

# PENN MANOR SCHOOL DISTRICT

SECTION: PUPILS

TITLE: STUDENT WELLNESS

ADOPTED: June 12, 2006, May 4, 2009

REVISED: May 4, 2009

<p>1. Purpose</p>	<p>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.</p>
<p>2. Authority</p>	<p>To ensure the health and well-being of all students, the Board establishes that the school district shall provide to students:</p> <ul style="list-style-type: none"> <li>• A comprehensive nutrition program consistent with federal and state requirements that meets established nutritional guidelines.</li> <li>• Physical education courses and opportunities for developmentally appropriate physical activity during the school day.</li> <li>• Curriculum and programs for grades K-12 that are designed, in part, to educate students about proper nutrition and lifelong physical activity, in accordance with State Board of Education curriculum regulations and academic standards.</li> </ul>
<p>3. Delegation of Responsibility</p>	<p>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.</p> <p>The Superintendent or designee shall annually report to the School Board on the school district's compliance with the law and policies related to student wellness.</p> <p>Assurance that school district guidelines for reimbursable meals are in accordance with federal law shall be provided annually by the Director of Food Services.</p>
<p>4. Guidelines</p>	<p><b>Wellness Committee</b></p> <p>A Wellness Committee comprised of at least one (1) of each of the following: School Board member, district administrator, school district food service representative, student, parent/guardian, school nurse, FCS department representative, Phys Ed department representative, and other individuals appointed by the School Board 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.</p>

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

**Nutrition Education**

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.

**Physical Activity**

School 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 encouraged to meet the needs and interests of students, in addition to planned physical education.

**Physical Education**

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.

**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.

All competitive foods and beverages available to students in Penn Manor School District shall comply with the “Nutrition Standards for Competitive Foods in Pennsylvania Schools” and will be implemented at “A Place to Start”.

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 Breakfast programs.

	<p><b>Safe Routes to School</b></p> <p>The School District shall cooperate with local municipalities, public safety agency, police departments, and community organizations to develop and maintain safe routes to school.</p> <p>References:</p> <p>Child Nutrition and WIC Reauthorization Act of 2004- P.L. 108-265 Section 204</p>
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REVIEWED-10/1/14

Any person interested in serving on the wellness policy committee should contact Randy L, Wolfgang, Director of Support Services, at 872-9500 x2228 or [randy.wolfgang@pennmanor.net](mailto:randy.wolfgang@pennmanor.net).