

## SUGAR VALLEY RURAL CHARTER SCHOOL

POLICY NUMBER: 246  
SECTION: PUPILS  
TITLE: **STUDENT WELLNESS**  
DATE ADOPTED: NOVEMBER 2008  
DATE LAST REVISED: JULY 2022

### **STUDENT WELLNESS**

#### PURPOSE

Sugar Valley Rural Charter School 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.

#### AUTHORITY

To ensure the health and well-being of all students, the Board establishes that the school shall provide the following to students:

1. Students, parents/guardians, teachers, food service professionals, health professionals, and community members will be engaged in implementing, monitoring, and reviewing school-wide nutrition and physical activity policies.
2. All students will have opportunities and encouragement to be physically active on a regular basis.
3. Food and beverages sold or served at school will contribute to a healthy lifestyle and meet established nutritional guidelines.
4. Physical education courses and opportunities for developmentally appropriate physical activity will be provided during the school day to foster lifelong habits for health.
5. 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.

The goals of the student wellness policy shall be considered in planning all school-based activities.

## **DELEGATION OF RESPONSIBILITY**

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

Staff members responsible for programs related to Student Wellness shall report to the CEO or designee regarding the status of such programs.

The CEO or designee shall report to the Board as needed on the school's compliance with law and policies related to Student Wellness. The report may include:

1. Assessment of school environment regarding Student Wellness issues.
2. Evaluation of food services program.
3. Review of 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 school staff, students, parents/guardians, community members and the Wellness Committee.

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

1. The extent to which each school is in compliance with law and policies related to Student Wellness.
2. The extent to which this policy compares to model wellness policies.
3. A description of the progress made by the school in attaining the goals of this policy.

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

The school shall annually inform and update the public, including parents/guardians, students, and others in the community, about the contents, updates and implementation of this policy via the school website, student handbooks, newsletters, posted notices and/or other efficient communication methods. This annual notification shall include information on how to access the Student Wellness policy; information about the most recent triennial assessment; information on how to participate in the development, implementation and periodic review and update of the Student Wellness policy; and a means of contacting Wellness Committee leadership.

## GUIDELINES

### Recordkeeping

The school shall retain records documenting compliance with the requirements of the Student Wellness policy, which shall include:

1. The written Student Wellness policy.
2. Documentation demonstrating that the school has informed the public, on an annual basis, about the contents of the Student Wellness policy and any updates to the policy.
3. Documentation of efforts to review and update the Student Wellness policy, including who is involved in the review and methods used by the school to inform the public of their ability to participate in the review.
4. Documentation demonstrating the most recent assessment on the implementation of the Student Wellness policy and notification of the assessment results to the public.

### Wellness Committee

The school shall establish a Wellness Committee comprised of, but not necessarily limited to, at least one (1) of each of the following: School Board member, school administrator, school food service representative, student, parent/guardian, school health professional, physical education teacher and member of the public. It shall be the goal that committee membership will 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 and shall be responsible for developing, implementing and periodically reviewing and updating a Student 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.

### Advisory Health Council

An Advisory Health Council may be established by the CEO to study student health issues and to assist in organizing follow-up programs.

The Advisory Health Council may examine related research, assess student needs and the current school environment, review existing Board policies and administrative regulations, and raise awareness about student health issues.

The Advisory Health Council may make policy recommendations to the Board related to other health issues necessary to promote student wellness.

The Advisory Health Council 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 Advisory Health Council shall provide periodic reports to the CEO or designee regarding the status of its work, as required.

Individuals who conduct student medical and dental examinations shall submit to the Advisory Health Council annual reports and later reports on the remedial work accomplished during the year, as required by law.

#### Nutrition Education

The goal of nutrition education is to teach, encourage and support healthy eating beginning with Kindergarten and continuing through twelfth grade. Promoting student health and nutrition enhances readiness for learning and increases student achievement.

Nutrition education will be provided within the sequential, comprehensive health education and Family and Consumer Science programs 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 provide all students with the knowledge and skills needed to lead healthy lives.

Nutrition curriculum shall be age-appropriate and behavior focused.

Nutrition education may be integrated into other subjects to complement but not replace academic standards based on nutrition education.

#### Nutrition Promotion

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

The school shall promote nutrition through the implementation of Farm to School activities, where possible. Activities may include, but not be limited to, the initiation/maintenance of school gardens, taste-testing of local products in the cafeteria and classroom, classroom education about local agriculture and nutrition, field trips to local farms and incorporation of local foods into school meal programs.

School staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.

School food service personnel shall review and implement research-based, behavioral economics techniques in the cafeteria to encourage consumption of more whole grains, fruits, vegetables and legumes, and to decrease plate waste.

Consistent nutrition messages shall be disseminated and displayed throughout the school, classrooms, cafeteria, homes, community and media.

Consistent nutrition messages shall be demonstrated by avoiding use of unhealthy food items in classroom lesson plans and school staff avoiding eating less healthy food items in front of students.

The school shall offer resources about health and nutrition to encourage parents/guardians to provide healthy meals for their children.

#### Physical Activity

The school shall provide opportunities for developmentally appropriate physical activity during the school day for all students.

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.

The schools shall collaborate with parents/guardians and community members to support physical activity.

#### Physical Education

Comprehensive K-12 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 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.

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.

Physical education classes shall have a teacher-student ratio comparable to those of other classes.

### Other School Based Activities

School schools shall provide adequate space for eating and serving school meals. Students shall be provided adequate time to eat: ten (10) minutes sit down time for breakfast; twenty (20) minutes sit down time for lunch.

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

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

The school 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.

### Nutrition Guidelines

All foods available in school 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.

**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; and holiday celebrations.

All competitive foods available to students in school schools shall comply with the Sugar Valley Rural Charter School's standard for competitive foods as based on the Nutritional Standards for Competitive Foods in Pennsylvania Schools. The School Health Council and the food service department will establish guidelines for food and beverages sold. These guidelines will reflect current nutrition findings and may set limits on, but not limited to:

1. Portion size.
2. Calorie content.
3. Added sugar.
4. Sodium content.

### Vending, School Stores and Other In-School Sales Outlets

All foods and beverages available for sale on the school campus will meet the nutrient standards set for individual food items as listed above.

### Fundraising

In-school fundraising will follow the same nutrition guidelines set for individual food item sales as listed above.

Fundraising that takes place outside of the school building or school day need not meet nutrient guidelines. However, organizations will be encouraged to consider nonfood-related or healthy fundraising options.

### Classroom Snacks, Rewards and Celebrations

Parents/Guardians and teachers will be made aware of the school's commitment to wellness and will be encouraged to provide healthy snacks. Healthy food or nonfood rewards and celebrations will be encouraged.

#### School-Sponsored Events

(Such as, but not limited to, athletic events, dances, performances or ceremonies.)

Coordinators of these events will be made aware of the school's commitment to wellness and will be encouraged to provide healthy options.

#### REFERENCES

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

24 P.S. 1422.1

42 U.S.C. 1758b

7 CFR 210.31

7 CFR 210.15

24 P.S. 1422

24 P.S. 1513

Pol. 102

Pol. 105

Pol. 808

24 P.S. 1512.1

7 CFR 210.10

7 CFR 220.8

24 P.S. 701

24 P.S. 742

42 U.S.C. 1751 et seq

42 U.S.C. 1773

7 CFR 210.30

7 CFR 210.11

7 CFR 220.12

Pol. 229

24 P.S. 504.1

Pol. 209.1

24 P.S. 1337.1

24 P.S. 1422.3

P.L. 111-296

7 CFR Part 210

7 CFR Part 220

Pol. 103

Pol. 103.1