



SECTION: 522

TITLE: STUDENT WELLNESS

NESHAMINY SCHOOL DISTRICT

1	I. PURPOSE	Neshaminy School District recognizes that student wellness and proper	1
2		nutrition are related to students' physical well-being, growth, development	2
3		and readiness to learn. The Board of School Directors (hereinafter referred to	3
4		as "the Board") is committed to providing a school environment that promotes	4
5		student wellness, proper nutrition, nutrition education, and regular physical	5
6		activity as part of the total learning experience. In a healthy school	6
7		environment, students will learn about and participate in positive dietary	7
8		and lifestyle practices that can improve student achievement and overall	8
9		health status.	9
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11	II. AUTHORITY	To ensure the health and well-being of all students, the Board establishes that	11
12	P.L. 108-265	the District shall provide to students:	12
13	Sec. 204	<ul style="list-style-type: none">• A comprehensive nutrition program consistent with federal and state	13
14		requirements	14
15		<ul style="list-style-type: none">• Access at reasonable cost to foods and beverages that meet established	15
16		nutritional guidelines.	16
17		<ul style="list-style-type: none">• Physical education courses and opportunities for developmentally	17
18		appropriate physical activity during the school day.	18
19		<ul style="list-style-type: none">• Curriculum and programs for grades K-12 that are designed to educate	19
20		students about proper nutrition and the need for lifelong physical activity,	20
21		to meet or exceed State Board of Education curriculum regulations and	21
22		academic standards.	22
23			23
24	III. DELEGATION	The Superintendent or designee shall be responsible to monitor District	24
25	OF	schools, programs, and curriculum to ensure compliance with this policy,	25
26	RESPONSIBILITY	related policies, established guidelines and/or administrative regulations.	26
27	POL. 808		27
28		The Superintendent or designee shall report to the Board annually on the	28
29		District's compliance with laws and policies related to student wellness. The	29
30		report may include:	30
31		<ul style="list-style-type: none">• Assessment of school environment regarding student wellness issues.	31
32		<ul style="list-style-type: none">• Evaluation of food services program.	32
33		<ul style="list-style-type: none">• Review of all foods and beverages sold in schools for compliance with	33
34		established nutrition guidelines	34

- Listing of activities and programs conducted to promote nutrition and physical activity.
- Recommendations for policy and/or program revisions.
- Feedback received from District staff, students, parents/guardians, community members and Wellness Committee.
- Assurance that District guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law.

The Director of Food Services shall report to the Board periodically regarding the fiscal implications of implementing this policy.

Wellness Committee

The District will establish a Wellness Committee. This Committee will be comprised of the current members of the District Health and Safety Committee as well as a School Board member, District Food Services representative, parent/guardian, student, member of the public, and Lead Teacher of Family & Consumer Sciences.

The Wellness Committee shall serve as an advisory committee regarding student physical activity and nutrition issues. The Committee shall make recommendations for policy changes to promote student wellness, as necessary. The Wellness Committee may:

- examine related research and laws
- assess student needs and current environment
- review existing Board policies and administrative regulations

The Wellness Committee shall convene annually to review the District's established goals as related to the Wellness Policy and to determine if these goals are being met. Each building principal shall provide a written report to the Committee regarding compliance in his/her school prior to this meeting. A report of the Committee's findings will be submitted to the Superintendent or his/her designee.

Nutrition Education

The goal of nutrition education is to teach, encourage, support, and monitor 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 of Health, Safety and Physical Education, as well as Family and Consumer Sciences.

Consistent nutrition messages shall be disseminated throughout the District, schools, classrooms, cafeterias, homes, community and media.

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POLICY 522 (cont'd)

Physical Activity

The District will embrace physical activity as a personal behavior to improve overall health, academic performance, and to decrease childhood obesity. The District will strive to increase the amount of time all students are physically active each day.

District schools shall contribute to the effort to provide students with opportunities to accumulate at least sixty (60) minutes of physical activity per day. That time will include physical activity outside the school environment, such as outdoor play at home, sports, and other activities.

Physical activity opportunities shall be provided to meet the needs and interests of all students, in addition to planned physical education. Examples include, but are not limited to: recess, lunch, intramural clubs, interscholastic activities, and other before and after school activities.

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

Physical Education

A comprehensive physical education course of study shall be delivered to all students. This course of study will focus on providing students with skills, knowledge and confidence so that they may become and remain physically active throughout their lifetime.

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.

Other School Based Activities

Goals of the Student Wellness Policy shall be considered in planning all school based activities.

The District will provide information about grant opportunities that relate to nutrition and physical activity to each building to facilitate equitable funding in all schools.

Fundraising projects should be supportive of healthy eating and student wellness.

All Neshaminy employees, students, parents/guardians, and community members shall be encouraged to serve as positive role models. This goal can be accomplished through District programs, communications and outreach

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POLICY 522 (cont'd)

efforts.

The District will provide a Body Mass Index Percentile assessment for our student community and raise community awareness of proper nutrition and physical activity.

The District will implement and maintain a link on the District website to provide information and updates about physical activity and nutrition related topics.

Each building shall be encouraged to register as part of the Pennsylvania Advocates for Nutrition and Physical Activity, Keystone Healthy Schools Zones program.

Nutrition Guidelines

All foods available in District schools during the school day shall be offered to students with consideration to promote student health and to reduce 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, snacks and beverages; school store food, snacks and beverages; fundraisers; classroom parties; holiday celebrations; and food from home.

The District will make every reasonable effort to offer competitive foods that comply with the Nutritional Standards for Competitive Foods in Pennsylvania. The nutritional standards shall be implemented as a one year plan.

- 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.
- Students shall have access to hand washing or sanitizing before meals and snacks.
- Staff development shall be provided for District nutrition personnel.
- 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.

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

Safe Routes to School

A task force of key District and community individuals shall be assembled to explore the Safe Routes to Schools initiative.

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Approved: 6/20/06
JR/sab
Revised: 9/2008