

# MINERSVILLE AREA SCHOOL DISTRICT

SECTION: PUPILS

TITLE: STUDENT WELLNESS

ADOPTED: June 26, 2006

REVISED:

246. STUDENT WELLNESS	
<p>1. Purpose</p>	<p>Minersville Area 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"> <li>(x) A comprehensive nutrition program consistent with federal and state requirements.</li> <li>(x) Access at reasonable cost to foods and beverages that meet established nutritional guidelines.</li> <li>(x) Physical education courses and opportunities for developmentally appropriate physical activity during the school day.</li> <li>(x) Curriculum and programs for grades K-12 that are designed to education students about proper nutrition and lifelong physical activity, in accordance with State Board of Education curriculum regulations and academic standards.</li> </ul>
<p>3. Delegation of Responsibility Pol. 808</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 shall report to the Superintendent regarding compliance in his/her school.</p> <p>The Superintendent shall periodically 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"> <li>(x) Assessment of school environment regarding student wellness issues.</li> <li>(x) Evaluation of food services program.</li> <li>(x) Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.</li> <li>(x) Listing of activities and programs conducted to promote nutrition and physical activity.</li> </ul>

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<p>4. Guidelines</p>	<p>(x) Recommendations for policy and/or program revisions. (x) Suggestions for improvement in specific areas. (x) Feedback received from district staff, students, parents/guardians, community members and Wellness Committee.</p> <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 annually by the Food Service Director.</p> <p><u>Wellness Committee</u></p> <p>The Board shall appoint a Wellness Committee comprise of at least one (1) of each of the following: School Board member, building principal, district food service representative, student, parent/guardian, (2) teachers.</p> <p>The Wellness Committee shall service as an advisory committee regarding student health issues and shall be responsible for developing a Student Wellness Policy that complies with law to recommend to the Board for adoption.</p> <p>The Wellness Committee shall provide periodic reports to the Superintendent regarding the status of its work, as required.</p> <p><u>Nutrition Education</u></p> <p>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.</p> <p>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 Services.</p> <p>Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.</p> <p>Nutrition education shall be integrated into other subjects to complement but not replace academic standards based on nutrition education.</p> <p>Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.</p> <p>Consistent nutrition messages shall be disseminated throughout the district, schools, classrooms, cafeterias, homes, community and media.</p> <p><u>Physical Activity</u></p> <p>District schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.</p> <p>Physical activity breaks shall be provided for elementary students during classroom hours.</p>
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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.

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.

### 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.

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.

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.

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

### Other School Based Activities

Students shall be provided a clean and safe meal environment.

Students shall be provided adequate time to eat; ten (10) minutes sit down time for breakfast; twenty (20) minutes sit down time for lunch.

Meal periods shall be scheduled at appropriate hours, as defined by the district.

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

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

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

### Nutritional 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.

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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 two (2) year plan.

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

### Safe Routes to School

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

### References:

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