No. 246

SECTION: PUPILS

TITLE: SCHOOL WELLNESS

ADOPTED: March 6, 2020

REVISED: April 11, 2025

246. SCHOOL WELLNESS

1. Purpose

St. Sebastian Regional Catholic School 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 promotion, 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. 1758b
7 CFR
Sec. 210.31

The Board adopts this policy based on the recommendations of the Wellness Committee and in accordance with federal and state laws and regulations.

To ensure the health and well-being of all students, the Board establishes that the school shall provide to students:

1. A comprehensive nutrition program consistent with federal and state requirements.

2. Access at reasonable cost to foods and beverages that meet established nutrition guidelines.

3. Physical education courses and opportunities for developmentally appropriate physical activity during the school day.

4. Curriculum and programs for grades PreK-8 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.

3.Delegation of Responsibility
42 U.S.C.
Sec. 1758b
7 CFR
Sec. 210.31

The Principal shall be responsible for the implementation and oversight of this policy to ensure the school, programs and curriculum is compliant with this policy, related policies and established guidelines or administrative regulations.

7 CFR
Sec. 210.31

The Principal shall annually report to the Superintendent regarding compliance in his/her school.

Staff members responsible for programs related to school wellness shall report to the Principal regarding the status of such programs.
The Principal shall annually report to the Board on the school's compliance with law and policies related to school wellness. The report may include:

- Evaluation of food services program.
- Listing of activities and programs conducted to promote nutrition and physical activity.
- Recommendations for policy and/or program revisions.

The Principal and the established Wellness Committee shall conduct an assessment at least once every three (3) years on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation. This triennial assessment shall be made available to the public in an accessible and easily understood manner and include:

1. The extent to which the school is in compliance with law and policies related to school wellness.

2. The extent to which this policy compares to model wellness policies.

42 U.S.C. Sec. 1758b
7 CFR Sec. 210.31

3. A description of the progress made by the school in attaining the goals of this policy.

At least once every three (3) years, the school shall update or modify this policy as needed, based on the results of the most recent triennial assessment and/or as district and community needs and priorities change; wellness goals are met; new health science, information and technologies emerge; and new federal or state guidance or standards are issued.

The school shall annually inform and update the public, including parents/guardians, students and others in the community, about the contents, updates and implementation of this policy via the school website www.sssbv.org, student handbooks, newsletters, posted notices and/or other efficient communication methods. This annual notification shall include information on how to access the School Wellness policy; information about the most recent triennial assessment; information on how to participate in the development, implementation and periodic review and update of the School Wellness policy; and a means of contacting Wellness Committee leadership.

<u>Recordkeeping</u>

The school shall retain records documenting compliance with the requirements of the School Wellness policy, which shall include:

7 CFR Sec. 210.31

1. The written School Wellness policy.

42 U.S.C. Sec. 1758b
7 CFR Sec. 210.31

2. Documentation demonstrating that the school has informed the public, on an annual basis, about the contents of the School Wellness policy and any updates to the policy.

4. Guidelines

3. Documentation of efforts to review and update the School Wellness policy, including who is involved in the review and methods used by the school to inform the public of their ability to participate in the review.

7 CFR Sec. 210.15, 210.31

4. Documentation demonstrating the most recent assessment on the implementation of the School Wellness policy and notification of the assessment results to the public.

<u>Wellness Committee</u>

The district shall establish a Wellness Committee comprised of, but not necessarily limited to, at least one (1) of each of the following: School Board member, district administrator (Principal), district food service representative (Business Manager), student, parent/guardian, school health professional, physical education teacher and member of the public. It shall be the goal that committee membership will include representatives from the school building and reflect the diversity of the community.

The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing, implementing and periodically reviewing and updating a School Wellness policy that complies with law to recommend to the Board for adoption.

The Wellness Committee shall review and consider evidence-based strategies and techniques in establishing goals for nutrition education and promotion, physical activity and other school based activities that promote student wellness as part of the policy development and revision process.

