

# EAST STROUDSBURG AREA SCHOOL DISTRICT

SECTION: PUPILS

TITLE: STUDENT WELLNESS

ADOPTED: May 15, 2006

REVISED: July 17, 2006

April 14, 2014

246. STUDENT WELLNESS	
1. Purpose	<p>East Stroudsburg Area School District recognizes that student wellness and proper nutrition are related to each student's 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 <u>and promotion</u>, 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>
2. Authority 42 U.S.C. Sec. 1758b	<p>The Board adopts the Student Wellness Policy based on the recommendations of the appointed Wellness Committee and in accordance with federal and state laws <u>and regulations</u>.</p> <p>To ensure the health and well-being of all students, the Board establishes that the school district shall provide to students:</p> <ol style="list-style-type: none"> <li>1. A comprehensive nutrition program consistent with federal and state requirements.</li> <li>2. Access at reasonable cost to foods and beverages that meet established nutritional guidelines.</li> <li>3. Physical education courses and opportunities for developmentally appropriate physical activity during the school day.</li> <li>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.</li> </ol>
2. Delegation of Responsibility 42 U.S.C. Sec. 1758b	<p>The Superintendent or designee shall be responsible <u>for the implementation and oversight of this policy to ensure to monitor each of</u> the district's schools, programs, and curriculum <u>is compliant of the school district to ensure compliance</u> with this policy, related policies and established guidelines or administrative regulations.</p>

42 U.S.C.  
Sec. 1758b

Each school principal or designee shall annually report to the Superintendent or designee regarding compliance in his/her school.

Staff members responsible for programs related to studentschool wellness shall report to the Superintendent or designee regarding the status of such programs.

The Superintendent or designee shall ~~annually~~periodically report to the Board on the district's compliance with law and policies related to studentschool wellness. The report may include:

- Assessment of school environment regarding studentschool wellness issues.
- Evaluation of food services program.
- Review of 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 the Wellness Committee.

The Superintendent or designee and the ~~appointed~~established Wellness Committee shall conduct an assessment at least once every three (3) years on the periodically ~~conduct an assessment on the~~ contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation. ~~The~~is triennial assessment shall be made available to the public in an accessible and easily understood manner and include the extent to which each district schools ~~are~~is in compliance with law and policies related to studentschool wellness; ~~and shall describe the progress made by the district in attaining the goals of this policy. The assessment shall be made available to the public.~~

The extent to which this policy compares to model wellness policies.

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.

<p>4. Guidelines</p> <p>4. Guidelines</p> <p>42 U.S.C.</p>	<p>The district shall <u>annually</u> inform and update the public, including parents/guardians, students, and others in the community, about the contents, <u>updates</u>, and implementation of this policy <u>via the district website, 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.</u></p> <p><del>The Superintendent or designee shall ensure the school district's compliance with law and policies related to student wellness.</del></p> <p><del>An assurance that school district guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law shall be provided by the Director of Food Services.</del></p> <p><b><u>Recordkeeping</u></b></p> <p><u>The district shall retain records documenting compliance with the requirements of the School Wellness policy, which shall include:</u></p> <ol style="list-style-type: none"><li><u>1. The written School Wellness policy.</u></li><li><u>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.</u></li><li><u>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.</u></li><li><u>4. Documentation demonstrating the most recent assessment on the implementation of the School Wellness policy and notification of the assessment results to the public.</u></li></ol> <p><b><u>Wellness Committee</u></b></p> <p>The Board shall <del>appoint</del><u>establish</u> a Wellness Committee <u>which</u> may be comprised of, <u>but not necessarily limited to</u>, at least one (1) of each of the following: School Board member, district administrator, school district food service representative, <u>physical education</u> teacher, school <del>nurse</del><u>health professional</u>, <u>family and consumer science teacher</u>, student, parent/guardian, member of the public and any other individual(s) chosen by the Superintendent <u>or designee</u>. <u>It shall be the goal that committee membership will include representatives from each school building and reflect the diversity of the community.</u></p> <p><del>The district shall be required to permit physical education teachers and school health</del></p>
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<p>Sec. 1758b</p> <p>SC 1422</p>	<p><del>professionals to participate on the Wellness Committee.</del></p> <p>The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing, implementing and periodically reviewing and updating a <u>StudentSchool</u> Wellness <del>P</del>policy that complies with law to recommend to the Board for adoption.</p> <p><u>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.</u></p> <p>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.</p> <p>The Wellness Committee shall meet no less than four (4) times during the school year.</p> <p>The Wellness Committee shall provide periodic reports to the Superintendent or designee regarding the status of its work, as required.</p>
<p>SC 1422</p>	<p>Individuals who conduct student medical and dental examinations shall submit to the <u>Wellness Committee</u> annual reports and later reports on the remedial work accomplished during the year, as required by law.</p> <p><b><u>Nutrition Education</u></b></p> <p>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.</p> <p>The goal of nutrition education is to teach, <u>model</u>, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.</p> <p>Nutrition education shall provide all students with knowledge and skills that will help them to lead healthy lives.</p> <p>Nutrition education lessons and activities shall be age-appropriate.</p> <p>Nutrition curriculum shall <del>beteach</del> behavior-focused <u>skills, which may include menu planning, reading nutrition labels and media awareness.</u></p>

