

# MILTON AREA SCHOOL DISTRICT

SECTION: PUPILS

TITLE: STUDENT WELLNESS

ADOPTED:

REVISED:

246: STUDENT WELLNESS	
1. Purpose	<p>Milton Area School District recognizes that student wellness and proper nutrition are related to student’s physical well-being, growth, development, and readiness to learn.</p> <p>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>In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.</p>
2. Authority P.L. 108-265 Sec. 204	<p>To ensure the health and well-being of all students, the Board establishes that the district shall provide to students:</p> <ul style="list-style-type: none"> <li>*Child Nutrition Programs that comply with federal, state and local requirements and the guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the U.S. Department of Agriculture. These programs will also be accessible to all children.</li> <li>*Sequential and interdisciplinary nutrition education is provided and promoted in accordance with State Board of Education curriculum regulations and academic standards.</li> <li>*Patterns of meaningful physical activity connect to students lives outside of physical education.</li> <li>*All school-based activities are consistent with local wellness policy guidelines.</li> </ul>
3. Delegation of Responsibility Pol. 808	<p>The superintendent or designee shall be responsible to monitor district school programs, and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations.</p> <p>Each Administrator or designee shall report to the superintendent or designee regarding compliance in his/her area of responsibility.</p> <p>Staff members responsible for programs related to student wellness shall report to superintendent or designee regarding the status of such programs.</p> <p>A baseline assessment of the school districts existing practices, guidelines and policies regarding wellness will be completed to measure the effectiveness of the student wellness policy.</p>

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<p>4. Guidelines</p>	<p><b>Wellness Committee</b> 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), and member of the public. The wellness committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing a student wellness policy that complies with federal law to recommend to the Board for adoption. The Wellness Committee shall provide periodic reports to the designee regarding the status of its work, as required.</p> <p><b>Nutrition Education</b> Nutrition education will be provided within the sequential, comprehensive health education program in accordance the State Board of Education curriculum regulations and academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.</p> <p><b>Physical Activity</b> 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.</p> <p><b>Physical Education</b> 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.</p> <p><b>Other School Based Activities</b> District will support activities that will provide additional school based activities to promote a healthy school environment.</p> <p><b>Nutrition Guidelines</b> All foods available in district schools during the school day shall be offered to students with consideration for promoting student health and reducing childhood obesity. Foods provided through the National School Lunch or School Breakfast Programs shall comply with federal nutrition standards under the School Meals Initiative. <b>Competitive foods</b> 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; fundraisers during school day, classroom parties; school stores; school dances and including food as a reward. Competitive foods available to students in district schools shall comply with the established nutrition guidelines, as listed in the administrative regulations.</p>
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<p>5. Administrative Regulations</p>	<p><b>The Board directs the Superintendent to develop administrative regulations.</b></p> <p><u>Nutrition Education</u> The goal of nutrition education is to teach, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.</p> <p>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.</p> <p>Nutrition curriculum shall be behavior focused and lessons and activities shall be age-appropriate.</p> <p>School Food Service and nutrition education classes shall cooperate to create a learning laboratory.</p> <p>Nutrition education shall be integrated into other subjects to complement but not replace academic standards based on nutrition education.</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 trained and prepared and shall participate in appropriate professional development.</p> <p>District staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.</p> <p>Consistent nutrition messages shall be disseminated throughout the district, schools, classrooms, cafeterias, homes, community and media.</p> <p><u>Physical Activity</u> District schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.</p> <p>District schools shall strive to contribute to the effort to provide students opportunities to accumulate at least sixty (60) minutes of age-appropriate physical activity on all or most days of the week. That time will include physical activity outside the school environment, such as outdoor play at home, sports, etc.</p>
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Students shall participate daily in a variety of age-appropriate physical activities such as recess; before and after school; during lunch; clubs; intramurals; and interscholastic athletics designed to achieve optimal health, wellness, fitness, and performance benefits.

A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.

Physical activity breaks shall be encouraged for elementary students during classroom hours.

After-school programs shall provide developmentally appropriate physical activity for participating children.

Physical activity shall not be used as a form of punishment and restricting physical activity as a punishment will be discouraged.

### Physical Education

Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.

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.

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.

A varied and comprehensive curriculum that leads to students becoming and remaining physically active for a lifetime shall be provided in the physical education program.

A sequential physical education program consistent with State Board of Education curriculum regulations and Health, Safety and Physical Education academic standards shall be maintained.

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.

A local assessment system shall be implemented to track student progress on the Health, Safety and Physical Education academic standards.

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	<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.</p> <p><u>Other School Based Activities</u></p> <p>District schools shall provide adequate space, as defined by the district, 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.</p> <p>Meal periods shall be scheduled at appropriate hours, as defined by the district and in accordance with federal regulations.</p> <p>Drinking water shall be available at all meal periods and throughout the school day.</p> <p>Students shall have access to hand washing or sanitizing before meals and snacks.</p> <p>Nutrition professionals who meet criteria established by the district shall administer the school meals program.</p> <p>Professional development shall be provided for district nutrition staff.</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>Students and parents/guardians input into school menu planning is encouraged.</p> <p>The district shall provide appropriate training to all staff on the components of the Student Wellness Policy.</p>
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	<p>Goals of the Student Wellness Policy shall be considered in planning all school based activities.</p> <p>Administrators, teachers, support staff, students, parents/guardians, and community members shall be encouraged to serve as positive role models through district programs, communications and outreach efforts.</p> <p>The district 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>The district shall cooperate with local municipalities, public safety agency, police departments and community organizations to develop and maintain safe routes to school.</p> <p><u>Nutrition Guidelines</u></p> <p>All competitive foods available to students in district schools shall comply with the Nutritional Standards for Competitive Foods in Pennsylvania Schools. Given young children's limited nutrition skills, a la carte items will be limited to 2 items per lunch in grades K-5. Middle School students can purchase a la carte items provided they have a packed lunch or have purchased a school lunch. Middle School students will not be allowed to come back to the line for additional purchases.</p> <p>Vending machines will not be available at any time.</p> <p>Organizations that engage in fundraising will be encouraged to consider healthy food or non-food fundraising options. The Food Service Department will assist fundraising organizations in the procurement of competitive foods and encourage the purchase of nutrient dense foods and beverages by outside organizations.</p> <p>Parents and teachers will be made aware of the district's commitment to wellness and will be encouraged to provide healthy snacks and party foods. Celebrations will encourage healthy food selections with limited amounts of foods as outlined in the Nutritional Standards for Competitive Foods. All celebrations will be scheduled after lunch.</p> <p>The Food Service Department will assist elementary classroom teachers and administrators to provide guidance for appropriate classroom snacks.</p> <p>Healthy food rewards or non-food rewards will be encouraged as outlined in the Nutritional Standards for Competitive Foods.</p> <p>References:</p> <p>Child Nutrition and WIC Reauthorization Act of 2004 – P.L. 108-265 Sec. 204</p>
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