

**UPPER  
PERKIOMEN  
SCHOOL  
DISTRICT**

**SECTION: PROGRAMS**

**TITLE: STUDENT WELLNESS**

<b>246. STUDENT WELLNESS</b>	
<b>1. Purpose</b>	<p>Upper Perkiomen 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 providing a school environment that promotes student wellness, proper nutrition, nutrition education, 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.</p>
<b>2. Authority</b> 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> <p>A comprehensive nutrition program consistent with federal and state requirements.</p> <p>Access at reasonable cost to foods and beverages that meet established nutritional guidelines.</p> <p>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.</p>
<b>3. Delegation of Responsibility</b> Pol. 808	<p>The <u>(Superintendent or designee)</u> 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 <u>(Superintendent or designee)</u> regarding compliance in his/her school.</p> <p>Staff members responsible for programs related to student wellness shall report to the <u>(Superintendent or designee)</u> regarding the status of such programs.</p>

<p>P.L. 108-265 Sec. 204</p> <p>4. Guidelines</p>	<p>The (<u>Superintendent or designee</u>) shall report to the Board on the district's compliance with law and policies related to student wellness. The report may include:</p> <p>Assessment of school environment regarding student wellness issues.</p> <p>Recommendations and suggestions for policy and/or program revisions.</p> <p>An assurance that district guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law shall be provided annually by the Food Service director.</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, teacher, school nurse, health coordinator, physical education specialist, student, parent/guardian, member of the public.</p> <p>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 law to recommend to the Board for adoption.</p> <p>The Wellness Committee shall provide periodic reports to the Superintendent or designee regarding the status of its work, as required.</p> <p><u>Nutrition Education</u></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><u>Physical Activity</u></p> <p>District schools shall strive to provide opportunities for developmentally appropriate physical activity for all students.</p> <p><u>Physical Education</u></p> <p>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>
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**Other School Based Activities**

District will support activities that will provide additional school based activities to promote a healthy school environment and decrease obesity.

**Nutrition Guidelines**

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

All 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 which include: a la carte foods, snacks and beverages; foods and beverages sold in vending machines; fundraisers during the school day, classroom parties; food sold in the school stores; food served at school dances and foods used as a reward.

Competitive foods available to students in the district schools shall comply with the established nutrition guidelines, as listed in the Administrative Regulations.