

WASHINGTON SCHOOL DISTRICT

STUDENT WELLNESS

NO. 557

I. PURPOSE

The Washington School District recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. The Board committed to providing a school environment that promotes student wellness, proper nutrition, nutritional education, nutritional promotion, 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.

II. GUIDELINES

A. To ensure the health and well-being of all students, the Board establishes that the District shall provide the following:

- (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 appropriate for the grade level and in accordance with the curriculum and schedule approved by the Board.
- (4) Curriculum and programs for grades K-12 that are designed to educate students about proper nutrition and lifelong physical activity in accordance with the State Board of Education's curriculum regulations and academic standards.
- (5) A Wellness Action Plan has been developed by the Administration to implement this policy. Said Wellness Action Plan is attached hereto and incorporated by reference herein.

B. The 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 and, as appropriate, to make changes to the Wellness Action Plan consistent with this policy and to inform the Board of such changes. The Superintendent shall be responsible to provide appropriate training to all staff on the components of the Student Wellness Policy in accordance with the District's Act 48 Professional Education Plan. The staff shall be in-serviced during the 2007 - 2008 school year on the contents of this policy and the Wellness Action Plan and said in-service shall be repeated as the Superintendent shall deem appropriate.

Each Building Principal shall be responsible to report to the Superintendent regarding compliance with this policy. Staff members shall be responsible to report to Principals regarding the status of such programs.

C. The Superintendent in conjunction with the Food Service Director shall annually report to the Board on the District's compliance with law and policies related to student wellness. The report may include, but not be limited to the following:

- (1) Assessment of school environment regarding student wellness issues must happen every three years at a minimum. This assessment must be made available to the public on an annual basis.
- (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, Wellness Action Plan, and/or program revisions.
- (6) Suggestions for improvement in specific areas.
- (7) Feedback received from District staff, students, parents/guardians, community members and the Wellness Committee concerning the School District's efforts and compliance.

D. 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.

E. Wellness Committee

A Wellness Committee is hereby established which shall be comprised of the members of the Safe and Drug Free Schools and Communities Advisory Council which shall include at a minimum parents, students, School Administrators, P.E. teacher, school nurse and the public. In addition, the District Food Service representative, a member of the Board of School Directors and the Director of District Operations shall be members of the Wellness Committee.

The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible to make recommendations to the Board of School Directors for any changes that may be appropriate concerning this policy and the Wellness Action Plan in order to do so the Wellness Committee may do the following:

- (1) 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.
- (2) 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.
- (3) The Wellness Committee shall provide periodic reports to the Superintendent of Schools regarding the status of its work. The periodic reports to the Superintendent shall be included in the annual report of the Superintendent to the Board of School Directors.
- (4) The Superintendent or designee and the established Wellness Committee shall conduct an assessment at least once every three (3) years on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation. This triennial assessment shall be made available to the public in an accessible and easily understood manner and include:
 - (a) The extent to which each district school is in compliance with law and policies related to school wellness.
 - (b) The extent to which this policy compares to model wellness policies.
 - (c) A description of the progress made by the district in attaining the goals of this policy.
- (5) The district shall annually inform and update the public, including parents/guardians, students and others in the community, about the contents, updates and implementation of this policy via the district website, student handbooks, newsletters, posted notices and/or other efficient communication methods. The annual notification shall include information on how to access the School Wellness policy; information about the most recent triennial assessment; periodic review and update of the School Wellness policy; and a means of contacting Wellness Committee leadership.

F. Recordkeeping

The district shall retain records documenting compliance with the requirements of the School Wellness policy, which shall include:

- (1) The written School Wellness policy.
- (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.
- (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.
- (4) Documentation demonstrating the most recent assessment on the implementation of the School Wellness policy and notification of the assessment results to the public.

G. Nutrition Education

- (1) 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.
- (2) Nutrition curriculum shall be behavior focused. School food service and nutrition education classes shall cooperate to create learning experiences. 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, i.e. WIC and Penn State Cooperative Extension.
- (3) Consistent nutrition messages shall be disseminated throughout the District, schools, classrooms, cafeterias, homes, community and media, i.e. Comcast, student newspaper, Nutrition newsletter, website and/or report card inserts.
- (5) Nutrition education shall extend beyond the school environment by engaging and involving families and communities. Information packets shall be included in the packet mailed to students at the beginning of the school year, at open house, at parent conferences, at PFO meetings and other

gatherings of parents, guardians and the community. A consistent effort shall be made to reach out to parents/guardians/care givers.

H. Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meals.

The school district will provide health and nutrition resource material that will be sent home with the student each month to encourage parents/guardians to provide healthy meals for their children.

The district will continue to post promotional posters throughout the school district, schools, classrooms, cafeterias, homes, community and media that provide nutritional message.

I. Physical Activity

- (1) District schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students. Physical activity outside the school environment, may include outdoor play at home, sports, etc. Students shall participate in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits, in accordance with the curriculum.

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.

- (2) 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 in accordance with Facility Policy No. 601.

J. Physical Education

- (1) Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation in accordance with current curriculum as it may be

revised from time to time and which shall be consistent with State Board of Education curriculum regulations and Health, Safety and Physical Education academic standards. 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.

