

HANOVER AREA SCHOOL DISTRICT
1600 Sans Souci Parkway
Wilkes-Barre, Pa 18706
570-831-2313

No. 246

Section: Pupils
Title: Student Wellness
Adopted:
Revised:

246. STUDENT WELLNESS	
1. Purpose	<p>Hanover 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.</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> <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>Physical education courses and opportunities for developmentally appropriate physical activity during the school day.</p>
3. Delegation of Responsibility Pol. 808	<p>The <u>Assistant Principal/Lyndwood Elementary School/Jack Griffiths</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>Assistant Principal/Lyndwood Elementary School/Jack Griffiths</u> regarding compliance in his/her school.</p> <p>Staff members responsible for programs related to student wellness shall report to</p>

<p>P.L. 108-265 Sec. 204</p> <p>4. Guidelines</p>	<p>the <u>Assistant Principal/Lyndwood Elementary School/Jack Griffiths</u> regarding the status of such programs.</p> <p>The <u>Assistant Principal/Lyndwood Elementary School/Jack Griffiths</u> shall annually report to the Board on the district's compliance with law and policies related to student wellness. The report may include:</p> <p>Evaluation of food services program.</p> <p>Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.</p> <p>Listing of activities and programs conducted to promote nutrition and physical activity.</p> <p>Recommendations for policy and/or program revisions.</p> <p>Suggestions for improvement in specific areas.</p> <p>Feedback received from district staff, students, parents/guardians, community members and Wellness Committee.</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:</p> <p>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 the following: School Board member, district administrator, district food service representative, student, parent/guardian, and member of the public.</p> <p>teachers</p> <p>school nurse</p> <p>school counselor</p>
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coach

representative of local or county agency

representative of community organization

food vendor

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.

The Wellness Committee shall provide periodic reports to the Superintendent or designee regarding the status of its work, as required.

Nutrition Education

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 lead healthy lives.

Nutrition education lessons and activities shall be age-appropriate.

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

Nutrition education shall extend beyond the school environment by engaging and involving families and communities.

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.

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

Extended periods of student inactivity, two (2) hours or more, shall be discouraged.

Physical activity breaks shall be provided for elementary students during classroom hours.

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

Physical Education

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

Physical education classes 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 activity.

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.

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.

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

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

Other School Based Activities

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: ten (10) minutes sit down time for breakfast; twenty (20) minutes sit down time for lunch.

Meal periods shall be scheduled at appropriate hours.

Drinking water shall be available at all meal periods and throughout the school day.

Students shall have access to hand washing or sanitizing before meals and snacks.

Qualified nutrition professionals shall administer the school meals program.

Professional development shall be provided for district nutrition staff.

Access to the food service operation shall be limited to authorized staff.

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

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

The district shall provide appropriate training to all staff on the components of the Student Wellness Policy.

Goals of the Student Wellness Policy 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 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 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; 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

One (1) year plan.

Safe Routes To School

. The district shall cooperate with local municipalities, public safety agency, police departments, and community organizations to develop and maintain safe routes to school.

References:

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

PSBA Revision 9/05