

**WEST MIDDLESEX
AREA SCHOOL
DISTRICT**

SECTION: PUPILS
TITLE: STUDENT WELLNESS
ADOPTED: June 26, 2006
REVISED:

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| <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 West Middlesex Area 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.</p> <p>To ensure the health and well-being of all students, the Board establishes that the district shall provide to students:</p> <ul style="list-style-type: none"> ➤ A comprehensive nutrition program consistent with federal and state requirements. ➤ Access at reasonable cost to foods and beverages that meet established nutritional guidelines. ➤ Physical education courses and opportunities for developmentally appropriate physical activity during the school day. ➤ 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 academics standards. <p>The Superintendent 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 Health Council member shall report to the Superintendent regarding compliance in his/her school.</p> <p>Staff members responsible for programs related to student wellness shall report to the Superintendent regarding the status of such programs.</p> <p>The Superintendent shall annually report to the Board on the district's compliance with law and policies related to student wellness. The report may include:</p> |
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- Assessment of school environment regarding student wellness issues.
- Evaluation of food services program.
- Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.
- Listing of activities and programs conducted to promote nutrition and physical activity.
- Recommendations for policy and/or program revisions.
- Suggestions for improvement in specific areas.
- Feedback received from district staff, students, parents/guardians, community members and Wellness Committee.

P.L. 108-265
Sec. 204

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

4. Guidelines

Wellness Committee

The Board shall appoint a Wellness Committee comprised of at least one (1) of each of the following: School Board member, district administrator, district food service representative, student, parent/guardian, member of the public.

- Teacher
- School nurse
- School counselor
- Coach
- Dietician consultant

The Wellness Committee may 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

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

The Wellness Committee may provide periodic reports to the Superintendent 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 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 education lessons and activities shall be age appropriate.

Nutrition curriculum shall be behavior focused.

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.

Consistent nutrition messages shall be disseminated throughout the district, schools, classrooms, cafeterias, students' home and community.

Nutrition education may extend beyond the school environment by engaging and involving families and communities in the WE CAN PROGRAM.

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Physical Activity

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

District schools shall determine how they will contribute to the effort to provide students opportunities to accumulate at least sixty (60) minutes of age appropriate physical activity on all or most days of the week. That time will include physical activity outside the school environment, such as outdoor play at home, sports, etc.

Age appropriate physical activity opportunities, such as recess; before and after school; intramurals; and interscholastic athletics, shall be provided to meet the needs and interests of all students, in addition to planned physical education.

A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.

Extended periods of student inactivity, two (2) hours or more, shall be discouraged.

Physical activity break shall be provided for elementary students during the school day.

After-school programs shall provide developmentally appropriate physical activity for participating children.

District schools may partner with parents/guardians and community members to institute programs that support physical activity.

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

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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 leads to students becoming and remaining physically active for a lifetime shall be provided in the physical education program.

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.

A local assessment system shall be implemented to track student progress in Physical Education.

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.

Appropriate professional development shall be provided for physical education staff.

The Physical Education curriculum may offer Team Sports and Physical Activity as elective classes.

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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 meal 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.

Professional development shall be provided for district nutrition staff.

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

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

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

The district shall provide appropriate training to all staff on the components of the Student Wellness Policy.

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

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.

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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.

Food 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 schools shall comply with the Nutritional Standards for Competitive Foods in Pennsylvania Schools. The nutritional standards shall be implemented as a: **three (3) year plan.**

School will implement Nutrition Standards for Competitive Foods in PA Schools year one in 2007-08 and year two in 2008-09 in at least one building.

School Health Council

Our Wellness Policy encourages physical activity, good nutrition and healthy eating habits. To comply with this policy we ask that NO FOOD treats are brought to school for birthdays, holidays, etc. Scheduled classroom parties MUST offer fresh fruits and vegetables with beverages such as water, 100% fruit juice or milk; only 2-3 "treats" having added sugar as the first ingredient are permitted.

Energy drinks (ie., Amp, Monster, Jolt, Red Bull) contain large amounts of sugar and/or caffeine and are not to be brought to school. They may be confiscated during school hours and disposed of.

Student Assistance Program (S.A.P.)

The West Middlesex Area School District wishes to publicly acknowledge our leadership responsibility in addressing adolescent dysfunctional and/or self-destructive behaviors that are serving to block growth and learning in our students. The student assistance team may assist in matters pertaining to these. If questions arise, students/parents may contact the principals or guidance counselors for more information.

Employment Certificates and Work Program

During the school year, some students desire an Employment Certificate. These certificates are obtained in the Guidance Office. The office must be notified of student employment while school is in session. Guidelines are available on the back of the applications.

Severe Weather -School Closings/Delays

The West Middlesex Area School District has implemented the One Call Now automated parent notification service that allows us to contact thousands of students and parents in the event of any kind of emergency and/or school closure. This system allows us to contact parents by landline phone, cell phone, text message and email. Local media will also continue to be notified in the event that school would be closed or an emergency arises.

Announcements

All announcements of interest to students are made during the homeroom period. Prior to 7:30 a.m., a faculty member and the Administration must approve announcements wished to be made. Students are responsible for announcements. Limited p.m. announcements will be made in the afternoon.

Activity Schedule - Extra Curricular Program - CLUBS (After School)

Throughout the year, many enjoyable experiences of both an educational and social nature take place in our activity program. All members of the student body have the opportunity to join, be elected to, or try out. We hope that the students will participate in some educational activity that they feel will benefit them in some area of their interest. Club officers, class officers, and office aides should maintain at least a C average, maintain good conduct, and have a good attendance record.

Requirements, rules, and regulations governing each club or activity are set by individual clubs and activities, and explained to the student by the sponsors and members in