School food service and nutrition education classes shall cooperate to facilitate effective student learning.

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

A-lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.

The staff responsible for providing nutrition education shall be trained and shall participate in applicable professional development. The district shall develop standards for such training and professional development.

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

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

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

### **Nutrition Promotion**

The district aims to teach, encourage, and support healthful eating by students. District schools shall promote nutrition by providing appropriate nutrition education in accordance with the StudentSchool Wellness Policy.

- 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 and displayed throughout the district, schools, classrooms, cafeterias, homes, community and media.
- District schools shall encourage parents/guardians to provide healthy meals for their children through newsletter articles, take-home materials, or other means.

<p>SC 1512.1 Pol. 102, 105</p>	<p><b><u>Physical Activity</u></b></p> <p>Schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.</p> <p>Schools shall help in the effort to provide students with opportunities to accumulate at least sixty (60) minutes of age-appropriate physical activity on all or most days of the week <u>as recommended by the Centers for Disease Control and Prevention</u>. That time will include physical activity outside the school environment; such as outdoor play at home, sports, etc.</p> <ul style="list-style-type: none"><li>• Students shall be encouraged to participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits.</li><li>• Age-appropriate physical activity opportunities, such as recess, clubs, intramurals; and interscholastic athletics, shall be provided to meet the needs and interests of students, in addition to planned physical education.</li><li>• A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.</li></ul> <p>Extended periods of student inactivity shall be discouraged.</p> <p>Physical activity breaks, such as recess and other similar activities, shall be provided for elementary students during school hours.</p> <p>After-school programs shall provide developmentally appropriate physical activity for participating children.</p> <p>Schools of the school district shall partner with parents/guardians and community members to institute programs that support physical activity.</p> <p>Students and the community shall have access to physical activity facilities outside school hours as per applicable Board policies and school procedures.</p> <p><b><u>Physical Education</u></b></p> <p>A sequential physical education program consistent with curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented. All district students must participate in physical education.</p> <p>Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.</p>
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<p>7 CFR Sec. 210.10, 220.8</p>	<p>Physical education classes shall be a means through which students can learn, practice and are assessed on developmentally appropriate skills and knowledge necessary for lifelong, health-enhancing physical activity.</p> <p>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.</p> <p>A varied and comprehensive curriculum that <u>promotes both team and individual activities and</u> leads to students becoming and remaining physically active for a lifetime shall be provided in the physical education program.</p> <p>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.</p> <p>A local assessment system shall be implemented to track student progress on the Health, Safety and Physical Education academic standards.</p> <p>Students shall be moderately- to-vigorously active as much time as possible during a physical education class. Students without documented medical conditions and disabilities shall be accommodated.</p> <p>Safe and adequate equipment, facilities and resources shall be provided for physical education courses.</p> <p>Physical education shall be taught by certified health and physical education teachers.</p> <p>Physical activity shall not be used as a form of punishment.</p> <p><b><u>Other School Based Activities</u></b></p> <p>Drinking water shall be available and accessible to students, without restriction and at no cost to the student, at all meal periods and throughout the school day.</p> <p><u>Nutrition professional who meet hiring criteria established by the district and compliance with federal regulation shall administer the school meals program. Professional development and continuing education shall be provided for district nutrition staff, as required by federal regulations.</u></p>
