

# Big Spring SCHOOL DISTRICT

SECTION: 246

TITLE: Student Wellness

ADOPTED:

REVISED: January 2014

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	Student Wellness Policy
1. Purpose	The Board shall approve the creation of a Coordinated School Health Council for the purpose of writing a Wellness Policy as mandated by public law 108-265, section 204. Under this law, local education agencies (LEA's) are required to establish a local school Wellness Policy to include goals for nutrition, education, physical activity, and other school-based activities designed to promote student wellness in a manner that the LEA determines to be appropriate.
2. Authority	<p>In June 2004, President Bush signed into law a bill (Public Law 108-265, Section 204) to reauthorize the National School Lunch Act. In accordance with this law, the Big Spring School District is required to ensure the health and well-being of all students by providing the following:</p> <ul style="list-style-type: none"> <li>• A nutrition program consistent with federal and state requirements.</li> <li>• Access at reasonable cost to foods and beverages that meet established nutritional guidelines.</li> <li>• Physical education opportunities for developmentally appropriate physical activity during the school day.</li> <li>• Curriculum and programs for grades K -12 that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with the State Board of Education curriculum regulations and academic standards.</li> </ul>
3. Delegation of Responsibility	<p>The Superintendent or designee shall be responsible for monitoring all programs and curriculum to ensure compliance with the policy. Each designee will report to the Superintendent regarding compliance in his/her school. Staff members responsible for programs related to the Student Wellness Policy will report to the Superintendent or designee regarding the status of such programs.</p> <p>The Superintendent or designee will provide a written annual report to the School Board regarding the status and compliance with law of all policies related to the Student Wellness Policy. The report may include:</p> <ul style="list-style-type: none"> <li>• Assessment of the school environment regarding student wellness issues.</li> <li>• Evaluation and compliance of all food service programs.</li> </ul>

	<ul style="list-style-type: none"> <li>• The District's compliance with established nutrition guidelines.</li> <li>• All activities and programs conducted to promote nutrition and physical fitness.</li> <li>• Recommended changes and revisions.</li> </ul> <p>Suggestions for improving the program from staff, students, parents, guardians, community members, and the Health and Wellness Committee.</p>
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<p>4. Guidelines</p>	<p>The Big Spring School District shall appoint a Coordinated School Health Council. Members of the committee may include teachers, school board members, a school nurse, school counselor, coach, classified staff, students, dietician, health professional, members of community organizations, and other individuals chosen by the Board.</p> <p>The Coordinated School Health Council shall serve as an advisory committee concerning student health issues and will be responsible for developing a Student Wellness Policy that complies with the law. The policy will be submitted to the School Board for approval prior to January 1, of the school year.</p> <ul style="list-style-type: none"> <li>• The Coordinated School Health Council may examine related research and laws, assess student needs and the current student environment, and raise awareness about student health issues. The Health and Wellness Committee may make policy recommendations to the Superintendent or designee related to other health issues necessary to promote student wellness.</li> <li>• The Coordinated School Health Council may survey parents/guardians and/or students; collaborate with appropriate community agencies and organizations; and engage in similar activities, within the budget.</li> <li>• The Coordinated School Health Council will provide a periodic report to the Superintendent or designee regarding the status of its work, as warranted.</li> </ul> <p><u>Nutrition Education</u></p> <ul style="list-style-type: none"> <li>• Curriculum and programs for grades K-12 shall be designed to educate students about proper nutrition and lifelong physical activity, in accordance with State Board of Education curriculum regulations and academic standards.</li> <li>• Nutrition education shall be provided within the sequential, age appropriate, comprehensive health education program in accordance with the State Board of Education curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.</li> <li>• Nutrition Education shall provide all students with the knowledge and skills needed to make informed choices for leading healthy lives.</li> <li>• Nutrition education shall connect present practices with potential long term consequences.</li> <li>• Nutrition education shall be integrated into other subjects to complement but not replace academic standards based on nutrition education.</li> <li>• The staff responsible for providing nutrition education shall be properly trained and prepared and shall participate in appropriate professional development.</li> <li>• District staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student activities related to nutrition.</li> <li>• Nutrition education may extend beyond the school environment by engaging and involving families and communities.</li> </ul>
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	<ul style="list-style-type: none"> <li>• A varied and comprehensive physical education course of study shall focus on providing students with skills, knowledge, and confidence to participate in lifelong, health enhancing physical activity.</li> </ul> <p>To the extent possible, the District shall utilize available funding and outside programs to enhance student wellness.</p> <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> <li>• Students shall participate in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits during their scheduled physical education classes.</li> <li>• A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.</li> <li>• Physical activity shall not be used as a form of punishment in classes during the established school day.</li> <li>• Teachers and administrators shall be encouraged not to withhold physical activity (i.e. recess) as a form of punishment.</li> </ul> <p><u>Physical Education</u></p> <ul style="list-style-type: none"> <li>• Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided during scheduled physical education classes.</li> <li>• 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 during their scheduled physical education classes.</li> <li>• 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.</li> <li>• 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 during scheduled physical education classes.</li> <li>• 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 pending the availability of adaptive physical education.</li> <li>• Safe and adequate equipment, facilities, and resources shall be provided for physical education courses.</li> <li>• Physical education shall be taught by certified health and physical education teachers.</li> <li>• Appropriate professional development shall be provided for physical education staff.</li> </ul> <p>Physical activity shall not be used as a form of punishment in classes during the</p>
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established school day.

