



Book	Policy Manual
Section	200 Pupils
Title	Student Wellness
Number	246
Status	Active
Legal	1. Pol. 808
Adopted	June 27, 2006
Last Revised	September 26, 2006

Purpose

Plum Borough 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.

Authority

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.

Delegation of Responsibility

The Assistant Superintendent shall be responsible to monitor district schools, programs, and curriculum to ensure compliance with this policy, related policies and established guidelines or

administrative regulations.[1]

Each building principal or designee shall report to the Assistant Superintendent regarding compliance in his/her school. Staff members responsible for programs related to student wellness shall report to the Assistant Superintendent regarding the status of such programs.

The Assistant Superintendent shall annually report to the Board on the district's compliance with law and policies 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 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.

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 Supervisor.

Guidelines

Wellness Committee

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, teacher, school nurse, school principal, coach/athletic director, dietitian, health professional, representative of community organization and other individuals chosen by the Board.

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; 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.

Nutrition education shall be integrated into other subjects to complement but not replace academic standards based on nutrition education.

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

The staff responsible for providing nutrition education shall be properly trained and prepared and shall participate in appropriate professional development.

District staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.

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.

Resources and programs will be made available to students as opportunities for the following programs arise. Some may include but will not be limited to:

1. PANA.
2. Mid Atlantic Dairy Association.
3. Milk Pep.
4. Team Nutrition.

5. SNA.

6. ADA.

7. Action for Healthy Kids.

8. National PTA.

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 minutes (60) of age-appropriate physical activities on most days of the week. That time will include physical activity outside the school environment, such as outdoor play at home, sports, etc.

Students shall participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits. (See Physical Education curriculum grades K-12.)

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.

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. Plum Senior High School Fitness Center is available Monday-Friday to students and community.

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 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. (See Physical Education curriculum grades K-6.)

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 Health, Safety and Physical Education academic standards.

A local assessment system shall be implemented to track student progress on the Health, Safety and Physical Education academic standards. (District participates in President's Physical Fitness Program.)

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. Classes are approved for professional development as they arise.

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

Students cannot be removed from physical education class as a punishment.

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

Other School Based Activities

District schools shall provide adequate space for eating and serving school meals. All students have seating in all seven (7) buildings.

Students shall be provided a clean and safe meal environment. Tables are washed and disinfected after each lunch period at all seven (7) buildings.

Students shall be provided adequate time to eat: fifteen (15) minutes sit down time for breakfast; thirty (30) 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. Water fountains are available at all times during the day.

Qualified nutrition professionals shall administer the school meals program. Food Service Supervisor has an M.S., R.D.

Professional development shall be provided for district nutrition staff. Yearly in-services are held for the department each August.

Access to the food service operation shall be limited to authorized staff. Only food service personnel may prepare and serve food.

Nutrition content of school meals shall be available to students and parents/guardians. The district web site contains a food service link with pertinent caloric information.

Students may be involved in menu selections through various means. Food tasting is done regularly by brokers and manufacturer representatives.

To the extent possible, the district shall utilize available funding and outside programs to enhance student wellness. Grant applications may be completed when feasible.

Healthy food selections or non-food items are encouraged as classroom rewards.

The district shall provide appropriate training to all staff on the components of the Student Wellness Policy. Staff training will be done at annual teacher inservice days.

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

Fundraising projects that occur during the school day shall be supportive of healthy eating and student wellness.

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. The district web site has a link to food service which supplies school menu, nutritional tips, calorie counts, and related web sites.

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; 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 one (1) year plan.

All competitive foods available to students in district schools shall comply with the established nutrition guidelines, as listed in the Student Wellness Plan and administrative regulations.

Safe Routes to School

The district shall cooperate with local municipalities, public safety agency, police departments, and community organizations to develop and maintain safe routes to school.

