

SECTION: STUDENTS

TITLE: SCHOOL WELLNESS

<p>1. Purpose</p>	<p>Wilson 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</p>	<p>To ensure the health and well being of all students, the Board establishes that the District shall provide to students:</p> <ul style="list-style-type: none"><li>• A comprehensive nutrition program consistent with federal and state requirements</li><li>• Access at reasonable cost to foods and beverages that meet established nutritional guidelines</li><li>• Physical education courses and opportunities for developmentally appropriate physical activity during the school day</li><li>• 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</li></ul>
<p>3. Delegation of Responsibility</p>	<p>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.</p> <p>Each building principal or designee shall report annually to the Superintendent regarding compliance in his/her school.</p> <p>Staff members responsible for programs related to student wellness shall report to the Superintendent or designee</p>

regarding the status of such programs.  
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:

- Assessment of school environment regarding school wellness issues
- Evaluation of food services program
- Review all foods and beverages sold in schools for compliance with established nutrition guidelines
- Listing of activities and programs conducted to promote nutrition and physical activity
- Recommendations for policy and/or program revisions
- Suggestions for improvement in specific areas
- 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, Cafeteria Manager, and Business Manager.

The Superintendent or designee and the established Wellness Committee shall conduct an assessment at least once every three (3) years on the contents and implementation of this policy 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. 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.

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.

4. Guidelines

The district shall annually inform and update the public, including parents/guardians, students and others in the community, about the contents, updates and implementation of this policy via the district website, student handbooks, newsletters, posted notices and/or other efficient communication methods. This annual notification shall include information on how to access the School Wellness policy; information about the most recent triennial assessment; information on how to participate in the development, implementation and periodic review and update of the School Wellness policy; and a means of contacting Wellness Committee leadership.

Recordkeeping

The district shall retain records documenting compliance with the requirements of the School Wellness policy, which shall include:

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 who is 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

Wellness Committee

The district shall establish a Wellness Committee comprised of, but not necessarily limited to, at least one (1) of each of the following: School Board member, district administrator, district food service representative, student, parent/guardian, school health professional, physical education teacher and member of the public. It shall be the goal that committee membership will include representatives from each school building and reflect the diversity of the community.

The Wellness Committee shall serve as an advisory committee to the Superintendent regarding student health issues and shall be responsible for assisting in the development, implementation and periodic review and updates of the School Wellness Policy that complies with the Child Nutrition Reauthorization Act of 2004.

The Wellness Committee shall review and consider evidence-based strategies and techniques in establishing goals for nutrition education and promotion, physical activity and other school based activities that promote student wellness as part of the policy development and revision process.

#### Nutrition Education

The goal of nutrition education is to teach, model, 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.

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

#### 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.

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 displayed throughout the district cafeterias.

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.

#### Physical Activity

District schools shall strive to provide opportunities for developmentally appropriate physical activities.

District schools shall maintain a physical and social environment that encourages safe and enjoyable activity for all students.

#### Physical Education

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 provided.

The physical education program shall be consistent with State Board of Education curriculum regulations and 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.

#### Other School Based Activities

The Wilson Area School District provides the following:

- Adequate space for eating and serving school meals
- A clean and safe meal environment
- Adequate time to eat: ten (10) minutes sit down time for breakfast; thirty (30) minutes sit down time for lunch
- Meal periods scheduled at appropriate hours
- Drinking water at all meal periods and throughout the school day
- Access to hand washing or sanitizing before meals and snacks
- Qualified nutrition professionals administering the school

meals program

- Nutrition content of school meals available to students and parents/guardians

Nutrition Guidelines for All Foods/Beverages at School

All foods and beverages available in district schools during the school day shall be offered to students with consideration for promoting student health and reducing obesity.

Foods and beverages provided through the National School Lunch Program shall comply with established federal nutrition standards.

***Competitive Foods -***

Competitive foods are defined as foods and beverages offered or sold to students on school campus during the school day, which are not part of the reimbursable school breakfast or lunch.

Competitive food available for sale shall meet or exceed the established federal nutrition standards, known as Smart Snacks in School. These standards shall apply in all locations and through all services where foods and beverages are sold to students, which may include, but are not limited to: a la carte options in cafeterias, vending machines, school stores, snack carts and fundraisers.

For purposes of this policy, school campus means any area of property under the jurisdiction of the school that students may access during the school day.

For purposes of this policy, school day means the period from midnight before school begins until thirty (30) minutes after the end of the official school day.

The district may impose additional restrictions on competitive foods, provided that the restrictions are not inconsistent with federal requirements.

