PENN MANOR SCHOOL DISTRICT

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SECTION: PUPILS

TITLE: STUDENT WELLNESS

ADOPTED: September 13, 2010

REVISED:

	246. STUDENT WELLNESS
1. Purpose	Penn Manor 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 SC 1422.1 42 U.S.C. Sec. 1751 nt Pol. 100	The Board adopts the Student Wellness Policy based on the recommendations of the appointed Wellness Committee and in accordance with federal and state laws. The policy shall be included in the district's Strategic Plan.
101.100	To ensure the health and well-being of all students, the Board establishes that the district shall provide to students:
	1. A comprehensive nutrition program consistent with federal and state requirements.
	2. Physical education courses and opportunities for developmentally appropriate physical activity during the school day.
	3. 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.
 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.
	The Superintendent or designee shall annually report to the Board on the district's compliance with law and policies related to student wellness.

	42 U.S.C. Sec. 1751 nt	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 Director of Food Services.
4.	Guidelines	Wellness Committee
		The Board shall appoint a Wellness Committee comprised of at least one (1) of each of the following: School Board member, district administrator, district food service representative, student, parent/guardian, school nurse, FCS department representative, Phys. Ed. department representative, and other individuals appointed by the Board.
		The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing, and shall recommend to the Board for adoption, amendments to this policy and guidelines and programs to carry forth the provisions of this policy.
		The Wellness Committee shall provide periodic reports to the Superintendent or designee regarding the status of its work, as required.
		Nutrition Education
	SC 1513 Pol. 102, 105	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.
		Physical Activity
		District schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.
		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.
		Physical Education
	SC 1512.1 Pol. 102, 105	A sequential physical education program consistent with curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented. All district students must participate in physical education.

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	Nutrition Guidelines
	Foods provided through the National School Lunch or School Breakfast Programs shall comply with federal nutrition standards under the School Meals Initiative with consideration for promoting student health and reducing childhood obesity.
	Competitive Foods/Beverages
SC 504.1	Competitive foods and beverages are defined as any food or beverage offered or sold at school in competition with reimbursable meals served through the National School Lunch or School Breakfast programs.
SC 1337.1	All competitive foods and beverages available to students in district schools shall comply with the Nutrition Standards for Competitive Foods in Pennsylvania Schools and will be implemented at "A Place to Start".
SC 504.1	Exclusive competitive food and/or beverage contracts shall be approved by the Board, in accordance with provisions of law.
	Safe Routes To School
	The district shall cooperate with local municipalities, public safety agency, police departments, and community organizations to develop and maintain safe routes to school.
	References:
	School Code – 24 P.S. Sec. 504.1, 1337.1, 1422, 1422.1, 1512.1, 1513
	Child Nutrition and WIC Reauthorization Act of 2004 – 42 U.S.C. Sec. 1751 notes
	Board Policy – 000, 100, 102, 105, 808