

RULES AND REGULATIONS INTERPRETING BOARD POLICY OF
STUDENT WELLNESS (246)

Wellness Policy Implementation

The Superintendent or designee shall be responsible for overall monitoring District schools, programs, and curriculum to ensure compliance with the accompanying Board Policy, related policies, and established guidelines or administrative regulations.

Each building principal shall be responsible for reporting to the Superintendent or designee any concerns regarding compliance in his/her school with the accompanying Policy or with ideas for how to improve student wellness initiatives consistent with the accompanying Policy.

Staff members responsible for programs related to student wellness shall report to the Superintendent or designee regarding the status of such programs.

The Superintendent or designee shall report to the Board on the District's compliance with law and policies related to student wellness on an as-needed basis. The report may include: assessment of school environment regarding student wellness issues; evaluation of food services program; review of all foods and beverages sold in schools for compliance with established nutrition guidelines; listing of activities and programs conducted to promote nutrition and physical activity; recommendations for policy and/or program revisions; suggestions for improvement in specific areas; and feedback received from District staff, students, parents/guardians, community members and the Wellness Committee.

A determination that District guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law shall be made annually by the Director of Food Services and/or the Business Administrator.

Recordkeeping

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

1. The written Student Wellness Policy.
2. Documentation demonstrating that the District has informed the public, on an annual basis, about the contents of the Student Wellness Policy and any updates to the Policy.

3. Documentation of efforts to review and update the Student Wellness policy, including who is involved in the review and methods used by the District to inform the public of their ability to participate in the review.
4. Documentation demonstrating the most recent assessment on the implementation of the Student Wellness Policy and notification of the assessment results to the public. (Appendix A may be used for this purpose)

Wellness Committee

The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be involved in developing the Student Wellness Policy that complies with law and recommending revisions to the Board.

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 State Board of Education curriculum regulations and academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.

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.

Nutrition education shall provide all students with the knowledge and skills needed to make healthy choices.

Nutrition education lessons and activities shall be age-appropriate.

Nutrition education may be integrated into other subjects to complement but not replace academic standards based on nutrition education.

The staff responsible for providing nutrition education shall be properly trained and prepared and shall participate in appropriate professional development.

District staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.

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

Nutrition Promotion

The District aims to teach, encourage, and support healthful eating by students.

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.

District schools shall promote nutrition by providing appropriate nutrition education in accordance with the Student Wellness Policy.

District staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.

District food service personnel shall review and implement research-based, behavioral economics techniques in the cafeteria to encourage consumption of more whole grains, fruits, vegetables and legumes, and to decrease plate waste. Consistent nutrition messages should be disseminated and displayed throughout the District, schools, classrooms, cafeterias, homes, community and media.

District schools shall offer parents/guardians resources about health and nutrition.

Parents will be able to access information about the child's cafeteria purchases.

Parents will be given access to daily menus and nutritional information.

Physical Activity

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

District schools shall 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.

Students shall be encouraged to participate in age-appropriate physical activities 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 provided for elementary students during classroom hours when appropriate.

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

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.

Physical education classes shall be the primary 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.

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.

Safe and adequate equipment, facilities, and resources shall be provided for physical education courses.

Physical education shall be taught by certified health and physical education teachers.

Other School Based Activities

The District will support activities that will provide additional school based activities to promote a healthy school environment.

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 District 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.

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. Meal periods shall be scheduled at appropriate hours.

Information regarding the nutrition content of school meals shall be available to students and parents/guardians.

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

Goals of the Student Wellness Policy shall be considered when planning school-based activities.

Administrators, teachers, food service personnel, student, parents/guardians, and community members shall be encouraged to serve as positive role models through District programs, communications, and outreach efforts.

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.

Nutrition Guidelines

All foods available in District schools during the school day shall be offered to students with consideration for promoting student health.

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

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.

For purposes of this Policy and Administrative Regulation, competitive foods are defined as foods and beverages offered during the school day other than those reimbursed through the national School Lunch or School Breakfast Programs which are available for sale to students on the school campus during the school day.

For purposes of this Policy and Administrative Regulation, 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 and Administrative Regulation, school day means the period from midnight before school begins until thirty (30) minutes after the end of the official school day.

