

ADMINISTRATIVE REGULATIONS

STUDENT WELLNESS

I. Required Goals for Wellness

A. Nutrition Education

- 1) Schools shall provide nutrition education that is offered at the appropriate grade level as part of a sequential comprehensive standards-based program.
- 2) The District will support parents' efforts to provide a healthy diet for their children via district website, take-home materials and school newsletters with suggestions for encouraging youngsters to increase physical activity and promote healthy eating habits.
 - Parents will be able to access information about the child's cafeteria purchases.
 - Parents will be given access to daily menus and nutritional information.

B. Physical Activity

- 1) A sequential physical education program consistent with the Pennsylvania State Board of Education Curriculum Regulations and the Academic Standards for Health, Safety and Physical Education will be developed and implemented.
- 2) District schools shall strive to provide additional opportunities for developmental appropriate physical activity for all students such as recess and athletics.
- 3) Schools will provide information to parents to encourage physical activity into their children's lives.
- 4) Schools will ensure that physical activity areas facilitated on school grounds are kept safe and well maintained.

C. Other School Based Activity

- 1) The Food Service Director will be properly credentialed according to professional standards to administer the school food service program.
- 2) Professional development in nutrition shall be provided for all district nutrition staff.
- 3) Students and parents may be involved in menu selections through various means.
- 4) Wellness policy will be posted on the web.

- 5) **Students and community will have access to the district's outdoor physical activity facilities outside the school hours. Example: tennis and basketball courts, track and playgrounds.**
- 6) **All school eating areas shall:**
 - **Provide adequate space for eating and serving school meals**
 - **Provide a clean and safe meal environment**
 - **Provide access to hand washing or sanitizing before meals and snacks**
- 7) **All school schedules will include adequate time to eat.**
- 8) **Food Service Managers will be provided with Wellness Policy updates quarterly.**
- 9) **The district shall provide appropriate education to all staff on the components of the Student Wellness Policy.**
- 10) **Goals of the Student Wellness Policy shall be considered in planning all school based activities.**

II. Required Nutrition Guidelines

A. A La Carte

1) Foods

- **A la carte food items must comply with USDA regulations prohibiting the sale of foods of Minimal Nutritional Value (7CFR210 and 220).**
- **Portion sizes will not exceed the serving size of foods served in the NSLP or NSBP.**
- **A la carte foods will include a variety of choices of nutritious foods, such as fresh fruit, fresh vegetables, whole grains and low-fat or non-fat dairy items.**
- **At least 75% of the food items offered in the Elementary Schools and 50% in the Middle School and High School will meet the following criteria per serving:**
 - Less than 35% of the total calories from fat**
 - No more than 35% of weight from total added sugar**
- **Trans fat will decrease as products become available.**

2) Beverages

- **A la carte beverages must comply with USDA regulations prohibiting the sale of Foods of Minimal Nutritional Value (7CFR 210 and 220).**

- **100% of the beverages offered to grades K-4 will be: milk (variety not to exceed 12 oz.), 100 % water (not to exceed 12 oz.), flavored water, (no more than 35% of weight from total added sugar, not to exceed 12oz.), 50% to 100% fruit juice, (not to exceed 12 oz.), and sports drinks (not to exceed 12 oz.).**
- **75% of the beverages offered to grades 5-8 will be: milk (variety not to exceed 12 oz.), 100 % water (not to exceed 12 oz.), flavored water (no more than 35% of weight from total added sugar, not to exceed 12oz.), 50% to 100% fruit juice, (not to exceed 12 oz.), and sports drinks (not to exceed 12 oz.).**
- **50% of the beverage offered 9-12 will be: milk (variety not to exceed 16 oz.), 100 % water (not to exceed 16 oz.), flavored water (no more than 35% of weight from total added sugar, not to exceed 16oz.), 50% to 100% fruit juice, (not to exceed 16 oz.), and sports drinks (not to exceed 16 oz.).**

3) Vending

- **The sale of Foods and Beverages of Minimal Nutritional Value will not be allowed in vending machines that are located in areas accessible to students until after the end of the school day.**
- **A minimum of 75% of the beverages offered will be: milk (variety not to exceed 16 oz.), 100% water (not to exceed 16 oz.), flavored water (no more that 35% of weight from total added sugar, not to exceed 16 oz.), 50% to 100% fruit juice, (not to exceed 16 oz.), and sports drinks (not to exceed 16 oz.).**
- **75% of the Snack items will be 35% or less fat.**

B. Fundraisers

- **At least 50% of fundraising activities will not involve the sale of food and/or beverage.**
- **No fundraising activities involving food will take place during the school lunch periods and will comply the USDA regulations prohibiting the sale of Minimal Nutritional Value foods. (7CFR210 and 220)**

C. Classroom Parties/Celebrations/Rewards

- **Parents will be encouraged to provide healthy food for classroom celebrations.**
- **Teachers will be encouraged to provide healthy food for classroom rewards.**

D. School Stores

- **The sale of foods with minimal nutritional value will not be offered during the school day.**