

FOX CHAPEL AREA SCHOOL DISTRICT

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| Book | Policy Manual |
| Section | 200 Pupils |
| Title | Student Wellness |
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Purpose

Fox Chapel Area 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.

Authority

The Board adopts the Student Wellness Policy based on the recommendations of the appointed Wellness Committee and in accordance with federal and state laws. The policy shall be included in the district's Strategic Plan.[1][6]

To ensure the health and well-being of all students, the Board establishes that the district 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 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.

Delegation of Responsibility

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.[\[6\]](#)

Each building principal shall report to the Superintendent regarding compliance in his/her school.

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

The Superintendent shall annually report to the Board on the district's compliance with law and policies related to student wellness. The report shall include:

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 (Nutritional Standards for Competitive Foods in Pennsylvania).
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.

Guidelines

Wellness Committee

The Wellness Committee may be comprised of a district administrator, district food service specialist, teacher representative, and a school nurse.

The Wellness Committee may examine related research and laws, assess student needs and current school environment, review existing Board policies and administrative regulations, and raise awareness about student health issues necessary to promote student wellness.

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, as guided by Nutritional Standards for Competitive Foods in Pennsylvania.

Foods provided through the National School Lunch or School Breakfast Programs shall comply with federal nutrition standards for school nutrition programs.[\[10\]](#)[\[7\]](#)[\[8\]](#)[\[9\]](#)

Foods offered to students 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; and food from home are defined as **competitive foods**. All competitive foods available to students in district schools shall comply with the smart snack regulations and guidelines, including foods sold during the school day as fundraisers, vending (if applicable), ala carte, school parties, and celebrations.

An assortment of snacks may be sold in vending machines or in a snack tray in faculty or staff rooms; provided, however, that any snacks that are not permitted to be sold to students must be consumed in the faculty or staff room and may not be consumed in the presence of students. Soda machines in faculty or staff rooms may sell several types of regular soda and several types of diet soda; provided, however, that drinks that are not permitted to be sold to students must be consumed in the faculty room and may not be consumed in the presence of students.

The nutritional standards shall be implemented as a three (3) year plan. All nutrition standards will be explained to parents/caregivers. They will continuously be provided with nutrition education and encouraged to comply with the nutrition policies to the best of their ability and knowledge. Examples of nutrition education outreach include newsletters, open houses, back-to-school nights, family nights, etc. Information on nutrient standards and smart snack guidelines, including fundraisers, may be further explained on the District food service website.

Food will not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message (i.e., guest chef, field trip to a farm or farmers market, etc.).

Access at Reasonable Cost to Foods and Beverages That Meet Established Nutritional Guidelines

The Director of Food Service shall annually provide an assurance that district guidelines for reimbursable meals are not less restrictive than regulations and guidelines used for schools in accordance with federal law.

Nutrition Education

Curriculum and programs for grades K-12 shall be designed to educate students about proper nutrition and lifelong physical activity in accordance with Pennsylvania State Board of Education curriculum regulations and academic standards.

The goal to 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 lead healthy lives.

Nutrition education will be provided within the sequential, comprehensive health education program in accordance with the Pennsylvania State Board of Education 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 and environmentally supported.[2][3][4]

Nutrition education shall be integrated into other subjects to complement, but not replace

academic standards based on nutrition education where appropriate. The staff responsible for providing nutrition education shall be properly trained and prepared and shall participate in appropriate professional development. Criteria shall be developed to measure "properly" and "appropriate".

Physical Education Courses/Developmentally Appropriate Physical Activity

Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided. A comprehensive physical education course of study that focuses on providing students with the skills, knowledge and confidence to participate in lifelong, health-enhancing physical activity shall be implemented. Sequential physical education classes consistent with the Pennsylvania State Board of Education curriculum regulations and Health, Safety and Physical Education academic standards shall be the means through which all students learn, practice and are assessed on developmentally appropriate skills and knowledge necessary for lifelong, health-enhancing physical activities.[3][4][5]

Students shall be moderately to vigorously active as much time as possible during a physical education class. Documented medical conditions and disabilities shall be accommodated during class. A local assessment system shall be implemented to track student progress on the Health, Safety and Physical Education academic standards. Safe and adequate equipment, facilities and resources shall be provided for physical education courses.

Certified health and physical education teachers shall teach physical education. Appropriate professional development shall be provided for physical education staff. Physical education classes shall have a teacher-student ratio comparable to those of other courses.

All schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students. Students shall participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits. Age-appropriate physical activity opportunities, such as recess; before and after school; during lunch; clubs; intramurals; and interscholastic athletics, shall be provided to meet the needs and interests of all students, in addition to planned physical education.

After-school programs shall provide developmentally appropriate physical activity for participating students within the guidelines of our facility usage procedures. Students and the community shall have reasonable access to physical activity facilities outside school hours. Schools shall partner with parents/guardians and community members to institute programs that support physical activity.

Buildings shall determine how they will 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.

A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.

Physical activity shall not be used as a form of punishment.

Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity. Nutrition education shall extend beyond the school environment by engaging and involving families and communities. District staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects relating to nutrition. Nutrition education shall extend beyond the school environment by engaging and involving families and communities. Consistent nutrition messages shall be disseminated throughout the district, schools, classrooms, cafeterias, homes, community and media.

Other School Based Activities

Goals of the Student Wellness Policy shall be considered in planning all school-based activities. The district shall provide appropriate training to all staff on the components of the Student Wellness Policy.

Students shall be provided a clean and safe environment. District schools shall provide adequate space, as defined by the district, for eating and serving school meals. Students shall have access to hand washing or sanitizing before meals and snacks.

Meal periods shall be scheduled at appropriate hours, as defined by the district. Students shall be provided adequate time to eat; ten (10) minutes sit down time for breakfast; twenty (20) minutes sit down time for lunch.

Drinking water shall be available at all meal periods and throughout the school day.[\[10\]](#)[\[11\]](#)

Nutrition content of school meals shall be available to students and parents/guardians. Students and parents/guardians may be involved in menu selections through various means.

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

Food shall not be used in the schools as a reward or punishment.

To the extent possible, the district shall utilize available funding and outside programs to enhance student wellness.

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 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.

Legal

[1. 24 P.S. 1422.1](#)[2. 24 P.S. 1513](#)

3. Pol. 102

4. Pol. 105

[5. 24 P.S. 1512.1](#)[24 P.S. 504.1](#)[24 P.S. 1337.1](#)[24 P.S. 1422](#)

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[6. 42 U.S.C. 1758b](#)[7. 42 U.S.C. 1751 et seq](#)[8. 42 U.S.C. 1773](#)[9. 7 CFR 210.11](#)[10. 7 CFR 220.8](#)[11. 7 CFR 210.10](#)[7 CFR Part 210](#)[7 CFR Part 220](#)[24 P.S. 1422.3](#)[42 U.S.C. 1773](#)[P.L. 111-296](#)

Pol. 103

Pol. 103.1

Pol. 105

Pol. 209.2

Pol. 808