensive health education program in accordance with curriculum regulations, certification requirements, and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences. The goal of nutrition education is to teach, encourage and support healthy eating by students because promoting student health and nutrition enhances readiness for learning and increases student achievement.

The District will aim to teach, encourage, and support healthful eating by students. District schools shall promote nutrition by providing appropriate nutrition education in accordance with this Policy and with the goal of providing students with the knowledge and skills needed to lead healthy lives. Nutrition education shall strive to extend beyond the school environment by engaging and involving families and the community and encouraging parents/guardians to provide healthy meals for their children through letters, take-home materials, or other means.

2. Physical Activity and Education

Based on the District's belief that at least sixty (60) minutes of age-appropriate physical activity per day is beneficial for its students to achieve optimal health, wellness, and fitness, District schools shall strive to provide students with opportunities for developmentally appropriate physical activity during the school day (such as recess and physical education) and through extracurricular activities during non-school hours (such as clubs, intramurals, and interscholastic athletics) to assist students and parents in attaining this benchmark.

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

1 Students and the community shall have access to physical activity facilities
2 outside school hours in accordance with applicable Board policies relative to
3 facility usage.

4
5 A sequential physical education program consistent with curriculum
6 regulations and Health, Safety and Physical Education academic standards
7 shall be developed, implemented, and participated in by students with the goal
8 of providing quality physical education instruction that promotes lifelong
9 physical activity, provides instruction in the skills and knowledge necessary for
10 lifelong participation, and provides students the skills, knowledge and
11 confidence to participate in lifelong, health-enhancing physical activity.

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13 **3. Other School-Based Operations**

14
15 Drinking water shall be available and accessible at no cost to students during
16 meal periods and throughout the school day.

17
18 District schools shall provide an adequate space, environment and duration, as
19 defined by the District, for eating and serving school meals. Students shall have
20 access to hand washing or sanitizing before meals and snacks.

21
22 Nutrition professionals shall administer the school meals program, and
23 professional development shall be provided to nutrition staff.

24
25 Nutrition content of school meals shall be available to students and
26 parents/guardians, and parents/guardians may be involved in menu selections
27 through various means.

28
29 To the extent possible, the District shall utilize available funding and outside
30 programs to enhance student wellness.

31
32 Withholding Food shall not be used as a form of punishment.

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34 The District shall strive to support the efforts of parents/guardians to provide a
35 healthy diet and daily physical activity for children by communicating relevant
36 information to parents/guardians if requested.

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38 **Nutrition Standards/Guidelines**

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40 Foods available in District schools during the school day shall be offered to
41 students with consideration for promoting student health and reducing

1 childhood obesity. Foods provided through the National School Lunch or
2 School Breakfast Programs shall comply with established federal nutrition
3 standards.

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5 The District staff shall promote the District's wellness initiative when
6 considering food brought in from the home for classroom parties and for any
7 food, not sold by the District, that is presented to District students. This will be
8 done by limiting foods and beverages that do not meet established nutritional
9 standards.

10
11 Competitive foods available for sale to students in District schools outside of
12 school meal programs shall comply with established federal nutrition standards
13 and the Nutrition Standards for Competitive Foods in Pennsylvania Schools, as
14 applicable.

15 16 Management of Food Allergies in District Schools

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18 The District's administration shall develop and implement appropriate
19 protocols and procedures to address food allergy management in District
20 schools in order to:

- 21
- 22 1. Reduce the likelihood of severe or potentially life-threatening allergic
23 reactions.
 - 24
 - 25 2. Provide a timely and effective response in case of a severe or
26 potentially life-threatening allergic reaction.
 - 27
 - 28 3. Provide students the opportunity to participate as fully as possible in
29 all school programs and activities.
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31 Safe Routes to School

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33 The District shall seek assistance from, and cooperate with, local municipalities,
34 public safety agencies, police departments, and community organizations to
35 develop and maintain safe routes to school.

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

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Review Date -

Legal Reference - 24 P.S. 1422.1, 42 U.S.C. 1758b, 24 P.S. 1422,
24 P.S. 1513, 24 P.S. 1512.1, 7 CFR 210.10,
7 CFR 220.8, 42 U.S.C. 1751, et seq.,
42 U.S. C 1773, 7 CFR 210.11, 7 CFR 220.12a,
24 P.S. 504.1, 24 P.S. 1337.1, 24 P.S. 1422.3,
P.L. 111-296, 7 CFR Part 210, and 7 CFR Part 220

Cross Reference - District Policies 1301, 1305, 1415, 5105, 5110, 5501, 5505,
5515, 9135, 9170, 9175, 9535, 9950, 10110, 10410, 10450,
10460, 10495, 10510, 10515, 10610, 10620, 10630, 11007,
and 12401