

STUDENT WELLNESS

1. Purpose

Uniontown 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.

2. Authority P.I. 108-265 Sec. 204

To ensure the health and well-being of all students, the Board establishes that the district shall provide to students:

- A comprehensive nutrition program consistent with federal and state requirements.
- Access at reasonable cost to foods and beverages that meet 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 State Board of Education curriculum regulations and academic standards.

3. Delegation of Responsibility Pol. 808

The Superintendent or 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.

Each building principal or designee shall report to the Superintendent or designee regarding compliance in his/her school.

Staff members responsible for programs related to student wellness shall report to the (Superintendent or designee) regarding the status of such programs.

The Superintendent or designee shall annually report to the Board on the district's compliance with law and policies related to student wellness. The report may include:

- Assessment of school environment regarding student wellness

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| <p>P.L. 108-265 Sec. 204</p> <p>4. Guidelines</p> | <p>issues.</p> <ul style="list-style-type: none"> • Evaluation of food services 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 areas. • 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.</p> <p><u>Wellness Committee</u></p> <p>The Board shall approve a Wellness Committee comprised of at least one (1) of the following: School Board member, district administrator, district food service representative, student, parent/guardian, member of the public as required. It may also include</p> <ul style="list-style-type: none"> • teacher • school nurse • school counselor • coach • classified staff • dietician • health professional • representative of local or county agency |
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- representative of community organization
- other individuals chosen by the Board.

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.

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 Board related to other health issues necessary to promote student wellness.

The Wellness Committee 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 Wellness Committee shall provide periodic reports to the Superintendent or designee regarding the status of its work, as required.

The Wellness Committee shall meet four times per year to ensure that district goals are being met and to plan for implementation activities.

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.

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.

Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.

Nutrition education lessons and activities shall be age-appropriate.

Nutrition curriculum shall be behavior focused.

School food service and nutrition education classes may cooperate to create a learning laboratory.

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School food service and nutrition education classes may cooperate to create a learning laboratory.

Nutrition education shall be integrated into other subjects to complement but not replace academic standards based on nutrition education.

Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.

The staff responsible for providing nutrition education shall be properly trained and prepared and shall participate in appropriate professional development.

District 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 district, schools, classrooms, cafeterias, homes, community and media.

Nutrition education shall extend beyond the school environment by engaging and involving families and communities.

Physical Activity

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

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

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.

A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.

Extended periods of student inactivity shall be discouraged.

After-school programs will be encouraged to provide developmentally appropriate physical activity for participating children.

District schools shall partner with parents/guardians and community members to institute programs that support physical activity.

Withholding physical education classes will not be used as a form of punishment

All students in grades K-5 will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment

School playgrounds and/or tracks shall be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities also may be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

Physical Education

Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.

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.

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 varied and comprehensive curriculum that leads to students becoming and remaining physically active for a lifetime shall be provided in the physical education program.

A sequential physical education program consistent with State Board of Education curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented.

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.

A local assessment system 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 time as possible during a physical education class. Documented medical conditions and disabilities shall be accommodated during class.

Physical Education will be adapted appropriately for students with special health care needs that include but are not limited to learning disabilities, developmental disabilities, behavioral disabilities, temporary physical limitations, and medical conditions such as diabetes, asthma, and scoliosis.

Safe and adequate equipment, facilities and resources shall be provided for physical education courses.

Physical education shall be taught by certified health and physical education teachers.

All physical education teachers will receive a minimum of 15 hours of professional development per year directly related to health, safety and physical education standards..

Physical education classes will have a teacher-ratio which is comparable to those of other classes.

Aquatics education classes will have a teacher-ratio which is comparable to those of other classes.

Other School Based Activities

District schools shall provide adequate space for eating and serving school meals.

Students shall be provided a clean and safe meal environment.

Students shall be provided adequate time to eat

Meal periods shall be scheduled at appropriate hours.

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.

Qualified nutrition professionals shall administer the school meals program.

Professional development shall be provided for district nutrition staff.

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

Nutrition content of school meals shall be available to students and parents/ guardians.

The food service staff will identify and promote healthy choices in the cafeteria.

Students and parents/guardians may be involved in menu selections through various means.

To the extent possible, the district shall utilize available funding and outside programs to enhance student wellness.

The district shall provide appropriate training to all staff on the components of the Student Wellness Policy.

Goals of the Student 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.

Staff will be provided with health education/wellness programs through the health insurance provider.

Staff will be encouraged to participate in health screenings that may include but are not limited to blood pressure, weight, BMI on Act 80 Days. Screenings may be performed by the school nurse.

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.

The district shall make students as well as parents/guardians aware of community programs that support wellness through its website, newsletters, the Student Assistance Program, and communication from

school nurses and guidance counselors, if applicable.

The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school will send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages.

The district/school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

Nutrition Guidelines

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.

Foods provided through the National School Lunch 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 School Breakfast Programs and include a la carte foods, snacks and beverages, vending food, school store food, snacks and beverages; fundraisers; classroom parties; holiday celebrations; and food from home.

All competitive foods available to students in district schools shall comply with the established nutrition guidelines, as listed in the Uniontown Area School District Wellness Plan. The nutritional standards shall be implemented as a four year plan..

References:

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

Approved by Uniontown Area Board of School Directors on May 15, 2006.