

# Palmyra Area School District

SECTION: PUPILS

TITLE: STUDENT WELLNESS

ADOPTED: JUNE 15, 2006

REVISED:

<b>246. STUDENT WELLNESS</b>	
<p>1. Purpose</p>	<p>Palmyra 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.L. 108-265 Sec. 204</p>	<p>To ensure the health and well-being of all students, the Board establishes that the district shall provide to students:</p> <p style="padding-left: 40px;">A comprehensive nutrition program consistent with federal and state requirements.</p> <p style="padding-left: 40px;">Access at reasonable cost to foods and beverages that meet established nutritional guidelines.</p> <p style="padding-left: 40px;">Physical education courses and opportunities for developmentally appropriate physical activity during the school day.</p> <p style="padding-left: 40px;">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.</p>
<p>3. Delegation of Responsibility Pol. 808</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>P.L. 108-265 Sec. 204</p> <p>4. Guidelines</p>	<p>The Superintendent or designee shall 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"> <li>Assessment of school environment regarding student wellness issues.</li> <li>Evaluation of food services program.</li> <li>Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.</li> <li>Listing of activities and programs conducted to promote nutrition and physical activity.</li> <li>Recommendations for policy and/or program revisions.</li> <li>Suggestions for improvement in specific areas.</li> <li>Feedback received from district staff, students, parents/guardians, community members and Wellness Committee.</li> </ul> <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 by the Food Service Director.</p> <p><u>Wellness Committee</u></p> <p>The Board shall appoint a Wellness Committee comprised of a least one (1) of the following: School Board member, district administrator, district food service representative, student, parent/guardian, member of the public, additional members as deemed appropriate.</p> <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> <p>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 to promote student wellness.</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 provide periodic reports to the Superintendent or designee regarding the status of its work, as required.</p>
---	---

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.

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

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

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

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.

In the classroom, physical activity shall not be used as a form of punishment.

Given the importance for children to have daily physical activity, using recess as a punishment should be avoided.

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 the skills, knowledge and confidence to participate in lifelong, health-enhancing physical activity shall be implemented.

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.

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.

Students shall be provided a clean and safe meal environment.

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

Access to the food service operation shall be limited to authorized staff.

Written nutrition content of school meals shall be available to students and parents/guardians upon request.

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

Food shall not be used in the schools as a reward or punishment.

Fundraising projects to be conducted during the school day shall be submitted for approval and shall be supportive of healthy eating and student wellness. The school day is defined as the time students enter the school building in the morning until they leave at the end of the school day.

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.

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; classroom parties and holiday celebrations.

Parents who choose to come to school for lunch will eat what is served at school, not bring in fast food.

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 three (3) year plan.

All competitive foods available to students in district schools shall comply with the established nutrition guidelines.

#### Safe Routes To School

The district shall assess 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

--	--