

<p>7 CFR Sec. 210.31</p> <p>42 U.S.C. Sec. 1758b 7 CFR Sec. 210.31</p>	<p>policy.</p> <p>At least once every three (3) years, SVRCS shall update or modify this policy as needed, based on the results of the most recent triennial assessment and/or as school and community needs and priorities change; wellness goals are met; new health science, information and technologies emerge; and new federal or state guidance or standards are issued.</p> <p>The school shall annually inform and update the public, including parents/guardians, students and others in the community, about the contents, updates and implementation of this policy via the school website, student handbooks, newsletters, posted notices and/or other efficient communication methods. This annual notification shall include information on how to access the School Wellness policy; information about the most recent triennial assessment; information on how to participate in the development, implementation and periodic review and update of the School Wellness policy; and a means of contacting Wellness Committee leadership.</p>
<p>4. Guidelines</p> <p>7 CFR Sec. 210.15, 210.31</p>	<p><u>Recordkeeping</u></p> <p>SVRCS shall retain records documenting compliance with the requirements of the School Wellness policy, which shall include:</p> <ol style="list-style-type: none"> 1. The written School Wellness policy. 2. Documentation demonstrating that the school has informed the public, on an annual basis, about the contents of the School Wellness policy and any updates to the policy. 3. Documentation of efforts to review and update the School Wellness policy, including who is involved in the review and methods used by the school to inform the public of their ability to participate in the review. 4. Documentation demonstrating the most recent assessment on the implementation of the School Wellness policy and notification of the assessment results to the public. <p><u>Wellness Committee</u></p>
<p>42 U.S.C.</p>	<p>The school shall establish a Wellness Committee comprised of, but not necessarily</p>

<p>Sec. 1758b</p>	<p>limited to, at least one (1) of each of the following: School Board member, school, administrator, school food service representative, student, parent/guardian, school health professional, physical education teacher and member of the public. It shall be the goal that committee membership will include representatives from the school and reflect the diversity of the community.</p> <p>The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing, implementing and periodically reviewing and updating a School Wellness policy that complies with law to recommend to the Board for adoption.</p>
<p>7 CFR Sec. 210.31</p>	<p>The Wellness Committee shall review and consider evidence-based strategies and techniques in establishing goals for nutrition education and promotion, physical activity and other school based activities that promote student wellness as part of the policy development and revision process.</p> <p>Individuals who conduct student medical and dental examinations shall submit to the Wellness Committee annual reports and later reports on the remedial work accomplished during the year, as required by law.</p> <p><u>Nutrition Education</u></p> <p>Nutrition education will be provided within the sequential, comprehensive health education program in accordance with curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.</p> <p>{ } Nutrition education in the school shall teach, model, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.</p> <p>{ } Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.</p>
<p>SC 1422</p>	<p>{ } Nutrition education lessons and activities shall be age-appropriate.</p>
<p>SC 1513 Pol. 102, 105 Pol. 808</p>	<p>{ } Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.</p> <p>{ } The staff responsible for providing nutrition education shall be properly</p>

trained and prepared and shall participate in appropriate professional development.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs.

{ } SVRCS shall promote nutrition through the implementation of Farm to School activities where possible. Activities may include, but not be limited to, the initiation/maintenance of school gardens, taste-testing of local products in the cafeteria and classroom, classroom education about local agriculture and nutrition, field trips to local farms and incorporation of local foods into school meal programs.

{ } SVRCS staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.

{ } Consistent nutrition messages shall be disseminated and displayed throughout the district, schools, classrooms, cafeterias, homes, community and media.

{ } SVRCS shall offer resources about health and nutrition to encourage parents/guardians to provide healthy meals for their children.

Physical Activity

{ } SVRCS shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.

{ } SVRCS shall contribute to the effort to provide students opportunities to accumulate at least sixty (60) minutes of age-appropriate physical activity daily, as recommended by the Centers for Disease Control and Prevention. Opportunities offered at school will augment physical activity outside the school environment, such as outdoor play at home, sports, etc.

{ } Students shall participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness and performance benefits.

{ } Age-appropriate physical activity opportunities, such as outdoor and indoor recess, before and after school programs, during lunch, 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, two (2) hours or more, shall be discouraged.

{ } Before and/or after-school programs shall provide developmentally appropriate physical activity for participating children.

{ } SVRCS shall promote physical activity through encouragement of walking and biking as a means of transportation to and from school.

{ } Students and their families shall be encouraged to utilize school-owned physical activity facilities, such as playgrounds and fields, outside school hours in accordance with established school rules.

Physical Education

A sequential physical education program consistent with curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented. All School students must participate in physical education.

