EASTON AREA SCHOOL DISTRICT

SECTION: PUPILS

TITLE: STUDENT WELLNESS

ADOPTED: June 15, 2006

REVISED:

	246. STUDENT WELLNESS
1. Purpose	Easton 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.
2. Authority P.L. 108-265 Sec. 204	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 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.
3. Delegation of Responsibility Pol. 808	The Superintendent's 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. Each building principal or designee shall report to the Superintendent's designee regarding compliance in his/her school. Staff members responsible for programs related to student wellness shall report to the Superintendent's designee regarding the status of such programs.

	The Superintendent's designee shall annually report to the Board on the district's compliance with law and policies related to student wellness. The report shall 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 policy and/or program revisions. 6. Suggestions for improvement in specific areas. 7. Feedback received from district staff, students, parents/guardians, community members and Wellness Committee.
P.L. 108-265 Sec. 204	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 and District Child Accounting Officer.
4. Guidelines	<u>Wellness Committee</u>
	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, and member of the public. Other individuals that may participate include teachers, school nurses, school counselors, dietician, health professional, community organization member, food vendor, and/or other volunteers.
	The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing a Student Wellness Policy that complies with law to recommend to the Board for adoption.

The Wellness Committee may examine related research and laws, assess student needs and the current school environment, review existing Board policies and administrative regulations, and raise awareness about student health issues. The Wellness Committee may make policy recommendations to the Board related to other health issues necessary to promote student wellness.

The Wellness Committee may survey parents/guardians and/or students; conduct community forums or focus groups; collaborate with appropriate community agencies and organizations; and engage in similar activities, within the budget established for these purposes.

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

Nutrition Education

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.

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.

Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.

Nutrition education lessons and activities shall be age-appropriate.

Nutrition curriculum shall be behavior focused.

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

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

Nutrition education shall extend beyond the school environment by engaging and involving families and communities.

	Physical Activity
	District schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students. District schools shall 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. 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.
	A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained. Extended periods of student inactivity, two (2) hours or more, shall be discouraged. Physical activity breaks shall be provided for elementary students during classroom hours. After-school programs shall provide developmentally appropriate physical activity for participating children. District schools shall partner with parents/guardians and community members to institute programs that support physical activity. Physical activity shall not be used as a form of punishment.
	Students and the community shall have access to physical activity facilities outside school hours.
	Physical Education
	Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.
	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.

	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.
	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.
	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.
	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.
	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.
	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.
	Physical activity shall not be used as a form of punishment.
	<u>Other School Based Activities</u>
	District schools shall provide adequate space for eating and serving school meals.
	Students shall be provided a clean and safe meal environment.
	Students shall be provided adequate time to eat: ten (10) minutes sit down time for breakfast; twenty (20) minutes sit down time for lunch.
	Meal periods shall be scheduled at appropriate hours.
	Drinking water shall be available at all meal periods and throughout the school day.

	Students shall have access to hand washing or sanitizing before meals and snacks. Qualified nutrition professionals shall administer the school meals program. Professional development shall be provided for district nutrition staff. Access to the food service operation shall be limited to authorized staff. Nutrition content of school meals shall be available to students and parents/ guardians. To the extent possible, the district shall utilize available funding and outside programs to enhance student wellness.
	The district shall provide appropriate training to all staff on the components of the Student Wellness Policy. 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. 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.
	<u>Nutrition Guidelines</u> 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 Breakfast Programs shall comply with federal nutrition standards under the School Meals Initiative. **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. All competitive foods available to students in district schools shall comply with the Nutritional Standards for Competitive Foods in Pennsylvania Schools. The nutritional standards shall be implemented as a three (3) year plan.

	<u>Safe Routes To School</u> 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 encourage collaboration 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. References: Child Nutrition and WIC Reauthorization Act of 2004 – P.L. 108-265 Sec. 204