YORK SUBURBAN SCHOOL DISTRICT

SECTION: PUPILS

TITLE: STUDENT WELLNESS

ADOPTED: May 22, 2006

REVISED:

DRAFT: September 12, 2011

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246. STUDENT WELLNESS

1. Purpose	York Suburban School District recognizes that student wellness ~~and proper nutrition are~~ is 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. Foods and beverages sold during the school day that will be assessed at a reasonable cost and will meet established nutritional guidelines. 3. Physical education courses and opportunities for developmentally appropriate physical activity during the school day.
3. Delegation of Responsibility Pol. 808	School leaders shall prepare, adopt and implement a comprehensive Student Wellness Plan to encourage a lifelong healthy lifestyle. ~~The~~ Each building principal shall be responsible to monitor his/her ~~district schools~~ school, 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 regarding compliance in his/her school on an annual basis. Staff members responsible for programs related to student wellness shall report to the building principal regarding the status of such programs.

	The 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. Listing of activities and programs conducted to promote nutrition and physical activity. 2. Recommendations for policy and/or program revisions. 3. Suggestions for improvement in specific areas to promote healthy lifestyles. 4. 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.
4. Guidelines	Wellness Committee The Superintendent 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~~ community, ~~In addition, the committee will include a teacher,~~ teacher(s) responsible for pertinent curriculum, school nurse, school counselor, coach, health professional, and representative of local or county agency. The Wellness Committee shall serve as an advisory committee to the Superintendent 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 meet a minimum of three times per school year and will provide periodic reports to the Superintendent or designee regarding the status of its work, as required.

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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 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.

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 age-appropriate physical activity on all or most days of the school week. This can include physical activity outside the school environment, such as outdoor play at home, sports, etc.

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	~~Students shall participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits.~~ Students will be encouraged to participate in age-appropriate physical activity opportunities, such as recess; before and after school; during lunch; clubs; intramurals; and interscholastic athletics, which 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. 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. Students and the community shall, as appropriate, have access to physical activity utilizing district facilities outside of 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 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.

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Students shall be moderately to vigorously active ~~as much time as possible~~ at least fifty percent (50%) of the time 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.

Other School Based Activities

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.

Meal periods shall be scheduled at appropriate hours, as defined by the district.

Water fountains shall be available at all meal periods and throughout the school day.

Students shall have access to hand washing before meals and snacks.

Nutrition professionals who meet the criteria established by the district 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.

Students and parents/guardians may be involved in an advisory capacity in menu selections through various means.

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.

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Competitive foods are defined as foods offered at school other than through the National School Lunch or School Breakfast Programs. They include:

1. A la carte foods, snacks and beverages.
2. Vending food.
3. Vending beverages.
4. School store food, snacks and beverages.
5. Fundraisers.
6. Classroom parties/holiday celebrations.
7. Food from home.
8. Student rewards.

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

Safe Routes to School

The district shall access and, to the extent possible, implement improvements to make walking and biking to school safer and easier for students.

The district shall cooperate 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

Board Policy – 808

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