<p>SC 1512.1 Pol. 102, 105</p>	<p>{ } Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.</p> <p>{ } 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.</p> <p>{ } 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.</p> <p>{ } A varied and comprehensive curriculum that promotes both team and individual activities and leads to students becoming and remaining physically active for a lifetime shall be provided in the physical education program.</p> <p>{ } 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.</p> <p>{ } A local assessment system shall be implemented to track student progress on the Health, Safety and Physical Education academic standards.</p> <p>{ } 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.</p> <p>{ } Safe and adequate equipment, facilities and resources shall be provided for physical education courses.</p> <p>{ } Physical education shall be taught by certified health and physical education teachers.</p> <p>{ } Appropriate professional development shall be provided for physical education staff.</p> <p>{ } Physical education classes shall have a teacher-student ratio comparable to those of other courses for safe and effective instruction.</p>
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<p>7 CFR Sec. 210.10, 220.8</p> <p>42 U.S.C. Sec. 1751 et seq, 1773</p> <p>7 CFR Sec 210.30 Pol. 808</p>	<p><u>Other School Based Activities</u></p> <p>Drinking water shall be available and accessible to students, without restriction and at no cost to the student, at all meal periods and throughout the school day.</p> <p>Nutrition professionals who meet hiring criteria established by the school and in compliance with federal regulations shall administer the school meals program. Professional development and continuing education shall be provided for school nutrition staff, as required by federal regulations.</p> <p>{ } SVRCS shall provide adequate space, as defined by the school, for eating and serving school meals.</p> <p>{ } Students shall be provided a clean and safe meal environment.</p> <p>{ } Students shall be provided adequate time to eat: ten (10) minutes sit down time for breakfast; twenty (20) minutes sit down time for lunch.</p> <p>{ } SVRCS shall implement alternative service models to increase school breakfast participation where possible, such as breakfast served in the classroom, “grab & go breakfast” and breakfast after first period to reinforce the positive educational, behavioral and health impacts of a healthy breakfast.</p> <p>{ } Meal periods shall be scheduled at appropriate hours, as required by federal regulations and as defined by the district.</p> <p>{ } Students shall have access to hand washing or sanitizing before meals and snacks.</p> <p>{ } Access to the food service operation shall be limited to authorized staff.</p> <p>{ } Nutrition content of school meals shall be available to students and parents/guardians.</p> <p>{ } To the extent possible, the school shall utilize available funding and outside programs to enhance student wellness.</p>
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<p>7 CFR Sec. 210.10</p>	<p>{ } SVRCS shall provide appropriate training to all staff on the components of the School Wellness policy.</p> <p>{ } Administrators, teachers, food service personnel, students, parents/guardians and community members shall be encouraged to serve as positive role models through school programs, communications and outreach efforts.</p> <p>{ } SVRCS 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>{ } SVRCS shall maintain a healthy school environment, including but not limited to indoor air quality, in accordance with the school’s healthy learning environment program and applicable laws and regulations.</p> <p><u>Nutrition Guidelines for All Foods/Beverages at School</u></p> <p>All foods and beverages available in school during the school day shall be offered to students with consideration for promoting student health and reducing obesity.</p> <p>Foods and beverages provided through the National School Lunch or School Breakfast Programs shall comply with established federal nutrition standards.</p> <p>Foods and beverages offered or sold at school-sponsored events outside the school day, such as athletic events and dances, shall offer healthy alternatives in addition to more traditional fare.</p> <p><i>Competitive Foods –</i></p> <p>Competitive foods available for sale shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School). These standards shall apply in all locations and through all services where foods and beverages are sold to students, which may include, but are not limited to: a la carte options in cafeterias, vending machines, school stores, snack carts and fundraisers.</p> <p>Competitive foods are defined as foods and beverages offered or sold to students on school campus during the school day, which are not part of the reimbursable school breakfast or lunch.</p>
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<p>42 U.S.C. Sec. 1751 et seq, 1773 7 CFR Sec. 210.10, 220.8</p> <p>7 CFR Sec. 210.11, 220.12a, 210.31</p> <p>7 CFR Sec. 210.11, 210.31</p> <p>7 CFR Sec. 210.11, 210.31</p>	<p>For purposes of this policy, school campus means any area of property under the jurisdiction of the school that students may access during the school day.</p> <p>For purposes of this policy, school day means the period from midnight before school begins until thirty (30) minutes after the end of the official school day.</p> <p>SVRCS may impose additional restrictions on competitive foods, provided that the restrictions are not inconsistent with federal requirements.</p> <p><i>Fundraiser Exemptions –</i></p> <p>Fundraising activities held during the school day involving the sale of competitive foods shall be limited to foods that meet the Smart Snacks in School nutrition standards, unless an exemption is approved in accordance with applicable Board policy and administrative regulations.</p> <p>SVRCS may allow a limited number of exempt fundraisers as permitted by the Pennsylvania Department of Education each school year: up to five (5) exempt fundraisers in elementary and middle school buildings, and up to ten (10) exempt fundraisers in high school buildings. Exempt fundraisers are fundraisers in which competitive foods are available for sale to students that do not meet the Smart Snacks in School nutrition standards.</p> <p>SVRCS shall establish administrative regulations to implement fundraising activities in the school, including procedures for requesting a fundraiser exemption.</p> <p><i>Non-Sold Competitive Foods –</i></p>
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<p>7 CFR Sec. 210.11, 210.31</p> <p>SC 504.1</p> <p>Pol. 209.1</p>	<p>nutrition standards, including applicable marketing restrictions.</p> <p><u>Management of Food Allergies in the School</u></p> <p>SVRCS shall establish Board policy and administrative regulations to address food allergy management in the school in order to:</p> <ol style="list-style-type: none">1. Reduce and/or eliminate the likelihood of severe or potentially life-threatening allergic reactions.2. Ensure a rapid and effective response in case of a severe or potentially life-threatening allergic reaction.3. Protect the rights of students by providing them, through necessary accommodations when required, the opportunity to participate fully in all school programs and activities. <p><u>Safe Routes to School</u></p> <p>Each home district is responsible for maintaining safe routes to school.</p> <p>References:</p> <p>School Code – 24 P.S. Sec. 504.1, 1337.1, 1422, 1422.1, 1422.3, 1512.1, 1513</p> <p>National School Lunch Program – 42 U.S.C. Sec. 1751 et seq.</p> <p>School Breakfast Program – 42 U.S.C. Sec. 1773</p> <p>Healthy, Hunger-Free Kids Act of 2010 – P.L. 111-296</p> <p>National Food Service Programs, Title 7, Code of Federal Regulations – 7 CFR Part 210, Part 220</p> <p>Board Policy – 102, 103, 103.1, 105, 209.1, 229, 808</p>
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