

ALLENTOWN SCHOOL DISTRICT

SECTION: PUPILS

TITLE: STUDENT WELLNESS

ADOPTED: June 21, 2007

REVISED:

246. STUDENT WELLNESS	
1. Purpose	<p>Allentown 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 promoting a district-wide Coordinated School Health Program that supports student wellness, which includes proper nutrition, nutrition education, and regular physical activity as part of the total learning experience. In a Coordinated School Health Program, 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> <ol style="list-style-type: none">1. A comprehensive nutrition program consistent with federal and state requirements.2. Access at reasonable cost to foods and beverages that meet established nutritional guidelines.3. Physical education courses and opportunities for developmentally appropriate physical activity.4. 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.
3. Delegation of Responsibility Pol. 808	<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>Each building principal or designee shall report to the Superintendent or designee regarding compliance in his/her school.</p>

<p>P.L. 108-265 Sec. 204</p> <p>4. Guidelines</p>	<p>The Superintendent or designee shall annually report to the Board on the district's compliance with law and policies related to student wellness. The report may include:</p> <ol style="list-style-type: none"> 1. Assessment of school environment regarding student wellness issues. 2. Evaluation of food services program. 3. Review of all foods and beverages sold in schools for compliance with established nutrition guidelines. 4. Listing of activities and programs conducted to promote nutrition and physical activity. 5. Recommendations for policy and/or program revisions. 6. Suggestions for improvement in specific areas. 7. Feedback received from district staff, students, parents/guardians, community members and Wellness Committee. <p>An assurance that district guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools by the Secretary of Agriculture in accordance with the Child Nutrition Act and the Richard B. Russell National School Lunch Act shall be provided annually by the district's Director of Child Nutrition to the Superintendent or designee.</p> <p><u>Wellness Committee</u></p> <p>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 may also include additional district staff, dietitians, health professionals, representatives of local or county agencies and community organizations, or other selected individuals. Subsequent to developing this policy, the Wellness Committee shall serve as an advisory committee to the Superintendent or his/her designee.</p> <p>The following represents the guidelines for the areas related to student wellness.</p> <p><u>Nutrition Education</u></p> <p>The goal of nutrition education is to teach, encourage and support healthy eating by students that maintain and promote health.</p>
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Nutrition education will be provided in accordance with State Board of Education curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.

Nutrition education shall provide all students with the age-appropriate knowledge and skills needed to lead healthy lives, including culturally sensitive and participatory activities.

School food service and nutrition education classes shall provide opportunities to link food service with nutrition education classes.

Consistent nutrition messages shall be promoted throughout the district.

Nutrition education shall extend beyond the school environment by engaging and involving families and community organizations to foster lifelong wellness.

Physical Activity

District schools shall provide opportunities for developmentally appropriate physical activity during the school day for all students.

District schools shall encourage partnerships with parents/guardians and community members to offer programs that support physical activity during nonschool hours.

District facilities shall be made available to students, staff, and community members for physical activity during nonschool hours in accordance with the district policies regarding use of district facilities.

Teachers and other district staff will not use physical activity (e.g., running laps, push-ups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

Physical Education

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

A sequential physical education program that is consistent with State Board of Education curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented, including suitable adapted physical education for students who are medically unable to participate in regular physical education instruction or activities.

Other School Based Activities

The promotion of a healthy school environment shall be considered in planning all school-based activities.

Fundraising projects submitted for approval shall be supportive of healthy eating and student wellness.

Administrators, teachers, food service personnel, students, parents/guardians, and community members shall be encouraged to serve as positive wellness role models.

Nutrition Guidelines

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.

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; rewards and food from home.

All competitive foods available to students in district schools shall comply with the Nutritional Standards for Competitive Foods in Pennsylvania Schools. The nutritional standards shall be implemented as a three (3) year plan.

Safe Routes To School

The district shall cooperate with the City of Allentown, including the Health Bureau and the police department, as well as other public works, public safety and community organizations and services, to develop and maintain safe routes to school to make it easier for students to walk and bike to school.

Communication With Parents/Guardians

The district shall share information about the nutritional content of meals with parents/guardians and students upon request. The nutritional content of meals may be made available on menus, a web site, on cafeteria menu boards or placards.

Qualifications Of School Food Service Staff

Nutrition professionals who meet criteria established by the district shall administer the school meal program. Access to food service operations of the district shall be limited to authorized staff.

Punishment

District staff shall not withhold food or beverages as a punishment.

References:

Child Nutrition and WIC Reauthorization Act of 2004 – P.L. 108-265 Sec. 204