

<p>P.L. 108-265 Sec. 204</p> <p>4. Guidelines</p>	<p>The (<u>Superintendent or designee</u>) shall annually report to the Board on the district's compliance with law and policies related to student wellness. The report may include:</p> <ul style="list-style-type: none"> { x } Assessment of school environment regarding student wellness issues. { x } Evaluation of food services program. { x } Review of all foods and beverages sold in schools for compliance with established nutrition guidelines. { x } Listing of activities and programs conducted to promote nutrition and physical activity. { x } Recommendations for policy and/or program revisions. { x } Suggestions for improvement in specific areas. { x } Feedback received from district staff, students, parents/guardians, community members and Wellness Committee. <p>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:</p> <ul style="list-style-type: none"> { x } Food Service Director. <p><u>Wellness Committee</u></p> <p>The Board shall appoint a Wellness Committee comprised of at least one (1) of the following: School Board member, district administrator, district food service representative, student, parent/guardian, member of the public.</p> <ul style="list-style-type: none"> { x } teacher { x } school nurse <p>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.</p> <ul style="list-style-type: none"> { x } The Wellness Committee may examine related research and laws, assess student
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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.

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

Nutrition Education

{ x } 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.

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

{ x } Nutrition education lessons and activities shall be age-appropriate.

Physical Activity

{ x } District schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.

{ x } District schools shall contribute to the effort to provide students opportunities to accumulate at least thirty (30) minutes of physical activity on most days of the week.

{ x } Students shall participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits.

{ x } Extended periods of student inactivity, two (2) hours or more, shall be discouraged.

{ x } Physical activity breaks shall be provided for elementary students during classroom hours.

{ x } After-school intramural programs may provide developmentally appropriate physical activity for participating children.

{ x } District schools may cooperate with parents/guardians and community members in programs that support physical activity.

{ x } Withdrawal physical activity shall be limited to 5 minutes.

{x} Students and the community may have access to physical activity facilities outside school hours.

Physical Education

{x} Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.

{x} 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.

{x} 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.

{x} 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.

{x} 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.

{x} Safe and adequate equipment, facilities and resources shall be provided for physical education courses.

{x} Physical education shall be taught by certified health and physical education teachers.

{x} Physical education classes shall have a teacher-student ratio comparable to those of other courses.

{x} Withdrawal of physical activity shall not be used as a form of punishment.

Other School Based Activities

{x} District schools shall provide adequate space for eating and serving school meals.

{x} Students shall be provided a clean and safe meal environment.

{ x } Students shall be provided adequate time to eat: ten (10) minutes sit down time for breakfast; twenty (20) minutes sit down time for lunch.

{ x } Meal periods shall be scheduled at appropriate hours.

{ x } Drinking water shall be available at all meal periods and throughout the school day.

{ x } Students shall have access to hand washing or sanitizing before meals and snacks.

{ x } Nutrition content of school meals may be available to students and parents/guardians.

{ x } Students and parents/guardians may be involved in menu selections through various means.

{ x } To the extent possible, the district shall utilize available funding and outside programs to enhance student wellness.

{ x } The district shall provide appropriate training to all staff on the components of the Student Wellness Policy.

{ x } Goals of the Student Wellness Policy shall be considered in planning all school based activities.

{ x } Fundraising projects submitted for approval shall be supportive of healthy eating and student wellness.

{ x } 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.

{ x } 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.

Nutrition Guidelines

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 School 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.

{x} 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

(x) three (3) year plan.

References:

Child Nutrition and WIC Reauthorization Act of 2004 – P.L. 108-265 Sec. 204

