

PERKIOMEN VALLEY SCHOOL DISTRICT

SECTION: PUPILS

TITLE: STUDENT WELLNESS

ADOPTED: June 12, 2006

REVISED: April 13, 2009

246. STUDENT WELLNESS	
<p>1. Purpose</p>	<p>Perkiomen Valley 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> <ul style="list-style-type: none"> • A comprehensive nutrition program consistent with federal and state requirements. • Access at reasonable cost to foods and beverages that meet established nutritional guidelines. • Physical education courses and opportunities for developmentally appropriate physical activity during the school day. • 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>3. Delegation of Responsibility Pol. 808 (Food Services)</p>	<p>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.</p> <p>Each building principal and/or program supervisor or designee shall report to the Superintendent regarding compliance in his/her school and/or program.</p> <p>Staff members responsible for programs related to student wellness shall report to the Superintendent regarding the status of such programs.</p>

<p>P.L. 108-265 Sec. 204</p> <p>4. Guidelines</p> <p>Policy 235.1 (Refer to Student Survey Policy)</p>	<p>The Superintendent shall <u>(annually)</u> 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"> • 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 School Health Advisory Council. <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 <u>(annually)</u> by the Food Service Director.</p> <p><u>School Health Advisory Council</u></p> <p>The Board shall appoint a School Health Advisory Council comprised of at least one (1) of each of the following: Board member, district administrator, district food service representative, student, parent/guardian, member of the public, teacher, school nurse, school counselor, dietician and/or health professional and/or representative of local or county agency, other individuals chosen by the Board.</p> <p>The School Health Advisory Council shall serve as an advisory committee regarding student health issues and shall be responsible for reviewing this Student Wellness Policy to assure it complies with law to recommend to the Board for adoption.</p> <p>The School Health Advisory Council 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 School Health Advisory Council may make policy recommendations to the Board related to other health issues necessary to promote student wellness.</p> <p>The School Health Advisory Council 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>
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The School Health Advisory Council shall provide periodic reports to the Superintendent or designee regarding the status of its work, as required.

Nutrition Education

- a) 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.
- b) 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.
- c) Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.
- d) Nutrition education lessons and activities shall be age-appropriate.
- e) School food service and nutrition education classes shall cooperate to create a learning environment.
- f) Nutrition education shall be integrated into other subjects to complement but not replace academic standards based on nutrition education.
- g) Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.
- h) The staff responsible for providing nutrition education shall be qualified and shall participate in relevant professional development.
- i) District staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.
- j) Consistent nutrition messages shall be disseminated throughout the district, schools, classrooms, cafeterias, homes, community and media.
- k) Nutrition education shall extend beyond the school environment by engaging and involving families and communities.

Physical Activity

- a) District schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.
- b) 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.
- c) A physical and social environment that encourages safe and enjoyable activity for students shall be maintained.
- d) Extended periods of student inactivity, two (2) hours or more, shall be discouraged.
- e) Physical activity breaks shall be provided for elementary students during classroom hours.
- f) District schools shall partner with parents/guardians and community members to institute programs that support physical activity.
- g) Students running laps or performing other physical activity as a form of punishment is discouraged. Taking away recess or other physical activity as a form of punishment is discouraged.
- h) Students and the community shall have access to physical activity facilities outside school hours.

Physical Education

- a) Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.
- b) 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.
- c) 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.
- d) A local assessment system shall be implemented to track student progress on

the Health, Safety and Physical Education academic standards.

- e) Students shall be moderately to vigorously active as much as possible during a physical education class. Documented medical conditions and disabilities shall be accommodated during class.
- f) Safe and adequate equipment, facilities and resources shall be provided for physical education courses.
- g) Physical education classes shall have a teacher-student ratio comparable to those of other courses.
- h) Students running laps or performing other physical activity as a form of punishment is discouraged. Taking away recess or other physical activity as a form of punishment is discouraged.

Other School Based Activities

- a) District schools shall provide adequate space, as defined by the district, for eating and serving school meals.
- b) Students shall be provided a clean and safe meal environment.
- c) Students shall be provided adequate time to eat: ten (10) minutes sit down time for breakfast; twenty (20) minutes sit down time for lunch.
- d) Meal periods shall be scheduled at appropriate hours, as defined by the district.
- e) Drinking water shall be available at all meal periods and throughout the school day.
- f) Students shall have access to hand washing or sanitizing before meals and snacks.
- g) Nutrition professionals who meet criteria established by the district shall administer the school meals program.
- h) Professional development shall be provided for district nutrition staff.
- i) Access to the food service operation shall be limited to authorized persons.
- j) Nutrition content of school meals shall be available to students and parents/guardians.
- k) Students and parents/guardians may be involved in menu selections through

various means.

- l) To the extent possible, the district shall utilize available funding and outside programs to enhance student wellness.
- m) Foods consistent with the Guidelines for Nutritional Standards for Competitive Foods in Pennsylvania Schools may be used as a reward.
- n) The district shall provide appropriate training to all staff on the components of the Student Wellness Policy.
- o) Goals of the Student Wellness Policy shall be considered in planning all school based activities.
- p) Fundraising projects submitted for approval shall be respectful of healthy eating and student wellness.
- q) 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.
- r) 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 programs 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; fundraisers; classroom parties; holiday celebrations; and food from home.

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.

<p>Policy 705, 810</p>	<p><u>Safe Routes To School</u></p> <p>The district shall assess and, to the extent possible, implement improvements to make walking to school safer and easier for students.</p> <p>The district shall cooperate with local municipalities, public safety agency, police departments, and community organizations to develop and maintain safe routes to school.</p> <p>District administrators shall seek and utilize available federal and state funding for safe routes to school, when appropriate.</p>
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