

WINDBER AREA SCHOOL DISTRICT

<p>1. Purpose</p>	<p>Windber 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>2. Authority P.L. 108-265 Sec. 204</p>	<p>To ensure the health and well-being of all students, the Board establishes that the District shall endeavor to provide 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 PDE=s 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 PA State Board of Education curriculum regulations and academic standards.
<p>3. Delegation of Responsibility Pol. 808</p>	<p>The Superintendent or superintendent=s designee shall be responsible to monitor District schools, programs, and curriculum and facilitate compliance with this policy, related policies and established guidelines or administrative regulations.</p> <p>Each building principal or designee shall report to the Superintendent or superintendent=s designee regarding compliance in his/her school.</p> <p>Staff members responsible for programs related to student wellness shall report to the Superintendent or superintendent=s designee regarding the status of such programs.</p>

	<p>The Superintendent or superintendent=s designee shall report to the Board on the District=s compliance with law and policies related to student wellness. The report may include:</p> <ul style="list-style-type: none"> § Assessment of school environment regarding student wellness issues. § Evaluation of food service 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 area. § Feedback received from district staff, students, parents/guardians, community members and Wellness Committee. <p>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 and Superintendent.</p>
<p>4. Guidelines</p>	<p><u>Wellness Committee</u></p> <p>The Board shall appoint a Wellness Committee comprised of at least one (1) of the following: School Board Member, High School, Middle School and Elementary Principals, Food Service Manager, Senior High Student Council President and Vice-President, Parent Teacher Organization Representatives (2), School District Nurses (2), School District Counselor, Representative from Windber Research Institute and Nutritionist from Windber Medical Center.</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 Board for adoption.</p> <p>The Wellness Committee may examine related research and laws, assess student needs and 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.</p> <p>The Wellness Committee may survey parents/guardians and 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.</p>

	<p><u>Nutrition Education</u></p> <p>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. The District shall endeavor to work towards the following goals.</p> <p>Nutrition education will be provided within the sequential, comprehensive health education programs in accordance with State Board of Education curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.</p> <p>Nutrition education shall make available to all students the knowledge and skills needed to lead healthy lives.</p> <p>Nutrition education lessons and activities shall be age-appropriate.</p> <p>Nutrition curriculum shall be behavior focused.</p> <p>School food service and nutrition education classes shall cooperate to create a learning laboratory.</p> <p>Nutrition education shall be integrated into other subjects as appropriate to complement but not replace academic standards based on nutrition education.</p> <p>Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.</p> <p>As and when deemed appropriate by District Administration, the staff responsible for providing nutrition education shall receive in-service training and participate in professional development programs which will be designed to meet appropriate areas of responsibilities.</p> <p>When time and curricular needs permit, district staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.</p> <p>Consistent nutrition messages shall be disseminated throughout the District, schools, classrooms, cafeterias, homes, community and media.</p>

	<p>Nutrition education shall extend beyond the school environment by engaging and involving families and communities, when appropriate programs can be developed involving such groups.</p> <p>Nutrition education shall extend to athletics and other activities that are District-sponsored.</p>
	<p><u>Physical Activity</u></p> <p>The District shall endeavor to work toward the following goals:</p> <p>District schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.</p> <p>District schools shall encourage students to accumulate at least sixty (60) minutes of age-appropriate physical activity on all or most days of the week, including physical activity outside the school environment, such as walking, outdoor play at home, sports, etc.</p> <p>Students shall be encouraged to participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits.</p> <p>Age-appropriate physical activity opportunities, such as recess; before and after school; during lunches; clubs; intramurals; and interscholastic athletics shall be provided to meet the needs and interests of students, in addition to planned physical education.</p> <p>The district shall endeavor to provide physical and social environment that encourages safe and enjoyable activity for all students.</p> <p>Extended periods of student inactivity, two (2) hours or more, shall be discouraged, except where this is inconsistent with educational needs of students.</p> <p>Physical activity breaks shall be provided for elementary students during classroom hour when practical.</p> <p>Any after-school programs conducted by the district shall provide developmentally appropriate physical activity for participating children.</p> <p>District schools shall partner with parents/guardians and community members to institute programs that support physical activity.</p>