Nutrition Education

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.

- Nutrition education lessons and activities shall be age-appropriate.
- We teach, model, encourage, and support healthy eating through nutrition education.
- We provide all students with knowledge and skills for healthy lives via nutrition education.
- Our nutrition education curriculum teaches behavior-focused skills such as menu planning, reading nutrition labels, and media awareness.
- In addition to meeting academic standards for nutrition education, we integrate nutrition education into a variety of subjects (e.g., math, science, etc.)
- We reinforce lifelong lifestyle balance by linking nutrition and physical education.
- Staff providing nutrition education receive standards-based training and professional development.
- We engage and involve families and the community in nutrition education efforts.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs.

- Consistent nutrition messages shall be demonstrated by avoiding use of unhealthy food items in classroom lesson plans and school staff avoiding eating less healthy food items in front of students.
- We encourage participation in school meal programs.
- We display and disseminate consistent nutrition messages in schools, classrooms and cafeteria.

42 U.S.C. Sec. 1758b

Physical Activity

- The school shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.
- We contribute to the effort to provide students daily opportunities to accumulate at least 60 minutes of age-appropriate physical activity daily as recommended by the CDC.
- In addition to planned physical education, we offer activities such as indoor and outdoor recess, before and after school programs, intramurals, interscholastic athletics, and clubs to meet the needs and interests of our students.
- We maintain a physical and social environment that encourages safe and enjoyable activity for all students.
- We discourage extended periods of inactivity (two hours or more) for students.
- We provide physical activity breaks in the classroom.
- We offer before and/or after-school programs that include physical activity for participating children.
- We do not use physical activity as a punishment (e.g., running laps).

7 CFR Sec. 210.31

SC 1422

Physical Education

A sequential physical education program consistent with curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented. All school students must participate in 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.
- PE classes provide the means for students to learn, practice, and be assessed on developmentally appropriate skills.
- Our curriculum promotes both team and individual activities.
- We offer a comprehensive PE course of study with planned instruction time for students to meet standards at the proficient level.
- Students are moderately to vigorously active as much time as possible during PE class. Accommodations are made in class for documented medical conditions and disabilities.
- We provide safe and adequate equipment, facilities, and resources for PE class.
- Certified health and PE teachers teach our class.
- We provide professional development for PE staff.
- PE classes have a teacher-student ratio similar to other courses for safe and effective instruction.
- We do not use or withhold physical activity as a form of punishment in PE class.

Other School-Based Wellness Activities

Drinking water shall be available and accessible to students, without restriction and at no cost to the student, at all meal periods and throughout the school day.

Nutrition professionals who meet hiring criteria established by the school and in compliance with federal regulations shall administer the school meals program. Professional development and continuing education shall be provided for district nutrition staff, as required by federal regulations.

- Students shall be provided a clean and safe meal environment.
- We provide adequate space for eating and serving school meals.
- We offer students enough time to eat (10 minutes sit down time for breakfast; 20 minutes sit down time for lunch) and schedule meal periods at appropriate hours.
- We implement alternate school breakfast service models to increase participation, such as breakfast served in the classroom.
- Students have access to hand washing or sanitizing before meals.
- Only authorized staff have access to the food service operation.
- We provide the nutrition content of school meals to the school community.
- We train all staff on the components of the school wellness policy.
- School based activities are planned with wellness policy goals in mind.
- Indoor air quality is in accordance with our healthy learning environment program and applicable laws and regulations.

Nutrition Guidelines for All Foods/Beverages at School

All foods and beverages available in the school during the school day shall be offered to students with consideration for promoting student health and reducing obesity.

Foods and beverages provided through the National School Lunch or School Breakfast Programs shall comply with established federal nutrition standards.

Foods and beverages offered or sold at school-sponsored events outside the school day, such as athletic events and dances, shall offer healthy alternatives in addition to more traditional fare.

