

Sylvan Heights Science Charter School

Policy Title: Student Wellness
Policy Number: 246
Adopted: August 16, 2006
Revised: December 16, 2019

Purpose

Sylvan Heights Science Charter School (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 promotion, 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

The Board adopts this policy based on the recommendations of the Wellness Committee and in accordance with federal and state laws and regulations.

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

1. A comprehensive nutrition program consistent with federal and state requirements;
2. Access at reasonable cost to foods and beverages that meet established nutrition guidelines;
3. Physical education courses and opportunities for developmentally appropriate physical activity during the school day; and
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.

Delegation of Responsibility

The Principal/Chief Academic Officer (CAO) or designee shall be responsible for the implementation and oversight of this policy to ensure the School, programs, and curriculum is compliant with this policy, related policies, and established guidelines or administrative regulations.

The Principal/CAO or designee shall annually report to the Board or designee regarding compliance in his/her school.

Staff members responsible for programs related to school wellness shall report to the Principal/CAO or designee regarding the status of such programs.

The Principal/CAO or designee shall annually report to the Board on the School's compliance with law and policies related to school wellness. The report may include:

1. Evaluation of food services program;
2. Listing of activities and programs conducted to promote nutrition and physical activity;
3. Recommendations for policy and/or program revisions;
4. Suggestions for improvement in specific areas; and
5. Feedback received from School staff, students, parents/guardians, community members, and the Wellness Committee.

The Principal/CAO 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 the School is in compliance with law and policies related to school wellness;
2. The extent to which this policy compares to model wellness policies; and
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 School 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 School Wellness policy; and a means of contacting Wellness Committee leadership.

Guidelines

Recordkeeping

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

1. The written School Wellness policy;
2. Documentation demonstrating that the School has informed the public, on an annual basis, about the contents of the School Wellness policy and any updates to the policy;
3. Documentation of efforts to review and update the School 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; and
4. Documentation demonstrating the most recent assessment on the implementation of the School Wellness policy and notification of the assessment results to the public.

Wellness Committee

Through the School comprehensive plan, the Wellness Committee shall will be comprised of a School Board member, School administrator, School food service representative, a student, a parent/guardian, a physical education teachers, a school health professional, and a member of the public. The Wellness committee shall be managed through the Comprehensive Planning process, responsible for developing, implementing, and periodically reviewing and updating the School Wellness policy that complies with law to recommend to the Board for adoption/revision.

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.

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

The Wellness Committee shall provide periodic reports to the Board or designee regarding the status of its work, as required.

Nutrition Education

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.

Nutrition education will be provided within the sequential, comprehensive health education program in accordance with curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.

Nutrition education in the School shall teach, model, encourage, and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.

Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives, including reinforcing lifelong lifestyle balance by linking nutrition education and physical activity.

Nutrition education lessons and activities shall be age-appropriate.

Nutrition education shall be integrated into other subjects such as math, science, language arts, and social sciences to complement but not replace academic standards based on nutrition education.

Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.

The staff responsible for providing nutrition education shall be properly trained and prepared and shall participate in appropriate professional development. The School shall develop standards for such training and professional development.

Nutrition education shall extend beyond the school environment by engaging and involving families and the community.

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.

To the extent possible, school staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.

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

Physical Activity

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

Age-appropriate physical activity opportunities, such as outdoor and indoor recess, before and 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 students during classroom hours.

Before and/or after-school programs shall provide developmentally appropriate physical activity for participating children.

To the extent possible, School staff shall cooperate with agencies and community organization to provide opportunities for appropriate student projects related to nutrition.

Physical Education

A sequential physical education program consistent with curriculum regulations and Health, Safety, and Physical Education academic standards shall be developed and implemented. All School students must participate in 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.

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 comprehensive physical education course of study that focuses on providing students the skills, knowledge, and confidence to participate in lifelong, health-enhancing physical activity shall be implemented.

A varied and comprehensive curriculum that promotes both team and individual activities and leads to students becoming and remaining physically active for a lifetime shall be provided in the physical education program.

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.

A local assessment system shall be implemented to track student progress on the Health, Safety, and Physical Education academic standards.

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.

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.

Other School Based Activities

Safe drinking water shall be available and accessible to students, without restriction and at no cost to the student, at all meal periods and throughout the school day.

Nutrition professionals who meet hiring criteria established by the School and in compliance with federal regulations shall administer the school meals program. Professional development and continuing education shall be provided for School nutrition staff, as required by federal regulations.

The School shall provide adequate space, as defined by the Board, for eating and serving school meals.

Students shall be provided a clean and safe meal environment.

