

Book	Policy Manual
Section	200 Pupils
Title	Student Wellness
Number	246
Status	Active
Legal	<a href="#">1. 42 U.S.C. 1758b</a> <a href="#">2. 7 CFR 210.10</a> <a href="#">3. 7 CFR 220.8</a> <a href="#">4. 42 U.S.C. 1751 et seq</a> <a href="#">5. 42 U.S.C. 1773</a> <a href="#">7 CFR Part 210</a> <a href="#">7 CFR Part 220</a> <a href="#">24 P.S. 504.1</a> <a href="#">24 P.S. 1337.1</a> <a href="#">24 P.S. 1422</a> <a href="#">24 P.S. 1422.1</a> <a href="#">24 P.S. 1422.3</a> <a href="#">24 P.S. 1512.1</a> <a href="#">24 P.S. 1513</a> <a href="#">P.L. 111-296</a>
Adopted	September 18, 2006
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### **Purpose**

North Montco Technical Career Center (NMTCC) recognizes that student wellness and proper nutrition are related to students' physical well being, growth, development, and readiness to learn. The Joint Operating Committee (JOC) is committed to providing a school environment that promotes student wellness, proper nutrition, and proper nutrition education as part of the total learning experience. In a healthy school environment, students will learn about positive dietary and lifestyle practices that can improve student achievement.

### **Authority**

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

1. A comprehensive program consistent with federal and state requirements.

2. Access at a reasonable cost to foods and beverages that meet established nutritional guidelines.
3. Educational materials to be used in the Culinary Department to assist with healthful menu composition to educate students about proper nutrition and lifelong physical activity.

### **Delegation of Responsibility**

The Assistant Director shall be responsible to monitor the school's programs to ensure compliance with this policy, related policies, and established guidelines or administrative regulations.

A designated Food Service Manager responsible for the related programs relative to student wellness shall report to the Assistant Director regarding the status of such programs.

The designated Food Service Manager shall annually report to the JOC on the school's compliance with the 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 the school for compliance with established nutrition guidelines.
4. Listing of all 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 Wellness Committee, by way of survey.

The Administrative Director 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 NMTCC is in compliance with law and policies related to school wellness.
2. The extent to which this policy compares to model wellness policies.
3. A description of the progress NMTCC made in attaining the goals of this policy.

At least once every three (3) years, NMTCC shall update or modify this policy as needed, based on the results of the most recent triennial assessment and/or as NMTCC 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.

NMTCC shall annually inform and update the public, including parents/guardians, students and other in the community, about the contents, updates, and implementation of this policy via the NMTCC 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**

NMTCC 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 NMTCC 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 NMTCC to inform the public of their ability to participate in the review.
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**

The JOC shall appoint a Wellness Committee comprised of at least one (1) of each of the following: school administrator, school food service representative, student, parent/guardian, member of the public, school health professional, physical education teacher and a member of the public. It shall be the goal that committee membership shall 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 a Student Wellness Policy that complies with law to recommend to the JOC 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.

The Wellness Committee may survey parents/guardians and/or students, conduct community forums for focus groups, collaborate with appropriate community agencies and organizations, cooperate with participating school districts, and engage in similar activities.

### **Advisory Health Council**

An Advisory Health Council may be established by the Administrative Director 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 JOC policies and administrative regulations, and raise awareness about student health issues.

The Advisory Health Council may make policy recommendations to the JOC related to order 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 Administrative Director 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 by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement. 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 throughout the school, classrooms, cafeterias, participating school districts, homes, community, and engaging media. Nutrition education shall extend beyond the school environment by involving families and communities in conjunction with the school's open house. Nutrition education will also be integrated into the Culinary Arts curriculum.

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

#### 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.

NMTCC 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.

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

NMTCC 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, cafeterias, 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.

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

### Physical Activity

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

NMTCC shall contribute to the effort to provide students opportunities to accumulate at least sixty (60) minutes of age-appropriate physical activity daily, as recommended by the Centers for Disease Control and Prevention. Opportunities offered at school will augment physical activity outside the school environment, such as outdoor play at home, sports, etc. The school shall partner with parents/guardians/community members, and participating school districts to institute programs that support physical activity.

Students shall participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits.

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. NMTCC shall promote physical activity through encouragement of walking and biking as a means of transportation to and from school.

Students and their families shall be encouraged to use NMTCC-owned physical activity facilities, such as playgrounds and fields, outside school hours in accordance with established district rules. Physical activity shall not be used or withheld as a form of punishment.

### 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 district students must participate in physical education.

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

Students shall be exposed to moderate to vigorous activity as much as possible during the school day. Documented medical conditions and disabilities shall be accommodated during class.

#### Other School Based Activities

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

Students shall be provided a clean and safe meal environment.

Students shall be provided adequate time to eat: twenty (20) minutes sit down time for lunch.

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

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 professionals who meet hiring criteria established by the district and in compliance with federal regulations shall administer the school meals program.

Professional development shall be provided for the school's nutrition staff.

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

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.

Fundraising projects submitted for approval shall be supportive of healthy eating and student wellness.

NMTCC shall maintain a healthy school environment, including but not limited to indoor air quality, in accordance with the district's healthy learning environment program and applicable laws and regulations.

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.

NMTCC shall support the efforts of parents/guardians to provide a healthy diet and daily physical activity for students by communicating relevant information through various methods.

#### Nutrition Guidelines

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

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

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.

For purposes of this policy, **school campus** means any area of property under the jurisdiction of the school that students may access during the school day.

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.

NMTCC may impose additional restrictions on competitive foods, provided that the restrictions are not inconstant 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.

NMTCC 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 district shall establish administrative regulations to implement fundraising activities in district schools, 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 district.

#### 1. Rewards and incentives:

- a. Foods and beverages shall not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message (e.g. guest chef, field trip to a farm or farmers market, etc.)

## 2. Classroom parties and celebrations:

- a. Classroom parties/celebrations with food/beverages shall be limited to no more than one (1) per month in each classroom.

## 3. Shared classroom snacks:

- a. NMTCC shall provide a list of suggested non-food ideas and health food and beverage alternatives to parents/guardians and staff, which may be posted via the district website, student handbook, newsletters, posted notices and/or other efficient communication methods.

## **Marketing/Contracting**

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

Exclusive competitive food and/or beverage contracts shall be approved by the JOC, 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 District Schools

NMTCC shall establish JOC policy and administrative regulations to address food allergy management in district schools 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.

## References:

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

Last Modified by Carol Karr on February 14, 2018