



**NORTH ALLEGHENY
SCHOOL DISTRICT**

SECTION:	PUPILS
TITLE:	STUDENT WELLNESS
ADOPTED:	11/18/15
REVISED:	5/4/16

246 - STUDENT WELLNESS

Section 1. Purpose

The North Allegheny 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.

Section 2. Authority

- a. The Board adopts the Student Wellness Policy in accordance with federal and state laws. This policy supports the goals of the District's Comprehensive Plan.
- b. To ensure the health and well-being of all students and to comply with P.L. 108-265, §204, the Board establishes that the District shall provide to students the following:
 - 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.

24 P.S.
Sec. 1422.1
42 U.S.C.
Sec. 1751 nt

42 U.S.C.
Sec. 1751 nt

Section 2. Definition

Competitive Foods - 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 foods, snacks and beverages; fundraisers; classroom parties; holiday celebrations; and food from home.

Section 3. Delegation of Responsibility

- a. The Superintendent, or his/her 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.
- b. Each Building Principal, or his/her designee, shall report to the Superintendent or his/her designee, regarding compliance in his/her school.
- c. Staff members responsible for programs related to student wellness shall report to the Superintendent or his/her designee, regarding the status of such programs.
- d. The Superintendent, or his or her designee, shall annually report to the Board on the District's compliance with law and policies related to student wellness. The report may include the following:
 - 1. Assessment of school environment regarding student wellness issues.
 - 2. Review of all food and beverages sold in schools for compliance with established nutrition guidelines.
 - 3. Listing of activities and programs conducted to promote nutrition and physical activity.
 - 4. Recommendations for policy and/or program revisions.
 - 5. Suggestions for improvement in specific areas.
 - 6. Feedback received from District staff, students, parents/guardians, community members and Wellness Committee.

Section 5. Guidelines

An assurance that District guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with Federal Law (P.L. 108-26504) shall be provided annually by the following:

- a. Food Service Director

- b. Director of Transportation and Operations
- c. Director of Finance
- d. Business Manager
- e. Superintendent or his/her designee.
- f. Wellness Committee
 1. The Superintendent shall appoint a Wellness Committee comprised of at least one (1) of each of the following: District administrator, District food service representative, student, parent(s)/guardian(s), member of the community, teacher representative, and school nurse. The Wellness Committee shall serve as an advisory committee regarding student wellness issues.
 2. 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 Wellness Committee may make policy recommendations to the Superintendent related to other health issues necessary to promote student wellness.
 3. The Wellness Committee shall provide periodic reports to the Superintendent or designee regarding the status of its work as required.
- g. Nutrition Education
 1. 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.
 2. 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.
 3. Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.
 4. Nutrition education lessons and activities shall be age-appropriate.
 5. Lifelong lifestyle balance shall be reinforced by linking nutrition, education and physical activity.
 6. The staff responsible for providing nutrition education shall be properly

	<p>trained and prepared and shall participate in appropriate professional development.</p> <ol style="list-style-type: none"> 7. Consistent nutrition messages shall be disseminated by the District to schools, classrooms, cafeterias, homes, community and media. 8. Food will not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message (i.e., guest chef, field trip to a farm or farmers market, etc.). 9. The Director of Transportation and Operations shall annually provide an assurance that District guidelines for reimbursable meals are not less restrictive than regulations and guidelines used for schools in accordance with federal law. <p>h. Developmentally Appropriate Physical Activity</p> <ol style="list-style-type: none"> 1. District schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students. 2. Age-appropriate physical activity opportunities, such as recess; before and after school; 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. 3. A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained. 4. Physical activity shall not be used as a form of punishment. 5. After-school programs shall provide developmentally appropriate physical activity for participating children students. 6. Students and community shall have access to physical activity facilities outside of the school day. <p>i. Physical Education</p> <ol style="list-style-type: none"> 1. Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided. 2. 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. 3. A sequential physical education program consistent with State Board of Education curriculum regulations and Health, Safety and Physical
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	<p>Education academic standards shall be maintained.</p> <ol style="list-style-type: none">4. 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. A local assessment system shall be implemented to track student progress on the Health, Safety and Physical Education academic standards.5. Safe and adequate equipment, facilities and resources shall be provided for physical education courses.6. Physical education shall be taught by certified health and physical education teachers.7. Appropriate professional development shall be provided for Health & Physical Education staff. <p>j. Other School-Based Activities</p> <ol style="list-style-type: none">1. Students shall be provided a clean and safe environment. District Schools shall provide adequate space, as defined by the District, for eating and serving school meals. Students shall have access to hand washing or sanitizing before meals and snacks.2. Qualified nutrition professionals shall administer the school meals program.3. Access to the food service operation shall be limited to authorized staff.4. Meal periods shall be scheduled at appropriate hours, as defined by the District.5. Drinking water shall be available at all meal periods and throughout the school day with no restriction and at no cost to the student.6. Nutrition content of school meals shall be available to students and parents/guardians.7. The District shall provide appropriate training to all staff on the components of the Student Wellness Policy.8. Goals of the Student Wellness Policy shall be considered in planning all school based activities.9. To the extent possible, the District will utilize appropriate available funding and outside programs to enhance student wellness.10. The District shall support the efforts of parent(s)/guardian(s) to provide a
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healthy diet and daily physical activity for children by communicating relevant information through various methods.

11. Special consideration should be used in determining if, when and how food is used as a reward or punishment.
12. Fundraising projects submitted for approval shall be supportive of healthy eating and student wellness.
13. Goals of the Student Wellness Policy shall be considered in planning all school-based activities.

k. Nutrition Guidelines

1. 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.
2. All competitive foods available to students in District schools shall comply with the established nutrition guidelines as listed in the administrative regulations and guidelines.
3. Foods provided through the National School Lunch Program shall comply with Federal nutrition standards under the School Meals Initiative.
4. All competitive foods available to students in District schools shall comply with the established nutrition guidelines as listed in the administrative regulations and guidelines.

l. Safe Routes to School

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

References:

School Code – 24 P.S. Sec. 504.1, 1337.1, 1422, 1422.1, 1512.1, 1513
Child Nutrition and WIC Reauthorization Act of 2004 – 42 U.S.C. Sec. 1751
Board Policy – 000, 100, 102, 105, 808:

Replaces Policy:

3441