	<p>The district shall consider, consistent with liability risks, maintenance needs, costs, staff availability, and other circumstances, providing access to some physical activity facilities outside school hours.</p> <p>Physical education classes shall endeavor to make available to students appropriate skills and knowledge necessary for lifelong, health-enhancing physical activity.</p>
	<p><u>Physical Education</u></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 the goal of the physical education program. 2. Physical education classes shall endeavor to make available to all students appropriate skills and knowledge necessary for lifelong, health-enhancing physical activity. 3. The district shall work towards the following goals: <ol style="list-style-type: none"> a. 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. b. A varied and comprehensive curriculum that leads to students becoming and remaining physically active for a lifetime. c. Development of a sequential physical education program consistent with State Board of Education curriculum regulations and Health, Safety and Physical Education academic standards. d. Providing 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. e. Providing students with moderate to vigorous activity as much time as possible during a physical education class. Documented medical conditions and disabilities shall be accommodated during class. f. Providing appropriate equipment, facilities and resources for physical education courses. 4. Physical education teachers shall meet state certification requirements. 5. Appropriate professional development shall be provided for

	<p>physical education staff, as deemed necessary by the administration.</p> <p>6. The district shall strive to provide an appropriate teacher/student ratio in Physical education classes.</p> <p>7. Physical activity shall not be used as a form of punishment.</p>
	<p><u>Other School Based Activities</u></p> <p>District schools shall provide adequate space for eating and serving school meals.</p> <p>Students shall be provided an appropriate and clean meal environment.</p> <p>Students shall be provided adequate time to eat; to the extent feasible and practical the district shall endeavor to provide at least: ten (10) minutes sit down time for breakfast and twenty (20) minutes sit down time for lunch</p> <p>Meal period shall be scheduled at appropriate hours as determined by the Superintendent.</p> <p>Drinking water shall be available at all meal periods and at appropriate times and places, throughout the school day.</p> <p>Students shall have access to hand washing or sanitizing before meals and snacks.</p> <p>Professional development shall be provided for district nutrition staff as deemed appropriate by the superintendent.</p> <p>Access to food service operation shall be limited to authorized staff.</p> <p>To the extent feasible and practical, nutrition content of school meals shall be available to students and parents/guardians.</p> <p>To the extent possible, the District shall utilize available funding and outside programs to enhance student and staff wellness.</p> <p>The District shall provide training to all appropriate staff on the components of the Student Wellness Policy.</p> <p>Goals of the Wellness Policy shall be considered in planning all school based activities.</p> <p>Fund raising projects conducted during school hours shall be supportive of healthy eating and student wellness as provided in the Nutritional Standards for Competitive Foods in Pennsylvania Schools.</p> <p>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.</p>

	<p>The District 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.</p> <p>Foods available in District schools during the school day shall be offered to students with consideration for promoting student health and reducing childhood obesity. Exceptions shall be permitted, provided the frequency of exceptions is minimal in the judgement of the building principal.</p> <p>Foods provided through the National School Lunch or School Breakfast Program shall comply with federal nutrition standards under the School Meals Initiative.</p>
	<p>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; fund raisers during the school day; classroom parties, holiday celebrations; and food from home.</p> <p>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. Exceptions shall be permitted on an occasional basis provided the frequency of exceptions is minimal in the judgement of the building principal.</p> <p>The foregoing provisions do not apply to foods brought from home by a student for his or her own consumption.</p> <p><u>Safe Routes to School</u></p> <p>The district shall encourage students to walk to and from school when a reasonably safe walking route is available and parents concur.</p> <p>References:</p> <p>Child Nutrition and WIC Reauthorization Act of 2004 - P.L. 108-265 Sec 204</p>