



Book: Southern Lehigh School District
Section: 200 Pupils
Title: Student Wellness
Code: 246
Status: Active
Adopted: March 13, 2006
Last Review/Revised: August 9, 2021

Purpose

Southern Lehigh School District recognizes that student wellness, mental well being, 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.

Authority

The Board adopts this policy based upon the recommendations of the Wellness Committee and in accordance with federal and state laws and regulations.

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. Access at reasonable cost to foods and beverages that meet established nutritional guidelines.
3. Physical education courses and opportunities for developmentally appropriate physical activity during the school day.
4. 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.

Legal: S.C. 1422.1, 42 U.S.C. 1758b, 7 C.F.R. 210.31

Delegations of Responsibility

The Superintendent or designee shall be responsible for implementation and oversight of this policy to ensure each of the district's schools and programs, and its curriculum, is compliant with this policy, related policies, established guidelines and administrative regulations.

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

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

The Superintendent or designee shall annually report to the Board about the district's compliance with legal requirements and policies related to school wellness. The report may include:

- Assessment of school environment as it relates to school wellness issues;
- Evaluation of food services programs;
- Review of all foods and beverages sold in schools for compliance with established nutrition guidelines;
- Listing of activities and programs conducted to promote nutrition guidelines;
- Recommendations for policy and/or program revisions;
- Suggestions for improvement in specific areas;
- Feedback the district has received from parents/guardians, staff, students, community members and the Wellness Committee.

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 pursuant to a continuous improvement process designed to strengthen the policy and ensure implementation. This triennial assessment shall be made available to the public in an easily understood and accessible manner and shall include:

1. The extent to which each school is in compliance with legal requirements and policies relating to school wellness;
2. The extent to which this policy compares to model wellness policies;
3. A description of the district's progress in attaining the goals established in this policy.

At least once every three (3) years, the district shall update and modify this policy as needed, based on the results of the most recent triennial assessment and/or as the needs of the district and the community change; as wellness goals are met; new health science, information and technologies emerge; and new federal or state laws, regulations, guidance or standards are issued.

The Superintendent or designee shall ensure that the district annually informs and updates the public, including members of the community, parents/guardians and students, about the contents, updates, and implementation of this policy via newsletters, posted notices, the district website and/or through other efficient methods of communication. The annual notice shall include information about:

1. How to access this policy;
2. The most recent triennial assessment;

3. How to participate in the development, implementation, review and update of this policy; and
4. How to contact the Wellness Committee leadership.

Legal: 42U.S.C. 1758b, 7 C.F.R.210.31,

Recordkeeping

The Superintendent or designee shall ensure that the district retains records documenting compliance with the requirements of this policy, which shall include:

1. The School Wellness Policy;
2. Documentation establishing that the district has on an annual basis, informed the public about the contents of the School Wellness policy and updates to the policy;
3. Documentation of efforts to review and update this policy, which identifies the individuals involved in the review and the methods the district used to inform the public of their ability to participate in the review;
4. Documentation regarding the most recent assessment of the implementation of the School Wellness policy and notice provided to the public of the results of this assessment.

Legal: 7 C.F.R. 201.15, 210.31

Wellness Committee

The Superintendent or designee shall establish a Wellness Committee comprised of at least one (1) member from each of the following: School Board, district administration, district food service representative, physical education teacher, school health professional, student, parent/guardian, and member of the public. It shall be the district's goal that committee membership include representatives from each school building and reflect the diversity of the community.

The Wellness Committee shall serve as an advisory committee regarding student health issues shall be responsible for developing, implementing and periodically reviewing and updating a School Wellness policy that complies with law to recommend to the Board for adoption.

The Wellness Committee shall review and consider evidence-based strategies and techniques in establishing goals for nutrition education and promotion, physical activity and other school based activities that promote student wellness as part of the policy development and revision process[CL5] .

Nutrition education

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[CL6] .

Promoting student health and nutrition enhances readiness for learning and increases student achievement. Nutrition education in the district shall be designed to teach, model, encourage and support healthy eating by students.

Nutrition education shall extend beyond the school environment by engaging and involving families and the community.

Legal: 42 U.S.C. 1758b, 7 C.F.R. 210.31, S.C. 1513, Pol. 102, 105 and 808

Nutrition Promotion

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

District schools shall offer resources about health and nutrition to encourage parents/guardians to provide healthy meals to their children.

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 a daily basis as recommended by the Center for Disease Control and Prevention. Opportunities offered at school will augment physical activity outside the school environment, such as outdoor play at home, sports, etc.

Physical activity breaks may be provided for students during classroom hours.

Physical activity or denial of 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 as per facilities use policy.

Physical Education

The district shall develop and implement a sequential physical education program consistent with State Board of Education curriculum regulations and Health, Safety and Physical Education academic standards.

