

SELINGROVE AREA SCHOOL DISTRICT

SECTION: PUPILS

TITLE: STUDENT WELLNESS

ADOPTED: June 26, 2006

REVISED:

246. STUDENT WELLNESS	
<p>1. Purpose</p>	<p>The Selingsgrove Area School District is committed to preparing students to make healthy nutritional and physical activity choices every day – in their communities, home, and schools.</p>
<p>2. Authority P.L. 108-265 Sec. 204</p> <p>Pol. 218, 247</p>	<p>Therefore, it is the policy of the Selingsgrove Area School District that:</p> <ul style="list-style-type: none"> • Students, parents, teachers, food service professionals, health professionals, and community members will jointly implement, monitor, and review the District’s nutrition and physical activity policies. • All students will receive opportunities and encouragement to stay physically active on a regular basis. • The School District will provide K-12 physical education curricula and nutrition education opportunities during the school day, as well as other opportunities for developmentally appropriate activities aimed at fostering lifelong habits for health and wellness. • The District’s website will provide information on nutrition, physical activity, and wellness to support healthy lifestyles. • Food and beverages sold or served at school will contribute to a healthy lifestyle. • The goals of the student wellness policy shall be considered in planning all school-based activities.
<p>3. Delegation of Responsibility</p> <p>Pol. 808</p>	<p>The Superintendent or designee shall monitor District schools, programs, and curricula to ensure compliance with this policy, compliance with related policies, and to establish guidelines or administrative regulations.</p> <p>The Superintendent or designee shall report to the School Board on the District’s compliance with laws and policies related to student wellness on an annual basis.</p>

<p>4. Guidelines</p>	<p><u>School Health Council</u></p> <p>A school health council will be established as part of our Pupil Services Cabinet and will meet periodically for the purpose of implementing, monitoring and, as necessary, revising school wellness policies. The council should be comprised of at least one (1) of each of the following: parents, students, administrators, teachers, physical educator/health educator, health professionals, and school food service staff.</p> <p><u>Foods and Beverages Available on Campus</u></p> <p>School Meals</p> <ol style="list-style-type: none">1. Students will have access to the National School Lunch and Breakfast Programs that meet at least the minimum nutritional requirements established by state and federal regulations. This will be monitored annually by the Director of Food Services.2. Information about the nutritional content of school meals will be available upon request from the Director of Food Services.3. Schools will provide adequate time for students to enjoy healthy foods.*4. Dining areas will provide a clean and safe meal environment with enough space to seat all students comfortably. <p><i>*The National Association of State Boards of Education recommends at least 10 minutes for breakfast and 20 minutes for lunch from the time the student is seated.</i></p> <p>Competitive Foods are foods offered at school other than through the National School Lunch or School Breakfast Programs and include things such as but not limited to: a la carte, vending, school store sales, fundraisers, booster club sales, classroom parties, and holiday celebrations.</p> <p>Parents may request the food service staff to block the sale of a la carte items and get print outs of items purchased through the debit system.</p> <p>Bottled water will be made available for sale in each building. Students will be encouraged to drink water throughout the school day to maintain proper hydration.</p>
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	<ol style="list-style-type: none">1. Elementary Schools<ol style="list-style-type: none">a. Given young children’s limited nutrition skills, items for individual sale will be restricted to bottled water, milk, juices and those food items offered on the school menu as part of the daily meal.2. Middle School/High School<ol style="list-style-type: none">a. Students will be limited to two (2) a la carte snack items per meal purchase.3. Vending, School Stores, and Other In-School Sales Outlets<ol style="list-style-type: none">a. All foods and beverages available for sale on the school campus during the school day will meet the nutritional guidelines set for individual food.4. Fundraising<ol style="list-style-type: none">a. Organizations that engage in fundraising in-school are encouraged to follow the same nutritional guidelines set for individual food item sales.b. School organizations that engage in fundraising off school property or outside school hours will be encouraged to consider healthy food or non-food related fundraising options.5. Classroom Snacks, Rewards, and Celebrations<ol style="list-style-type: none">a. Parents and teachers will be made aware of the District’s commitment to wellness and will be encouraged to provide healthy snacks. Healthy food or non-food rewards and celebrations will be encouraged.b. All competitive foods (rewards/celebrations) will be offered only after the scheduled hours of the national school lunch program.c. It is encouraged that food should not be used as a reward for classroom or school activities unless it has a direct curricular connection with educational value.6. School Sponsored Events (such as, but not limited to, athletic events, dances, performances or ceremonies)<ol style="list-style-type: none">a. Coordinators of these events will be made aware of the District’s commitment to wellness and will be encouraged to provide healthy food and beverage options.
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Nutrition and Health Education

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 potential for achievement.

The nutrition curricula will be a sequential, comprehensive health education program in accordance with the State Board of Education curriculum regulations and the Academic Standards for Health, Safety, and Physical Education and Family and Consumer Sciences.

The District staff shall cooperate with agencies and community organizations to provide opportunities for age appropriate programs regarding nutrition and wellness.

Students shall have access to hand washing with soap and water throughout the school day.

Physical Education and Physical Activity

Comprehensive physical education courses shall be the means through which all students learn, practice, and are assessed on the developmentally-appropriate skills and knowledge that are needed to sustain lifelong, health-enhancing physical activity.

The physical education curricula will be a sequential, comprehensive program in accordance with State Board of Education curriculum regulations and the Academic Standards for Health, Safety, and Physical Education.

Physical education will accommodate individuals with documented medical conditions and disabilities.

In addition to planned physical education, age appropriate physical activity opportunities shall be provided to meet the needs of all students. These activities may include recess, clubs, intramurals, and interscholastic athletics.

Students, staff, and community shall have access to the physical activity facilities outside of school hours as delineated by School Board policies.

Family and Community Involvement

Families are the primary teachers and care givers for their children. Integrated family and community involvement activities are needed to engage families as active participants in their children's education regarding health, nutrition, and wellness.

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

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