

### *Wellness Policy Implementation*

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

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

The Superintendent or designee shall annually report to the Board on the District's compliance with law and Policies related to student wellness. The report may include:

- Assessment of school environment regarding student 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 Wellness Committee.

An assurance shall be provided annually by the Food and Nutrition Services Supervisor that District guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law.

### *Wellness Committee*

The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for reviewing and suggesting amendments to this Regulation to the District for the enactment of 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 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 providing all students with the knowledge and skills needed to lead healthy lives. 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.

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

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

Nutrition education will be integrated into other subjects where appropriate to complement, but not replace, standards-based nutrition education.

Consistent nutrition messages will be provided throughout the school, classroom and cafeteria.

### Physical Activity

District schools shall contribute to the effort to provide students opportunities to participate in age-appropriate physical activity on all or most days. That time could include activities within school, such as recess, clubs, intramural or interscholastic sports, as well as physical activity outside the school environment, such as outdoor play at home, sports, etc.

District schools may partner with parents/guardians and community members to institute programs that support physical activity.

School physical activity facilities shall be made available outside school hours according to District Policy.

### Physical Education

Physical education classes shall be the primary means through which students learn, practice and are assessed on developmentally appropriate skills and knowledge necessary

for lifelong, health-enhancing physical activity.

A varied and 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 consistent with State Board of Education curriculum regulations and Health, Safety and Physical Education academic standards.

### *Fundraisers Involving Food*

A “fundraiser” is considered an event that includes an activity during which currency/token/tickets, etc. are exchanged for the sale/purchase of a product in support of the school or school-related activities. Examples include: candy bar sales, vending machines where profits are used to support a school-sponsored club or activity, such as the school band or sports team.

An “exempt fundraiser” is a fundraiser in which foods are sold during school at a location other than the school cafeteria and where the foods being sold do not meet the requirements for foods sold in school according to the Smart Snack Standards established by the United States Department of Agriculture. Exempt fundraisers may not be sold in the food service area during the meal period.

All fundraisers must be approved in advance in writing by the building Principal.

A maximum of five exempt fundraisers will be permitted in each elementary and middle school building per year, and a maximum of ten fundraisers will be permitted in each high school building per year. Each exempt fundraiser may not exceed one school week.

All requests for exempt fundraisers must be submitted to the building Principal. If less than the allotted number of exempt fundraisers are approved from applications, then any requests will be considered on a first-come first-served basis.

### *Other School Based Activities*

District students shall have access to school meals provided in a clean, safe environment.

Nutrition content of school meals shall be available to students and parents/guardians.

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

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.

## Safeguards for Students with Food Allergies

### Prohibition Against Homemade Food Kindergarten to 12<sup>th</sup> Grade

Homemade food is not permitted to be brought to school for the purpose of being shared during the school day with students either by other students, teachers or other staff, or other persons. Nothing in the preceding section is intended to (1) restrict the provision of meals to students by authorized District food service personnel, (2) require the alteration of the Family and Consumer Sciences curriculum, or (3) alter the ability of students to bring in their individual breakfast, lunch or snacks in compliance with the District's allergy policy.

### Special Rules for Grades Kindergarten to 4<sup>th</sup> Grade ("Grades K-4")

No food is permitted to be brought to school to be shared with students in connection with recognition of birthdays, celebrations such as Halloween, holidays, Valentine's Day, cultural events, and end-of-the-year festivities at the grades K-4 level to ensure compliance with the District's allergy policy.

### Responsibility

While all reasonable efforts will be made to ensure the safety of students with allergies, it should be recognized that there are practical limitations as to the level of oversight by teachers and other school personnel with regard to students bringing and sharing food to classrooms and other locations. Parents and guardians should regularly reinforce the above prohibitions with their children in order to ensure the safety of all children.

## Nutrition Guidelines

All foods offered for sale by the District during the school day shall be identified 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.

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, which will follow the format of the Nutritional Standards for Competitive Foods in Pennsylvania Schools. The nutritional standards shall be implemented as a three- (3) year plan.

Competitive foods are defined as foods sold or offered for sale at school during the school day other than through the National School Lunch or School Breakfast Programs and include a la carte foods, snacks and beverages; vending food, school store food, and

fundraisers that do not qualify as exempt under this regulation. School campus means all areas of the property under the jurisdiction of the school that are accessible to students during the school day. School day means the period from the midnight before to 30 minutes after the end of the official school day. Competitive foods do not include food brought from home or food that is not sold or offered for sale.

References:

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

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