

# LAUREL HIGHLANDS SCHOOL DISTRICT

SECTION: PUPILS

TITLE: SCHOOL WELLNESS POLICY

ADOPTED: December 13, 2011

REVISED: July 21, 2017

## 246. SCHOOL WELLNESS POLICY

### 1. Purpose

Laurel Highlands School District recognizes that staff and student wellness and proper nutrition are related to individual's physical well-being, growth, development, and readiness to learn. The Board is committed to providing a school environment that promotes staff and student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience. In a healthy school environment, staff and students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

Healthy, fit adults and children learn better, and growing evidence suggests that in addition to reducing health risks, physically fit students also perform well on academic tests. Comprehensive health education as part of a balanced curriculum can help build the foundation for healthy life habits through knowledge, attitudes, skills and behaviors. Through wellness centered education, Laurel Highlands School District intends to reduce absenteeism, reduce classroom behavior problems, improve academic performance, increase interests in healthy diets and fitness activities, and decrease health risk behaviors.

### 2. Authority SC 1422.1 42 U.S.C. Sec. 1751 nt Pol 100

To ensure the health and well-being of all staff and 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 (as set forth in the National School Lunch or School Breakfast Programs).
3. Physical education courses and opportunities for developmentally appropriate physical activity during the school day for grades K-12.
4. Curriculum and programs for grades K-12 that are designed to educate students about proper nutrition and lifelong physical activity,

3. Delegation of Responsibility  
Pol. 808

in accordance with State Board of Education curriculum regulations and academic standards.

5. Partnerships with local fitness centers and health programs agencies to promote physical fitness awareness during and after school hours.

Enforcement of Board policy and procedures rests exclusively with the School Board.

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.[1]

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 staff and student wellness shall report to the Superintendent, department head 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 staff and student wellness. The report may include:

1. Assessment of school environment regarding staff and student wellness issues.
2. Assessment of the food services program.
3. Consulting with food service department to review 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 and/or program revisions.
6. Suggestions for improvement in specific areas.
7. Feedback received from district staff, students, parents/guardians, community members and Wellness Committee.

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. [2]

4. Guidelines

Wellness Committee

The Board shall appoint a Wellness Committee comprised of at least one (1) of each of the following: School Board member, district administrator, district food service representative, student, parent/guardian, members of the public, teacher and school nurse.

The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing a Staff And Student Wellness Policy that complies with law to recommend to the Board for adoption.

The Wellness Committee shall meet a minimum of one (1) time per academic year.

The Wellness Committee may examine related research and law, assess staff and student needs and the current school environment, review existing Board policies and administrative regulations, and raise awareness about staff and student health issues. The Wellness Committee may make policy recommendations to the Board related to other health issues necessary to promote staff and 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 regarding the status of its work, as required.

At least once every three years, the District Food Service Director will evaluate compliance with the wellness guidelines to assess the implementation of the guidelines .

#### Nutrition Education

The goal of nutrition education is to teach, encourage and support healthy eating by staff and 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. [\[3\]](#)[\[4\]](#)[\[5\]](#)

Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.

Nutrition education lessons and activities shall be age-appropriate.

Nutrition curriculum shall be behavior focused.

School food service department and nutrition education classes shall cooperate to create an interactive learning experience.

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.

Consistent nutrition messages shall be disseminated throughout the district, schools, classrooms, cafeterias, homes, community and media.

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

#### Physical Activity

District schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all staff and students.

Teachers, paraprofessionals, and other school partners, etc. are encouraged to creatively engage students in physical activity in the context of their classroom exercises, after school, and extended year experiences.

Students shall participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits.

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.

A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.

Extended periods of student inactivity, two (2) hours or more, shall be discouraged.

Physical activity breaks shall be provided for elementary students during the school day.

After-school programs shall provide developmentally appropriate physical activity for participating children.

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

Withholding education/physical activity shall not be used as a form of punishment.