Students shall be moderately to vigorously active as much time as feasible during a physical education class. Documented medical conditions and disabilities shall be accommodated during class.

Physical activity or denial of physical activity shall not be used as a form of punishment.

Legal: S.C. 1512.1 Pol. 102, 105

Other School Based Activities

Safe drinking water shall be available and accessible to students, without restriction and at no cost to the student, at all meal periods and throughout the school day.

Nutrition[CL4] professionals who meet hiring criteria established by the district and in compliance with federal regulations shall administer the school meals program. Professional development and continuing education shall be provided for district nutrition staff, as required by federal regulations.

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

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

The district shall provide appropriate training to all staff on the components of the Student Wellness Policy.

Fundraising projects shall be supportive of healthy eating and student wellness.

The district shall support the efforts of parents/guardians to provide a healthy diet and daily physical activity for children by communicating relevant information to them through various methods.

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

Legal: 7 C.F.R. 210.10, 220.8, S.C. 701,742, 42 U.S.C. 1751 et seq, 1773 7 C.F.R. 210.30, Pol. 808

Nutrition Guidelines for All Food/Beverages at School

All foods and beverages 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.

Foods and beverages offered or sold at school-sponsored events outside of the school day, such as athletic events and dances, shall offer healthy alternatives in addition to more traditional choices.

Competitive Foods

Competitive foods are defined as foods and beverages offered or sold to students on school campus during the school day, which are not part of the reimbursable school breakfast or lunch.

Competitive foods available for sale shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School). These standards shall apply in all locations and through all services where foods and beverages are sold to students, which may include, but are not limited to: a la carte options in cafeterias, snacks and beverages, vending machine food and drinks, school store food, vending machines, snack carts and fundraisers.

For purposes of this policy, the term “school campus” means any area of property under the jurisdiction of the school that students may access during the school day.

For the purposes of this policy, the term “school day” means the period from midnight before school begins until thirty (30) minutes after the end of the official school day.

The district may impose additional restrictions on competitive foods, provided that the restrictions are not inconsistent with federal requirements.

Legal: 42 U.S.C. Sec. 1751 et seq, 1773 and 7 C.F.R. 210.10,220.8, 7 C.F.R. Sec. 210.11, 210.31
Pol. 229, 7 C.F.R. 210.11

Fundraiser Exemptions

Fundraising activities held during the school day involving the sale of competitive foods shall be limited to foods that meet the Smart Snacks in School nutrition standards, unless an exemption is approved in accordance with applicable Board policy and administrative regulations.

The district may allow a limited number of exempt fundraisers as permitted by the Pennsylvania Department of Education each year as follows: (1) up to five (5) exempt fundraisers in each elementary and middle school building; and (2) up to ten (10) exempt fundraisers in each high school building. The term “exempt fundraisers” means fundraisers in which competitive foods that do not meet the Smart Snacks in School nutrition standards, are available for sale to students.

The district shall establish administrative regulations to implement fundraising activities in district schools, including procedures for requesting a fundraiser exemption.

Non-Sold Competitive Foods

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

If the offered competitive food and/or beverage does not meet or exceed the Smart Snacks in School nutrition standards, it shall not be used as a reward for classroom or school performance or behavior unless the reward involves an activity that promotes a positive nutrition message (e.g., field trip to a farm or a farmers' market).

Legal: 7 C.F.R. 210.11, 210.31

Classroom Parties and Celebrations

The district shall inform parents/guardians through an efficient communications method that foods/beverages may only be brought to school for parties and celebrations when requirements set forth in district guidelines 246 AR are met

Legal: S.C. 504.1

Marketing/Contracting

Any foods and beverages marketed or promoted to students on 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[CL1] .

The district shall not enter into any exclusive competitive food and/or beverage contracts unless they are approved by the Board, in accordance with legal requirements. Contracts in existence on the date that this revised policy is adopted in 2020, shall be reviewed and modified to the extent feasible to ensure compliance with established federal nutrition standards, including applicable marketing restrictions.

Legal: Pol. 209.1, and 246 AR

Management of Food Allergies in District Schools

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

1. Reduce and/or eliminate the likelihood of severe or potentially life-threatening student allergic reactions.

2. Ensure a rapid and appropriate response in case of a severe or potentially life-threatening student allergic reaction.

3. Protect the rights of students by providing them, through reasonable accommodations when required, the opportunity to participate in all school programs and activities.

Safe Routes to School

The district shall cooperate with local municipalities, public safety agencies, police departments, and community organizations to develop and maintain safe routes to school.

Other

Because school staff serves as role models, the district will encourage activities that support healthy lifestyles for all school district employees.

References

School Code - 24 P.S. 504.1; 701; 742; 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

National Food Service Programs, Title 7 C.F.R. Part 210, Part 220

Board Policies – 102; 103; 103.1; 105; 209.1; 229; 808