Students shall be provided adequate time to eat: fifteen (15) minutes sit down time for breakfast; twenty (20) minutes sit down time for lunch. No child shall be denied breakfast.

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

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

Access to the food service operation shall be limited to authorized staff.

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

To the extent possible, the School shall utilize available funding and outside programs to enhance student wellness.

Goals of the School Wellness policy shall be considered in planning all school based activities.

Administrators, teachers, food service personnel, students, parents/guardians and community members shall be encouraged to serve as positive role models through School programs, communications and outreach efforts.

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 for All Foods/Beverages at School

All foods and beverages available during the school day shall be offered to students with consideration for promoting student health and reducing obesity.

Foods and beverages provided through the National School Lunch or School Breakfast Programs shall comply with established federal nutrition standards.

Foods and beverages offered or sold at school-sponsored events outside the school day, such as athletic events and dances, shall offer healthy alternatives in addition to more traditional fare.

Competitive Foods -

Competitive foods available for sale shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School). These standards shall apply in all locations and through all services where foods and beverages are sold to students, which may include, but are not limited to: a la carte options in cafeterias, vending machines, school stores, snack carts and fundraisers.

Competitive foods are defined as foods and beverages offered or sold to students at school during the school day, which are not part of the reimbursable school breakfast or lunch.

For purposes of this policy, **school day** means the period from midnight before school begins until thirty (30) minutes after the end of the official school day.

The School may impose additional restrictions on competitive foods, provided that the restrictions are not inconsistent with federal requirements.

Fundraiser Exemptions -

Fundraising activities held during the school day involving the sale of competitive foods shall be limited to foods that meet the Smart Snacks in School nutrition standards, unless an exemption is approved in accordance with applicable Board policy and administrative regulations.

The School may allow a limited number of exempt fundraisers as permitted by the Pennsylvania Department of Education each school year: up to five (5) exempt fundraisers in elementary and middle school buildings, and up to ten (10) exempt fundraisers in high school buildings. **Exempt fundraisers** are fundraisers in which competitive foods are available for sale to students that do not meet the Smart Snacks in School nutrition standards.

The School shall establish administrative regulations to implement fundraising activities in school, including procedures for requesting a fundraiser exemption.

Non-Sold Competitive Foods -

Non-sold competitive foods available to students, which may include but are not limited to foods and beverages offered as rewards and incentives, at classroom parties and celebrations, or as shared classroom snacks, shall meet or exceed the standards established by the School.

All foods and beverages provided, but not sold, to students during the school day shall be consistent with the following standards:

1. Provided with consideration for promoting student health and reducing obesity;
2. Include healthy alternatives wherever possible; and

Minimize foods or beverages with added sugar as the primary ingredient. The School shall provide a list of suggested nonfood ideas and healthy food and beverage alternatives to parents/guardians and staff, which may be posted via the School website, student handbooks, newsletters, posted notices and/or other efficient communication methods.

Marketing/Contracting -

Any foods and beverages marketed or promoted to students at the School during the school day shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School) and comply with established Board policy and administrative regulations.

Exclusive competitive food and/or beverage contracts shall be approved by the Board, in accordance with provisions of law. Existing contracts shall be reviewed and modified to the extent feasible to ensure compliance with established federal nutrition standards, including applicable marketing restrictions.

Management of Food Allergies in School

The School shall establish Board policy and administrative regulations to address food allergy management in school in order to:

1. Reduce and/or eliminate the likelihood of severe or potentially life-threatening allergic

reactions.

2. Ensure a rapid and effective response in case of a severe or potentially life-threatening allergic reaction.
3. Protect the rights of students by providing them, through necessary accommodations when required, the opportunity to participate fully in all school programs and activities.

Safe Routes to School

The School shall assess and, to the extent possible, implement improvements to make walking and biking to school safer and easier for students and their families.

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

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

References:

P.L. 111.296

42 U.S.C. §1751 et seq.

42 U.S.C. §1758b

42 U.S.C. §1773

7 C.F.R. Part 210

7 C.F.R. §210.10

7 C.F.R. §210.11

7 C.F.R. §210.15

7 C.F.R. §210.30

7 C.F.R. §210.31

7 C.F.R. Part 220

7 C.F.R. §220.8

7 C.F.R. §220.12

24 P.S. §504.1

24 P.S. §701

24 P.S. §742

24 P.S. §1337.1

24 P.S. §1422

24 P.S. §1422.1

24 P.S. §1422.3

24 P.S. §1512.1

24 P.S. §1513

Board Policy – 102, 103, Pol. 103.1, 105, 209.1, 229, 808