***Fundraiser Exemptions –***

Fundraising activities held during the school day involving the sale of competitive foods shall be limited to foods that meet the Smart Snacks in School nutrition standards, unless an exemption is approved in accordance with applicable Board policy and administrative regulations.

The district may allow a limited number of exempt fundraisers as permitted by the Pennsylvania Department of

Education each school year: up to five (5) exempt fundraisers in elementary and middle school buildings, and up to ten (10) exempt fundraisers in high school buildings. *Exempt fundraisers* are fundraisers in which competitive foods are available for sale to students that do not meet the Smart Snacks in School nutrition standards.

The district shall establish administrative regulations to implement fundraising activities in district schools, including procedures for requesting a fundraiser exemption.

***Non-Sold Competitive Foods –***

Non-sold competitive foods available to students, which may include, but are not limited to foods and beverages offered as rewards and incentives, at classroom parties and celebrations, or as shared classroom snacks, shall meet or exceed the standards established by the district.

If the offered competitive foods do not meet or exceed the Smart Snacks in School nutrition standards, the following standards shall apply:

- a. Foods and beverages are not to be used as a reward or incentive in district schools.
- b. For classroom parties and celebrations, parent(s) and guardian(s) are encouraged to provide non-food items such as stickers, a favorite book to read, etc. Food treats shall be limited to 2-3 items. Fruits, vegetables, whole grain, water, milk and 100% juice shall be encouraged.
- c. Shared classroom snacks are not permitted in district schools.

***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.

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.

5. References

Management of Food Allergies in District Schools

The Board established policy 5141.3 to address food allergy management in district schools.

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.

Administrative Guidelines for Competitive Foods in the Cafeteria

Nutritional Standards for Competitive Foods in Pennsylvania Schools – Pennsylvania Department of Education, Division of Food and Nutrition – 2/22/05



## **ADMINISTRATIVE GUIDELINES FOR COMPETITIVE FOODS IN THE CAFETERIA**

### **A la Carte Foods – snacks**

A minimum of one fresh fruit and vegetable will be offered daily. A variety of fruits and vegetables will be offered from day to day.

Foods of minimal nutritional value (USDA regulation 7CFR 20 and 220) will not be available anytime during the school day. In addition, the majority of items offered will not contain sugar as the first ingredient.

Marketing, pricing, and nutrition education strategies will be used to encourage selection of the healthier foods.

A minimum of 75% of snack foods offered in elementary schools and 60% of snack foods offered in secondary schools will meet the criteria outlined below:

- No more than 200 total calories per package
- No more than 35% calories from fat
- No more than 10% calories from saturated fat
- No more than 480 mg sodium
- No more than 35% sugar by weight
- Excludes fruits, vegetables, nuts, seeds, and nut butters

### **A la Carte Beverages**

Foods of minimal nutritional value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day.

Marketing, pricing, and nutrition education strategies will be used to encourage selection of healthier foods.

A minimum of 75% of beverages offered in elementary schools and 60% of beverages offered in secondary schools will meet the criteria outlined below:

- 100% fruit and vegetable juice, limited to 12 oz. portion sizes
- Fat-free and 1% milk, 8-16 oz. portion size
- Water and flavored water without added sugar, unlimited portion size
- Caffeine free except flavored milk
- Carbonated water and carbonated 100% fruit juice with USDA approval

## **ADMINISTRATIVE GUIDELINES FOR COMPETITIVE FOODS IN THE CAFETERIA**

### **Vending Foods – snacks**

Foods of minimal nutritional value (USDA regulation 7CFR 210 and 220) will not be available during the school day. In addition, the majority of items offered will not contain sugar as the first ingredient.

Marketing, pricing, and nutrition education strategies will be used to encourage selection of the healthier foods.

A minimum of 60% of snack foods offered in secondary schools will meet the criteria outlined below:

- No more than 200 total calories per package
- No more than 35% calories from fat
- No more than 10% calories from saturated fat
- No more than 480 mg sodium
- No more than 35% sugar by weight
- Excludes fruits, vegetables, nuts, seeds, and nut butters

### **Vending Beverages**

Foods of minimal nutritional value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day.

Marketing, pricing, and nutrition education strategies will be used to encourage selection of healthier foods.

A minimum of 60% of beverages offered in secondary schools will meet the criteria outlined below:

- 100% fruit and vegetable juice, limited to 12 oz. portion sizes
- Fat-free and 1% milk, 8-16 oz. portion size
- Water and flavored water without added sugar, unlimited portion size
- Caffeine free except flavored milk
- Carbonated water and carbonated 100% fruit juice with USDA approval

There will be no vending for students in the elementary schools.