SC 1513
Pol. 102, 105

Competitive Foods –

Competitive foods available for sale shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School). These standards shall apply in all locations and through all services where foods and beverages are sold to students, which may include, but are not limited to: a la carte options in cafeterias, vending machines, school stores, snack carts and fundraisers.

Competitive foods are defined as foods and beverages offered or sold to students on school campus during the school day, which are not part of the reimbursable school breakfast or lunch.
For purposes of this policy, **school campus** means any area of property under the jurisdiction of the school that students may access during the school day.

For purposes of this policy, **school day** means the period from midnight before school begins until thirty (30) minutes after the end of the official school day.
The district may impose additional restrictions on competitive foods, provided that the restrictions are not inconsistent with federal requirements.

Fundraiser Exemptions –
Fundraising activities held during the school day involving the sale of competitive foods shall be limited to foods that meet the Smart Snacks in School nutrition standards, unless an exemption is approved in accordance with applicable Board policy and administrative regulations.

Pol. 808

The school may allow a limited number of exempt fundraisers as permitted by the Pennsylvania Department of Education each school year: up to five (5) exempt fundraisers in elementary and middle school buildings, and up to ten (10) exempt fundraisers in high school buildings. **Exempt fundraisers** are fundraisers in which competitive foods are available for sale to students that do not meet the Smart Snacks in School nutrition standards.
The school shall establish administrative regulations to implement fundraising activities in district schools, including procedures for requesting a fundraiser exemption.

Non-Sold Competitive Foods –
Non-sold competitive foods available to students, which may include but are not limited to foods and beverages offered as rewards and incentives, at classroom parties and celebrations, or as shared classroom snacks, shall meet or exceed the standards established by the district.

If the offered competitive foods do not meet or exceed the Smart Snacks in School nutrition standards, the following standards shall apply:

1. Rewards and Incentives:
   a. Foods and beverages shall not be used as a reward or incentive in the schools.
2. Classroom Parties and Celebrations:
   a. Food celebrations shall not occur until thirty (30) minutes after the end of the last lunch period.
3. Shared Classroom Snacks:
   a. Shared classroom snacks are not permitted in district schools.

The school shall provide a list of suggested nonfood ideas and healthy food and beverage alternatives to parents/guardians and staff, which may be posted via the district website, student handbook, newsletters, posted notices and/or other efficient communication methods.

Marketing/Contracting –
Any foods and beverages marketed or promoted to students on the school campus during the school day shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School) and comply with established Board policy and administrative regulations.

Exclusive competitive food and/or beverage contracts shall be approved by the Board, in accordance with provisions of law. Existing contracts shall be reviewed and modified to the extent feasible to ensure compliance with established federal nutrition standards, including applicable marketing restrictions.

Management of Food Allergies in District Schools

The school shall establish Board policy and administrative regulations to address food allergy management in the school in order to:

1. Reduce and/or eliminate the likelihood of severe or potentially life-threatening allergic reactions.
2. Ensure a rapid and effective response in case of a severe or potentially life-threatening allergic reaction.
3. Protect the rights of students by providing them, through necessary accommodations when required, the opportunity to participate fully in all school programs and activities.

Safe Routes to School

The school shall cooperate with local municipalities, public safety agency, police departments and community organizations to develop and maintain safe routes to school.

SC 1512.1
Pol. 102, 105

References:
School Code – 24 P.S. Sec. 504.1, 1337.1, 1422, 1422.1, 1422.3, 1512.1, 1513
National School Lunch Program – 42 U.S.C. Sec. 1751 et seq.
School Breakfast Program – 42 U.S.C. Sec. 1773
Healthy, Hunger-Free Kids Act of 2010 – P.L. 111-296
National Food Service Programs, Title 7, Code of Federal Regulations –
7 CFR Part 210, Part 220
Board Policy – 102, 103, 103.1, 105, 209.1, 229, 808

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