School playgrounds and/or tracks should be available to students, staff, and the community members before and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times. (Fees may apply.)

#### 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 varied and comprehensive curriculum that leads to students becoming and remaining physically active for a lifetime shall be provided in the physical education program.

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. [6][4][5]

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.

A local 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.

Safe and adequate equipment, facilities and resources shall be provided for physical education courses.

Physical education shall be taught by certified health and physical education teachers or designee when necessary (i.e. substitute).

Appropriate professional development shall be provided for physical education staff.

Physical education classes shall make every effort possible to strive for adequate teacher-student ratio.

#### Other School Based Activities

District schools shall provide adequate space for eating and serving school meals.

Staff and students shall be provided a clean and safe meal environment.

Students shall be provided adequate time to eat.

Meal periods shall be scheduled at appropriate hours.

All students shall be scheduled a lunch period K-11 (beginning in the 2012 school year).

Drinking water shall be available throughout the school day. Water bottles allowed in the classrooms at the discretion of the classroom teacher.

Staff and students shall have access to hand washing or sanitizing before meals and snacks.

Qualified professionals shall administer the school meals programs.

Professional development shall be provided for district food service staff.

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

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

Staff, students and parents/guardians may be involved in menu selections through various means.

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

The district will implement the Growth Screening Program and utilize established community based referral sources in order to aid in educating the community at large on the Body Mass Index and other health related disparities.

Through the Student Assistance Program, the district will make referrals to school and community services for students when there are barriers to learning.

The Student Assistance Program is a safety net to identify students at risk which may include educational interventions.

Withholding food shall not be used as punishment.

Foods of minimal nutritional value shall not be used as rewards.

The district shall provide appropriate training to all staff on student wellness.

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

All fundraising projects that include the sale of food or beverage must be approved by the Food Service Director to ensure alignment to the fundraising guidelines set forth by the HHFK Act of 2010.

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.

Individual classroom celebrations that involve food during the school day will be limited to three (3) parties per year at the elementary level (Halloween, Christmas and Valentine's Day). Additional celebrations will be considered on a case-by-case basis, must be held for a specific purpose and must be approved by the building principal.

Each party should include a choice of one hundred percent (100%) juice, water and/or milk, as well as a fruit or vegetable of choice. The district will disseminate a list of healthy party ideas to parents and teachers yearly. Cans of carbonated beverages and energy drinks are not permitted.

In elementary schools (K-5) celebrations to be held during the school day shall not be held until the end of the last lunch period.



Birthday parties for individual students throughout the course of the school day shall be prohibited but may be included as part of one or all of the three permissible celebration days as outlined in the policy.

School stores activities that sell food and beverage items and that operate during the school day will be limited to operating after the scheduled lunch periods with approval from the building administrators.

All faculty is encouraged to set the example for staff and students by adhering to policies regarding food and beverages.

#### 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.

All competitive foods available to students in district schools shall comply with the established nutrition guidelines, as listed in the District Wellness Plan.

#### Competitive Foods/Beverages

Competitive foods and beverages are defined as any food or beverage offered or sold at school in competition with the reimbursable meals served through the National School Lunch or School Breakfast Programs.

All competitive foods and beverages available to students in district schools shall comply with the USDA Smart Snacks in School nutrition standards. A summary of the standards and information are available at <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>.

Exclusive competitive food and/or beverage contracts shall be approved by the Board, in accordance with provisions of law.

## Food and Beverage Marketing in Schools

The district is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health, and physical activity. It is the district's intention to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy.

Any foods and beverages marketed or promoted to students on the school campus during school hours will meet or exceed the USDA Smart Snacks in School nutrition standards.

### Legal

1. Pol. 808

2. 42 U.S.C. 1751 - Notes

3. 24 P.S. 1513

4. Pol. 102

5. Pol. 105

6. 24 P.S. 1512.1

24 P.S. 1337.1

24 P.S. 1422

24 P.S. 1422.1

24 P.S. 504.1

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