

NORTH MONTCO TECHNICAL CAREER CENTER

SECTION: PUPILS

TITLE: STUDENT WELLNESS

ADOPTED: September 18, 2006

REVISED:

246. STUDENT WELLNESS	
1. Purpose	<p>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 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.</p>
2. Authority P.L. 108-265 Sec. 204	<p>To ensure the health and well being of all students, the JOC establishes that the school shall provide to students:</p> <ol style="list-style-type: none"> 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.
3. Delegation of Responsibility	<p>The Administrative Director shall be responsible to monitor the school's programs to ensure compliance with this policy, related policies, and established guidelines or administrative regulations.</p> <p>A designated Food Service Manager responsible for the related programs relative to student wellness shall report to the Administrative Director regarding the status of such programs.</p> <p>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:</p> <ol style="list-style-type: none"> 1. Assessment of school environment regarding student wellness issues.

<p>P. L. 108-265 Sec. 204</p> <p>4. Guidelines</p>	<ol style="list-style-type: none"> 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. <p>An assurance that school guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for the school in accordance with federal law shall be provided annually by the Food Service Director.</p> <p><u>Wellness Committee</u></p> <p>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, and physical education faculty member.</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 JOC for adoption.</p> <p>The Wellness Committee may examine related research and laws, assess student needs and the current school environment, review existing JOC policies and administrative regulations, and raise awareness about student health issues. The Wellness Committee may make policy recommendations to the JOC related to other health issues necessary to promote student wellness.</p> <p>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.</p> <p>The Business Manager shall designate a budget of financial resources to be determined by Administrative Director’s policy to be used to implement the school’s wellness policy.</p>
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The designated Food Service Manager may provide periodic reports to the Administrative Director 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. 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.

Physical Activity

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.

The school shall partner with parents/guardians, community members, and participating school districts to institute programs that support physical activity.

Physical activity shall not be used as a form of punishment.

Physical Education

A local assessment system (BMI) will be implemented as part of the physical education curriculum and 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 as possible during the school day. Documented medical conditions and disabilities shall be accommodated during class.

Physical activity shall not be used as a form of punishment.

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.

Food service professionals, in consultation with nutrition professionals, who meet criteria established by the school, shall administer the school meals program under the direction of the designated Food Service Manager.

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.

Administrators, teachers, food service personnel, students, parent/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 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.

Competitive Foods are defined as foods offered at school other than through the National School Lunch or 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.

Safe Routes to School

The school shall cooperate with participating school districts, 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:

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