Fundraisers Involving Food

For purposes of this Policy and Administrative Regulation, a fundraiser is considered an event that includes an activity during which currency/token/tickets, etc. are exchanged for the sale/purchase of a product in support of the school or school-related activities. Examples include candy bar or vending machines sales where profits are used to support a school-sponsored club or activity such as the school band or sports team.

For purposes of this Policy and Administrative Regulation, an exempt fundraiser is a fundraiser in which foods are sold during the school day at a location other than the school cafeteria and where the foods being sold do not meet the requirements for foods sold in school according to the Smart Snack Standards established by the United States Department of Agriculture.

Exempt fundraisers may not take place in the food service area during meal periods.

A maximum of five (5) exempt fundraisers per building will be permitted at the elementary and middle school level, and a maximum of ten (10) fundraisers will be permitted at the high school level per year.

All requests for exempt fundraisers must be submitted in advance to the building Principal. All fundraisers must be approved in advance by the building principal and may not exceed one school week in duration

Nutrition Guidelines for All Foods/Beverages Available, Not Sold

Food/Beverages as Classroom Rewards

Foods and beverages shall not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message (e.g., guest chef, field trip to a farm or farmers market, etc.) or unless the food or beverages offered meet or exceed the Smart Snacks in School nutrition standards, or if required as part of a student's Section 504 Service Plan or IEP.

Rules Regarding Homemade Food

Homemade food is not permitted to be brought to school for the purpose of being shared during the school day with students either by other students, teachers or other staff, or other persons. Nothing in the preceding sentence is intended to (1) restrict the provision of meals to students by authorized District food service personnel, (2) require the alteration of the Family and Consumer Sciences curriculum, or (3) alter the ability of students to bring in their individual breakfast, lunch or snacks in compliance with the District's allergy procedures.

Rules Regarding Food at Classroom/School Celebrations

Up to three parties per year are permitted at the elementary level. Parties will offer a minimal amount of foods that contain sugar as the first ingredient.

Responsibility

While all reasonable efforts will be made to ensure the safety of students with allergies, it should be recognized that there are practical limitations as to the level of oversight by teachers and other school personnel with regard to students bringing and sharing food to classrooms and other locations. Parents and guardians should regularly reinforce the above prohibitions with their children in order to ensure the safety of all children.

Advertising / Marketing

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 guidelines

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.

Appendix A

Upper Perkiomen Wellness Policy
Assessment Tool

Goals/Guidelines/Educational	On Target	Needs Improvement	Not Implemented/ Due Date	Commentary
Nutritional education is offered at the appropriate grade levels as part of a sequential comprehensive standards-based program.				
The District supports parent's efforts to provide a healthy diet and suggestions of ways to increase physical activity for their children.				
The physical education program is consistent with the Pennsylvania State Board of Education Curriculum Regulations and Academic Standards for Health, Safety, and Physical Education.				
The District provides additional opportunities for developmental appropriate physical activity for all students such as recess and athletics.				
Wellness policy is posted on the web.				
The District provides appropriate education to all staff on the components of the Wellness Policy.				
Students and parents participate in menu selections through various means.				

Appendix A

Upper Perkiomen Wellness Policy
Assessment Tool

Goals/Guidelines Safety	On Target	Needs Improvement	Not Implemented/ Due Date	Commentary
The District ensures that the physical activity areas on school grounds are kept safe and are well-maintained.				
The students and the community have access to the outdoor physical activity facilities outside of school hours.				
All school eating areas contain adequate space for eating and serving meals.				
All school eating areas provide a clean and safe meal environment.				
All schools provide access to hand washing areas or sanitizing liquids before meals and snacks.				
All school schedules include adequate meal times.				
Nutritional Goals				
Food Service Director is properly credentialed according to the professional standards.				
Nutritional professional development is provided for all District nutrition staff.				
Food Service Managers are provided with wellness policy updates quarterly.				

Appendix A

Upper Perkiomen Wellness Policy
Assessment Tool

Goals/Guidelines Safety	On Target	Needs Improvement	Not Implemented/ Due Date	Commentary
The Wellness Policy is considered in planning all school-based activities.				
A La Carte foods and beverages meet nutritional guidelines.				
Vending meets nutritional guidelines.				
Fund-raisers meet nutritional guidelines.				
Classroom parties/Celebrations/Rewards meet nutritional guidelines.				
School Store meets nutritional guidelines.				