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10 **10600 STUDENT WELFARE**
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12 10615 Student Wellness
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14 The Warren County School District recognizes that student wellness and proper
15 nutrition are related to improving students' physical well-being, growth, development,
16 readiness to learn, and reducing childhood obesity. The Board is committed to
17 providing a school environment that promotes student wellness, proper nutrition,
18 nutrition education, and regular physical activity as part of the total learning
19 experience.

20 To ensure the health and well-being of all students, the District shall provide to
21 students:

- 22 1. A comprehensive nutrition program consistent with federal and state
23 requirements.
- 24 2. Access at reasonable cost to foods and beverages that meet established
25 nutritional guidelines.
- 26 3. Physical education courses and opportunities for developmentally appropriate
27 physical activity during the school day and through extracurricular activities
28 during non-school hours.
- 29 4. Curriculum and programs for grades K-12 that are designed to educate
30 students about proper nutrition and lifelong physical activity, in accordance
31 with State Board of Education curriculum regulations and academic standards.

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

35 The Superintendent or his/her designee shall, if requested by the Board, report to the
36 Board on the District's compliance with law and policy related to student wellness.
37 The report may include:
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- 39 1. Assessment of school environment regarding student wellness issues.
- 40 2. Evaluation of food services program.
- 41 3. Review of all foods and beverages sold in schools for compliance with
42 established nutrition guidelines.
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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.

Recordkeeping

The District shall retain records documenting compliance with this Policy as required by 7 CFR 210.15.

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: 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.

No School Board Member shall be a member of the Wellness Committee, the Wellness Committee is not a Committee of the Board, and the Wellness Committee's authority, as it relates to the Board, is strictly limited to only providing information to the Board with respect to this Policy.

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 age-appropriate physical activity 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.

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

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

3. Other School-Based Operations

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

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

Nutrition professionals shall administer the school meals program, and professional development shall be provided to nutrition staff, **as required by applicable federal regulations.**

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

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

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

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

Nutrition Standards/Guidelines

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 provided through the National School Lunch or School Breakfast Programs shall comply with established federal nutrition standards.

Competitive foods available for sale to students in District schools outside of school meal programs shall comply with established federal nutrition standards (**USDA Smart Snacks in School**). ~~and the Nutrition Standards for Competitive Foods in Pennsylvania Schools, as applicable.~~ Fundraising activities held during the school day involving the sale of competitive foods shall be limited to foods that meet the USDA Smart Snacks in School nutrition standards, unless an exemption is approved by the Superintendent of his/her designee. The District may allow a limited number of exempt fundraisers as permitted by the Pennsylvania Department of Education each school year, as follows: up to five (5) exempt fundraisers in elementary and middle school buildings, and up to ten (10) exempt fundraisers in high school buildings.

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**). To the extent feasible, contracts shall be reviewed and modified to ensure compliance with established federal nutrition standards, including applicable marketing restrictions.

Management of Food Allergies in District Schools

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

1. Reduce the likelihood of severe or potentially life-threatening allergic reactions.
2. Provide a timely and effective response in case of a severe or potentially life-threatening allergic reaction.
3. Provide students the opportunity to participate as fully as possible in all school programs and activities.

Safe Routes to School

The District shall access and, as deemed necessary by the District, implement improvements to make walking and biking to school safer for students.

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

Adoption Date - June 12, 2006

Revision Date - October 12, 2015; **September 1, 2017**

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