

# WALLENPAUPACK AREA SCHOOL DISTRICT

SECTION: PUPILS

TITLE: WASD WELLNESS

ADOPTED: May 8, 2006

REVISED: October 19, 2015

<p>1. Purpose</p> <p>2. Authority</p> <p>3. Delegation of Responsibility 42 U.S.C. Sec. 1758b Pol. 808</p>	<p style="text-align: center;">246. WASD WELLNESS</p> <p>The Wallenpaupack Area School District recognizes that wellness and proper nutrition are related to the students' and staff's 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, the students and staff will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.</p> <p>To ensure the health and well-being of all students and staff, the Board establishes that the district shall provide:</p> <ol style="list-style-type: none"> <li>1. A comprehensive nutrition program consistent with federal and state requirements.</li> <li>2. Physical education courses and opportunities for developmentally appropriate physical activity during the school day.</li> <li>3. 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.</li> <li>4. Nutrition and physical activities designed to educate the staff about proper nutrition and lifelong physical activity.</li> </ol> <p>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.</p> <p>Each building principal or designee shall report to the Superintendent or designee regarding compliance in his/her school.</p>
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<p>42 U.S.C. Sec. 1758b</p> <p>4. Guidelines</p>	<p>Staff members responsible for programs related to student wellness shall report to each building principal regarding the status of such programs.</p> <p>The Superintendent or designee shall annually report to the Board on the district's compliance with law and policies related to student wellness. The report may include:</p> <ol style="list-style-type: none"> <li>1. Evaluation of the school environment regarding student wellness issues.</li> <li>2. Evaluation of the food services program.</li> <li>3. Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.</li> <li>4. Listing of activities and programs conducted to promote nutrition and physical activity.</li> <li>5. Suggestions for improvement in specific areas.</li> </ol> <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>District Policy Committee</u></p> <p>The Superintendent or designee shall appoint a wellness policy committee which shall be responsible for developing the district's wellness policy that complies with the law to recommend for Board adoption. The district Wellness Committee shall be comprised of, but not limited to, the members from the following groups: School Board; district administration; district food service representative; health and physical education teacher; students; parent/guardian; community; school nurse; classified staff; representative of local or county agency, such as, Wayne Memorial Hospital, and the American Cancer Society; representative of community organization; and other individuals chosen by the Board.</p> <p><u>Building Wellness Committees</u></p> <p>Each building principal shall appoint a Building Wellness Committee comprised of, but not limited to: building administrator, health and physical education teacher, school nurse, support staff, food service, parent/community.</p>
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<p>SC 1513 Pol. 102, 105</p>	<p>The Building Wellness Committees shall serve as advisory committees regarding the district's health issues and shall be responsible for recommendations for policy and program revisions.</p> <p>The Policy and Wellness Committees 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. These committees may make policy recommendations to the Board related to other health issues necessary to promote student wellness.</p> <p>The Policy and Wellness Committees 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> <p><u>Nutrition Education</u></p> <p>The goal of nutrition education is to teach, encourage and support healthy eating by students and staff. Promoting student health and nutrition enhances readiness for learning and increases student achievement. Promoting staff health enhances the lifetime health and fitness of the staff, needed to maintain a quality life.</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 Sciences. Nutrition education shall be integrated into other subjects to complement but not replace academic standards based on nutrition education.</p> <p>Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives. Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.</p> <p>District staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.</p> <p>Consistent nutrition messages shall be disseminated throughout the district, schools, classrooms, cafeterias, homes, community and media.</p> <p>Nutrition education shall extend beyond the school environment by engaging and involving families and communities.</p>
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<p>SC 1512.1 Pol. 102, 105</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>Age-appropriate physical activity opportunities, such as recess; after-school programs; 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. Physical activity breaks shall be provided for elementary students during classroom hours.</p> <p>A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.</p> <p>District schools shall partner with parents/guardians and community members to institute programs that support physical activity. The students, staff, and community shall have access to physical activity facilities during and after school hours. Examples of these activities include, but are not limited to the Wallenpaupack Area School District Community Education program and the Wayne Memorial Walking Program.</p> <p>Withholding or assigning of physical activity as a form of punishment should be monitored by the building principal in order to ensure that students at all levels are not consistently deprived of appropriate physical activity.</p> <p><u>Physical Education</u></p> <p>Wallenpaupack Area School District will provide a sequential and comprehensive K-12 health and physical education program, taught by certified health and physical education teachers. Physical education that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.</p> <p>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.</p> <p>Adequate amounts of planned instruction shall be provided in order for students to achieve a proficient level for the Health, Safety and Physical Education academic standards.</p>
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<p>42 U.S.C. Sec. 1751 et seq, 1773 7 CFR Sec. 210.10, 220.8</p>	<p><u>Other School Based Activities</u></p> <p>District schools shall provide adequate space and a clean and safe meal environment, in compliance with PA Department of Agriculture and/or federal guidelines, for eating and serving school meals. Students shall be provided adequate time to eat.</p> <p>To the extent possible, the district shall utilize available funding and outside programs to enhance student wellness.</p> <p>The district shall provide appropriate communication to all students and all staff on the components of the WASD Wellness Policy.</p> <p>Goals of the WASD Wellness Policy shall be considered in planning all school based activities.</p> <p>Fundraising projects submitted for approval shall be supportive of healthy eating and student wellness.</p> <p>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.</p> <p>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.</p> <p><u>Nutrition Guidelines</u></p> <p>Wallenpaupack Area School District food service program shall be administered by a nutritional professional. 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. Nutrition content of school meals shall be available to the WASD community.</p> <p>Foods provided through the National School Lunch or School Breakfast Programs shall comply with federal nutrition standards under the School Meals Initiative.</p>
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<p>SC 1337.1</p>	<p><b>Competitive foods</b> 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 foods, snacks and beverages; school store food; fundraisers; classroom parties; holiday celebrations; and food from home.</p> <p>All competitive foods available to students in district schools shall comply with the established nutrition guidelines as listed in the Student Wellness Plan.</p> <p>References:</p> <p>School Code – 24 P.S. Sec. 504.1, 1337.1, 1422, 1422.1, 1422.3, 1512.1, 1513</p> <p>National School Lunch Program – 42 U.S.C. Sec. 1751 et seq.</p> <p>School Breakfast Program – 42 U.S.C. Sec. 1773</p> <p>Healthy, Hunger-Free Kids Act of 2010 – P.L. 111-296</p> <p>National Food Service Programs, Title 7, Code of Federal Regulations – 7 CFR Part 210, Part 220</p> <p>Board Policy – 000, 102, 103, 105, 808</p>
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