

Student Wellness Policy

We have all seen the articles, reports and statistics concerning childhood obesity. We all recognize that inadequate nutrition, poor eating habits and lack of exercise result in overweight children whose academic success is affected negatively. The federal government addressed student health issues by requiring school districts that participate in the National School Lunch Program to establish a local wellness policy by July 1, 2006. A school district can address health issues by following a process designed to meet federal requirements and provide a comprehensive wellness plan that effectively will meet the needs of its students.

The local wellness policy requirement was established by Section 204 of the Child Nutrition and Women/Children/Infants (WIC) Reauthorization Act of 2004. The wellness policy established by school districts at a minimum must:

1. Include goals for nutrition education, physical activity and other school-based activities that are designed to promote student wellness in a manner that the local educational agency determines is appropriate.
2. Include nutrition guidelines selected by the local educational agency for all foods available on each school campus under the local educational agency during the school day with the objectives of promoting student health and reducing childhood obesity.
3. Provide an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture.
4. Establish a plan for measuring implementation of the local wellness policy, including designation of 1 or more persons with the local educational agency or at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the local wellness policy.
5. Involve parents, students, and representatives of the school food service, the school board, school administrators, and the public in the development of the school wellness policy.

Penn Manor School district is beginning the process to comply with the above requirements. We look forward to providing a framework that helps to build upon our success in preparing students to live a healthy life.

Questions concerning this new initiative can be directed to Randy Wolfgang at randy.wolfgang@penmanor.net.