

**THE SCHOOL
DISTRICT OF
HAVERFORD
TOWNSHIP**

SECTION: PUPILS
TITLE: STUDENT WELLNESS
ADOPTED: June 1, 2006
REVISED:

<p>1. Purpose</p> <p>2. Authority P.L. 108-265 Sec. 204</p> <p>3. Delegation of Responsibility Pol. 808</p>	<p style="text-align: center;">246. STUDENT WELLNESS</p> <p>The School District of Haverford Township 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>To ensure the health and well-being of all students, the Board establishes that the district shall provide to students:</p> <ol style="list-style-type: none"> 1. A comprehensive nutrition program consistent with federal and state requirements. 2. Access at reasonable cost to foods and beverages that meet established nutritional guidelines. 3. Physical education courses and opportunities for developmentally appropriate physical activity during the school day. 4. 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. <p>The Superintendent’s 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’s designee regarding compliance in his/her school.</p>
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<p>P.L. 108-265 Sec. 204</p> <p>4. Guidelines</p>	<p>Staff members responsible for programs related to student wellness shall report to the designee regarding the status of such programs.</p> <p>The 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"> 1. Evaluation of food services program and review of all foods and beverages sold in schools for compliance with established nutrition guidelines. 2. Listing of activities and programs conducted to promote nutrition and physical activity. 3. Recommendations for program revisions and suggestions for improvement in specific areas. <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 comprised of at least one (1) of each of the following: district administrator, district food service representative, student, member of the public, teacher/physical education/health, and school nurse.</p> <p>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.</p> <p>The Wellness Committee 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>The Wellness Committee shall provide periodic reports to Superintendent's designee 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>
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Nutrition education shall provide all students with the knowledge and skills to help lead healthy lives.

Nutrition education lessons and activities shall be age-appropriate.

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

Healthful nutrition messages shall be disseminated throughout the district, schools, classrooms, and cafeterias.

The staff responsible for providing nutrition education shall be properly trained and prepared and shall participate in appropriate professional development.

Physical Activity

District schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.

Schools will provide information to parents/guardians to encourage physical activity into their children's lives.

Schools will ensure that physical activity facilitated on school grounds are kept safe and well maintained.

Students and community will have access to district physical activity facilities outside the 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.

Adequate amounts of planned instruction shall be provided in order for students to achieve the proficient level for the Health, Safety and Physical Education academic standards.

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.

Appropriate professional development shall be provided for physical education staff.

Health Care

Goal -

The goal of school based health care is to teach, encourage, and support healthy student lifestyles. Promoting student health enhances readiness for learning and increases student achievement.

Each child will be screened annually for height, weight, and body mass index, (BMI) score for age and gender (according to current PA State Mandates).

Parents/Guardians will be notified and child referred for medical follow-up. This notification will be done by mail and will include those students whose BMI score requires notification.

Parents/Guardians and students will be provided access to nurses and school counselors for medical and emotional guidance.

Other School Based Activities

District schools shall provide adequate space, as defined by the district, for eating and serving school meals.

Students shall be provided a clean and safe 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.

Drinking water shall be available at all meal periods and throughout the school day.

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

Nutrition Guidelines

All foods available in district schools during the school day shall be offered to students with consideration for promoting student health.

Foods provided through the National School Lunch or School Breakfast Programs shall comply with federal nutrition standards under the School Meals Initiative.

Nutrition professionals who meet criteria established by the district shall administer the school meals program.

Professional development shall be provided for district nutrition staff.

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

Students and parents/guardians may be involved in menu selections through various means.

Nutrition Guidelines For Competitive Foods

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 snacks and beverages; fundraisers; classroom parties; holiday celebrations, and food from home.

A La Carte - Foods

A la carte food items must comply with USDA regulations prohibiting the sale of foods of Minimal Nutritional Value (7 CFR 210 and 220).

Portion sizes will include a variety of choices of nutritious foods such as fresh fruits, vegetables, whole grains and low-fat or non-fat dairy items.

At least 70% of the food items offered will meet the following criteria per serving:

1. Less than 35% of the total calories from fat and 10% saturated fat.
2. No more than 35% of weight from total added sugar.
3. No more than 225 calories per selling unit.

Kindergarten through 5th grade students may only purchase two (2) a la carte snacks or beverages daily with the exception of milk, 100% juice or water.

Trans fat will decrease as products become available.

Marketing, pricing and nutrition education strategies will be used to encourage selection of the healthier foods.

A La Carte - Beverages

A la carte beverages must comply with USDA regulations prohibiting the sale of Foods of Minimal Nutritional Value (7 CFR 210 and 220).

80% of the beverages offered grades K-5 will be milk (not to exceed 12 oz.), water and 100% fruit juice (not to exceed 12 oz.)

75% of the beverages offered grades 6-12 will be milk (not to exceed 16 oz.), water (not to exceed 16 oz.), 100% fruit juice (not to exceed 16 oz.) sport drinks and juice blends and low calorie drinks.

Marketing, pricing and nutrition education strategies will be used to encourage selection of the healthier foods.

Vending

100% of the beverages offered grades K-5 will be milk (not to exceed 12 oz.), water, and 100% fruit juice (not to exceed 12 oz).

75% of the beverages offered grades 6-12 will be milk (not to exceed 16 oz.), water, 100% fruit juice (not to exceed 16 oz.) sport drinks, juice blends and low calorie drinks.

80% of the snack items offered grades K-5 will be 35% or less fat, except nuts and higher protein products.

Snack wise software will be utilized to identify lower fat items.

Healthy vending of fresh fruit and dried fruit, yogurt, bagels, milk, sandwiches and granola will be utilized.

Marketing, pricing and nutrition education strategies will be used to encourage selection of the healthier foods.

Fundraisers

Fundraising activities involving the sale of food and/or beverages to students will not compete with the school food/nutritional program during the school day.

Foods sold as fundraisers should encourage healthy lifestyles.

Classroom Parties/Celebrations/Rewards

Parents/Guardians will be encouraged to provide health food for classroom celebrations.

Teachers will be encouraged to provide healthy food for classroom rewards.

Student Input

Students will be an active part of menu planning through regularly scheduled meetings and taste testing.

Safe Routes To School

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

References:

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