

SECTION THREE.....Pupil Personnel

3.31.1 Purpose – Penn Delco 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.

Proposed to the Board May 17, 2006

Adopted by the Board June 28, 2006

- 3.31.2 Authority – To ensure the health and well-being of all students, the Board establishes that the district shall provide to students:
1. Access at reasonable cost to foods and beverages that meet established nutritional guidelines
 2. Physical education courses and opportunities for developmentally appropriate physical activity during the school day.

- 3.31.3 Delegation of Responsibility – 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.
 2. Staff members responsible for programs related to student wellness shall report to the Superintendent or designee regarding the status of such programs.
 3. The Superintendent or designee shall periodically report to the Board on the district's compliance with law and policies related to student wellness. The report may include:
 - a. Evaluation of food services program.
 - b. Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.
 - c. Recommendations for policy and/or program revisions.

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 periodically by the:

1. Food Service Director
2. Business Manager

- 3.31.4 Wellness Committee
- Guidelines – The Board shall appoint a Wellness Committee comprised of at least one (1) of each of the following:
1. School Board member
 2. district administrator
 3. district food service representative
 4. student
 5. parent/guardian
 6. member of the public
 7. teacher
 8. school nurse
 9. Athletic Director

The Wellness Committee shall serve 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.

The Wellness Committee 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. The Wellness Committee may make policy recommendations to the Board related to other health issues necessary to promote student wellness.

Nutrition Education

1. 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.
2. Nutrition education lessons and activities shall be age-appropriate.
3. Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.
4. The staff responsible for providing nutrition education shall be properly trained and prepared and shall participate in appropriate professional development.

Physical Activity

1. District schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.
2. A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.
3. Physical activity breaks shall be provided for elementary students during classroom hours.
4. After-school fitness programs shall provide developmentally appropriate physical activity for participating children.
5. Students and the community shall have access to physical activity facilities outside school hours.

Physical Education

1. Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.
2. 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.
3. Safe and adequate equipment, facilities and resources shall be provided for physical education courses.
4. Physical education shall be taught by certified health and physical education teachers.
5. Appropriate professional development shall be provided for physical education staff.

Other School Based Activities

1. District schools shall provide adequate space, as defined by the district, for eating and serving school meals.
2. Students shall be provided a clean and safe meal environment.
3. Drinking water shall be available at all meal periods and throughout the school day.
4. Qualified nutrition professionals shall administer the school meals program.
5. Nutrition content of school meals shall be available to students and parents/guardians.

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.

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 school shall comply with the established nutrition guidelines, as listed in the Student Wellness administrative guidelines.

Safe Routes To School

1. District administrators shall seek and utilize available federal and state funding for safe routes to school, when appropriate.

References:

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