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<p>FNS #791-1 Pol. 808 NSLA Sections 2 and 9 Child Nutrition Act of 1966 Section 2, 3 and 4</p>	<p>Schools of the school district shall provide adequate space, as defined by the school district, for eating and serving school meals.</p> <p>Students shall be provided a clean and safe meal environment.</p> <p>Students shall be provided adequate time to eat: a minimum of ten (10) minutes sit-down time for breakfast; a minimum of twenty (20) minutes sit-down time for lunch.</p> <p>Meal periods shall be scheduled at appropriate hours, <u>as required by federal regulations and</u> as defined by the school district.</p> <p>Students shall have access to hand washing or sanitizing before meals and snacks.</p> <p>Nutrition professionals who meet criteria established by the school district shall administer the school meals program.</p> <p>Professional development opportunities shall be provided for school district nutrition staff.</p> <p>Access to the food service operation shall be limited to authorized staff.</p> <p>Nutrition content of school meals shall be available to nurses, principals/designee, students and parents/guardians.</p> <p>Students and parents/guardians may be involved in menu selections through various means.</p> <p>Fundraising projects submitted for approval shall be supportive of healthy eating and student wellness.</p> <p>To the extent possible, the school district shall utilize available finding and outside programs to enhance student wellness.</p> <p>Food, including the withholding of food, shall not be used in the schools as a form of punishment. Disciplinary action that indirectly results in the loss of meals or milk is allowable. However, withholding meals or milk as a disciplinary action, or imposing a disciplinary action that directly results in the loss of meals or milk, is inconsistent with regulation and not allowable.</p> <p>Goals of the Student Wellness Policy shall be considered in planning all school-based activities.</p> <p>Fundraising projects submitted for approval shall be supportive of healthy eating and</p>
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<p>42 U.S.C. Sec. 1751 et seq, 1773 7 CFR Sec. 210.10, 220.8</p> <p>7 CFR Sec. 210.11, 220.12a</p> <p>7 CFR Sec. 210.11</p> <p>SC 504.1</p>	<p>student wellness.</p> <p>Administrators, teachers, food service personnel, students, parents/guardians, and community members shall be encouraged to serve as positive role models through school district programs, communications and outreach efforts.</p> <p>The school 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.</p> <p><b><u>Nutrition Standards/Guidelines for All Foods/Beverages at School</u></b></p> <p>All foods <u>and beverages</u> available in schools of the district during the school day shall be offered to students with consideration for promoting student health and reducing childhood obesity.</p> <p>Foods <u>and beverages</u> provided through the National School Lunch or School Breakfast Programs shall comply with established federal nutrition and regulation</p> <p>Competitive foods are defined as foods <u>and beverages</u> 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.</p> <p>All competitive foods available to students in the schools of the school district shall comply with established nutrition guidelines, as listed in the applicable federal, state and administrative regulations.</p> <p>Competitive foods available for sale to students in district schools outside of school meal programs shall comply with established federal nutrition standards (<u>USDA Smart Snacks in School</u>).</p> <p><u>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.</u></p> <p>The district may impose additional restrictions on competitive foods, provided that the restrictions are not inconsistent with federal regulations.</p> <p><b><u>Management Of Food Allergies In District Schools</u></b></p> <p>The district shall establish Board policy and administrative regulations to address</p>
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<p>Pol. 209.1</p>	<p>food allergy management in district schools in order to:</p> <ol style="list-style-type: none"><li>1. Reduce and/or eliminate the likelihood of severe or potentially life-threatening allergic reactions.</li><li>2. Ensure a rapid and effective response in case of a severe or potentially life-threatening allergic reaction.</li><li>3. Protect the rights of students by providing them, through necessary accommodations when required, the opportunity to participate fully in all school programs and activities.</li></ol> <p><b><u>Safe Routes to School</u></b></p> <p>The schools of the school district shall cooperate with local municipalities, public safety agency, police departments, and community organizations to develop and maintain safe routes to school.</p> <p>School district administrators shall seek and utilize available federal and state funding for safe routes to school, when appropriate.</p> <p>References:</p> <p>School Code – 24 P.S. Sec. 504.1, 1337.1, 1422, 1422.1, 1422.3, 1512.1, 1513</p> <p>National School Lunch Program – 42 U.S.C. Sec. 1751 et seq.</p> <p>School Breakfast Program – 42 U.S.C. Sec. 1773</p> <p>Healthy, Hunger-Free Kids Act of 2010 – P.L. 111-296</p> <p>National Food Service Programs, Title 7, Code of Federal Regulations – 7 CFR Part 210, Part 220</p> <p>Board Policy – 000, 102, 103, 103.1, 105, 209.1, 808</p> <p>NOTE: Federal regulations pertaining to competitive foods are effective August 27, 2013. Local educational agencies must implement these provisions beginning on July 1, 2014.</p>
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