- (2) 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. An assessment system shall be implemented to track student progress on the Health, Safety and Physical Education academic standards. 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 via adapted physical education instruction.
- (3) Safe and adequate equipment, facilities and resources shall be provided for physical education courses.
- (4) Physical education shall be taught by certified health and physical education teachers. Appropriate professional development shall be provided for physical education staff. Physical education classes shall have a teacher-student ratio comparable to those of other courses.

K. Other School Based Activities

- (1) The District shall continue to provide adequate facilities for eating and serving school meals in a clean and safe environment with adequate time to eat within the current class schedules as they may be revised. Drinking water shall be available at all meal periods and throughout the school day. Students shall have access to hand washing or sanitizing before meals and snacks in accordance with the Food Safety Education.
- (2) The Food Service contractor shall at all times have nutrition professionals who are well trained in order to meet the requirements of this policy. This shall include professional development training for the District nutrition staff. Nutrition content of school meals shall be available to students and parents/guardians upon request. The Wellness Committee shall be involved in providing guidelines to the Food Service in terms of menu selections.
- (3) Food of minimal nutritional value shall not be used in the schools as a reward effective July 1, 2008 per the Wellness Action Plan. Food shall not be used in the schools as Punishment.

- (4) Fund raising projects that include the sale of food or beverage items will be consistent with smart snacks when they are purchased and sold, as provided in the Wellness Action Plan.
- (5) Administrators, Teachers, Food Service personnel, Students, Parents/Guardians, School Nurse, 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.
- (6) The foods that can be served at classroom parties shall be in accordance with the Smart Snacks Standard and will be limited to no more than one per month in each classroom.
- (7) Students shall have access to hand washing or sanitizing before meals and snacks.
- (8) Nutrition content of school meals shall be available to student and parents/guardians.

L. Nutrition Guidelines for All Foods/Beverages at School

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; athletic events, dances, vending food, snacks and beverages; school store 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 USDA Smart Snacks Nutrition Standards. The nutritional standards shall be implemented as a three (3) year plan as provided in the Wellness Action Plan, which includes the Washington School District Guidelines for Smart Snacks Nutrition Standard.

All reimbursable school meals must be compliant with federal meal pattern requirements.

Any food and beverage provided, but not sold, to students must meet standards that are specified in the Wellness Policy.

All food and beverages sold outside of the reimbursable school meal must comply with federal Smart Snacks in School nutritional guidelines.

A la carte foods/snacks/beverages, vending food, snacks, beverages, fundraisers, classroom parties, rewards, school store foods/snacks/beverages or faculty lounge shall comply with the nutrition guidelines as listed in the Wellness Action Plan.

Food fundraisers that occur during the day must meet the federal Smart Snacks nutrition standards. However, PDE allows a limited number of exemptions for fundraisers each school year by applying for exemption. If exemption is needed, contact the Food Service Director.

The district may allow a limited number of exempt fundraisers as permitted by the Pennsylvania Department of Education each school year: up to five (5) exempt fundraiser in elementary and middle school, and up to ten (10) exempt fundraiser in the high school. **Exempt fundraisers** are fundraiser in which competitive foods are available for sale to students that do not meet the Smart Snacks in School nutrition standards.

The district will use the established administrative regulations to implement fundraising activities in district schools, including procedures for requesting a fundraiser exemption.

Non-Sold Competitive Foods

Non-sold competitive foods available to students, which may include, but are not limited to foods and beverages offered as rewards and incentives, at classroom parties and celebrations, or as shared classroom snacks, shall meet or exceed the standards established by the school district.

If the offered competitive foods do not meet or exceed the Smart Snacks in School nutrition standards, the following standards shall apply:

Foods and beverage shall not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message.

Classroom Parties and Celebrations with food/beverages shall be limited to no more than one (1) per month in each classroom.

Food celebrations shall not occur until thirty (30) minutes after the end of the last lunch period.

The district shall provide a list of suggested nonfood ideas and healthy food and beverage alternatives to parents/guardians and staff, which may be posted via student handbook, newsletters, posted notices and efficient communication methods.

Marketing/Contracting

Any foods and beverages marketed or promoted to students on the school campus during the school day shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School) and comply with established Board policy and administrative regulations.

Exclusive competitive food and/or beverage contracts shall be approved by the Board, in accordance with provision of law. Existing contract shall be reviewed and modified to the extent feasible to ensure compliance with establish federal nutrition standards, including applicable marketing restrictions.

Management of Food Allergies in District Schools

The district shall establish Board policy and administrative regulation to address food allergy management in district schools in order to:

- (1) Reduce and/or eliminate the likelihood of severe or potentially life-threatening allergic reactions.
- (2) Ensure a rapid and effective response in case of a severe or potentially life-threatening allergic reaction.
- (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.

References:

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

School Code – 24 P.S. Sec. 504.1, 1337.1, 1422, 1422.1, 1422.3, 1512.1, 1513

National School Lunch Program – 42 U.S.C. Sec. 1751 et seq.

School Breakfast Program – 42 U.S.C. Sec. 1773

Healthy, Hunger-Free Kids Act of 2010 – P.L. 111-296

National Food Service Programs, Title 7, Code of Federal Regulations-7 CFR Part 210, Part 220

Cross Reference:

Policy No. 802 Food Service/Free and Reduced Price Meal Program

Policy No. 601 Facilities Use

Policy No. 545 Student Cafeteria Accounts

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