Source of Competitive Food

A La Carte - Food/Snacks -

The following standards apply to all foods offered as a la carte:

1. Portion sizes will not exceed the serving size of food served in the National School Lunch or School Breakfast Program and/or items will be packaged in single serving sizes.
2. A selection/variety of whole grains will be available on a daily basis.
3. A minimum of one (1) fresh fruit and vegetable will be offered daily. A variety of fruits and vegetables will be offered from day to day.
4. A variety of items that provide 2 grams of fiber per serving will be available on a daily basis (at least two (2) items).
5. Foods of Minimal Nutritional Value (USDA regulation 7 CFR 210 and 220) will not be available anytime during the school day.

In addition, the majority of items offered will:

1. Not contain added sugar as the first ingredient.
2. Provide minimal to no trans fatty acids.

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

K-6 will not offer more than five (5) a la carte food items in total.

A La Carte - Beverages -

A minimum of 75% (100% for grades K-6) of the beverages offered will be:

1. Water, unflavored (any size).

2. 100% fruit juice (not to exceed 12 oz.).
3. Milk, 1% lowfat or nonfat (not to exceed 16 oz.), flavored or unflavored (not to exceed 30 grams of sugar per 8 ounce serving, inclusive of naturally occurring sugar).
4. Water, artificially sweetened (grades 7-12).
5. Water, fiber-enriched (8 oz.).
6. Light fruit juice (grades 7-12).

Marketing, pricing and nutrition education strategies will be used to encourage the selection of the beverages listed above.

Foods of Minimal Nutritional Value (USDA regulation 7 CFR 210 and 220) will not be available anytime during the school day.

Vending – Food/Snacks –

Vending will not be available for students in grades K-6, and at most, should only be available in limited quantities for grades 7-8. Including grades 9-12, the following standards apply to all foods offered through vending machines:

1. Packages will be in single serving sizes.
2. A variety of items that provide 2 grams of fiber per serving will be available on a daily basis (at least two (2) items).
3. Foods of Minimal Nutritional Value (USDA regulation 7 CFR 210 and 220) will not be available anytime during the school day.

In addition, the majority of items offered will:

1. Not be fried.
2. Not contain added sugar as the first ingredient.
3. Provide minimal to no trans fatty acids.

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

The school Food Service Supervisor can provide assistance in identifying foods that meet these criteria.

Vending – Beverages –

Vending will not be available for students in grades K-6.

Fundraisers (Non-Vending) –

All food items sold as fundraisers, available for sale during the school day, will follow the standards listed below:

1. Packages will be in single serving sizes.
2. Foods of Minimal Nutritional Value (USDA regulation 7 CFR 210 and 220) will not be available anytime during the school day.
3. Foods will not be fried.
4. Foods will not contain added sugar as the first ingredient.
5. Provide minimal to no trans fatty acids.

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

The school Food Service Supervisor can provide assistance in identifying foods that meet these criteria.

Classroom Parties/Holiday Celebrations –

In order to facilitate healthy foods at classroom parties or celebrations, foods may be purchased from the food service department. The food service department is recommending snacks from the following list for parties and take-home treats:

1. Fresh fruits and vegetables.
2. Water.
3. Milk, lowfat.
4. Light fruit juice.
5. Lowfat bag snacks.
6. Maximum of 203 snacks that contain sugar as the first ingredient.

Parents/guardians/caregivers will be encouraged to promote their child's participation in the school meals program. If they or their child chooses not to participate in the school meal program, parents/guardians/caregivers will be strongly encouraged to provide the student with healthy alternatives.

Foods from Home –

Foods from outside sources, other than home, such as fast foods, pizzas, Arby's, Subway, McDonald's, Wendy's etc. will not be permitted in the school cafeteria during student lunch periods.

School Stores - Food/Snacks/Beverages –

The school store does not sell any food or beverages.

Faculty Lounges –

Not applicable.

Student Input –

Students will be an active part of menu planning through regularly scheduled meetings and taste testing.

Students' tastings occur regularly through the following manners:

1. Brokers sampling to full school population.
2. Student panels.

Last Modified by Davelyn Smeltzer on September 30, 2015