#### Other School Based Activities

The goal for other school-based activities is to create a school environment that provides consistent wellness messages and is conducive to healthy eating and being physically active.

- Students shall be provided a clean and safe meal environment.
- Students shall be provided adequate time to eat breakfast and lunch.
- 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 cafeteria staff as deemed necessary.
- Students may be involved in menu selections through various means throughout the school year.
- Food will not be used as a form of punishment.
- Administrators, teachers, food service personnel, students, parents, and guardians shall be encouraged to serve as positive role models through district programs, communications, and outreach efforts.
- The district shall encourage and provide students, parents/guardians with healthy diet and physical activity communication through various methods.
- The district shall provide appropriate training to all staff on the components of the Student Wellness Policy and Student Wellness Plan.
- Goals of the Student Wellness Policy shall be considered in planning all school-based activities.

#### Nutrition Standards for Pennsylvania Schools

The Big Spring School District will follow the nutritional guidelines as set forth by the federal and state government. All Foods and beverages served for breakfast, lunch, and vending are included.

#### Fundraisers

Foods sold for fundraisers will not be available for sale during the school day and may not be distributed during the school day. These items must support healthy eating by limiting foods high in added sugar, fat, sodium, and trans-fat content.

#### School Stores

	<p>School stores are prohibited from selling food and beverages during the school day. If hours of operation permit, the foods sold must support healthy eating by limiting foods high in added sugar, fat, sodium, and trans-fat content. The food services director can provide guidance on acceptable foods.</p>
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Section: 246 Student Wellness  
Date: January 25, 2014  
Subject: Student Wellness Policy Procedures

### Parties and Holiday Celebrations

In 2006, the Big Spring School District's Administration and Board of School Directors established a district Student Wellness Policy. The purpose of the policy is to address childhood obesity and create a healthier environment for our students. Big Spring School District recognizes that a healthy student is a student that is better prepared for learning. The district has made a commitment to create an environment that fosters proper nutrition, regular physical activity, and nutrition education.

Public law 108-265, the Child Nutrition Act of 2004 requires all Local Education Agencies (LEA's) participating in the National School Lunch Program to develop a Wellness Policy for all students. One of the requirements of the law is the development of nutrition guidelines for all foods offered at each school during the school day with the objective of promoting student health. This includes the foods offered for classroom parties and celebrations.

The following standards apply to all foods offered students during the school day. The foods provided through the school lunch program are not included as they are required to comply with very specific federal nutrition standards.

Classroom parties may offer a minimal amount of foods (maximum 2-3 items) that contain sugar as the primary ingredient and will offer **healthy alternatives such as** the following:

- Fresh Fruit and Vegetables (May be Served with a Light Dip or Dressing)
- Dried Fruit
- Canned Fruit or Fruit Cups (Must be Packed in Water)
- Dairy Products – Low Fat Cheeses, Yogurt, low or no Sugar Puddings, Fresh Fruit Smoothies

- Whole Grain Snacks: Breakfast Bars, Crackers, Cereal bars, Baked Chips, Popcorn (No Butter), Pretzels, Rice Cakes
- Party Snacks: Baked Chips, Baked Doritos, Baked Cheese Curls, Baked Sun Chips, Nutrigrain Bars, Baked Cheetos,
- Beverages: Water, 1% milk, 100% Fruit Juice (No other Beverages are Allowed)

All Classroom Parties/Celebrations must be Approved by the Building Principal

Food as a Reward:

Food will not be used as a reward for classroom or school activities, unless it promotes a positive nutrition message (i.e., guest chef, field trip to a farm or farmers market, etc.)

#### Foods From Home

Parents/caregivers will be encouraged to promote their child's participation in the school meals programs. If their child does not participate in the school meals programs, parents/caregivers will be encouraged to provide a healthy alternative.

All nutrition standards will be explained to parents/caregivers. They will continuously be provided with nutrition education and encouraged to comply with the nutrition policies to the best of their ability and knowledge. Examples of nutrition education outreach include newsletters, open houses, back to school nights, family nights, etc.

#### Faculty Lounges

Faculty is encouraged to set the example for students. Students are not likely to believe that nutrition policies are beneficial if they see faculty consuming foods and beverages that do not align with the school policy.

#### Other

Vegetarian Options-Students will be surveyed yearly for their interest in vegetarian entrees as part of the reimbursable meal or ala carte offerings. If interest is indicated, efforts should be made to include appealing vegetarian choices.

Student Input- Students will be an active part of menu planning in conjunction with the director of food services.