

SOUTHERN FULTON SCHOOL DISTRICT

SECTION: PUPILS

TITLE: STUDENT WELLNESS

ADOPTED: June 20, 2006

REVISED: September 16, 2014

| 246. STUDENT WELLNESS | |
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| <p>1. Purpose</p> | <p>Southern Fulton 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> |
| <p>2. Authority SC1422.1 42 U.S.C. Sec 1758b</p> | <p>The Board adopts the Student Wellness Policy based on the recommendations of the appointed Wellness Committee and in accordance with federal and state laws.</p> <p>To ensure the health and well-being of all students, the Board establishes that the district shall provide to students:</p> <ol style="list-style-type: none"> 1. A comprehensive nutrition program consistent with federal and state requirements. 2. 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>3. Delegation of Responsibility 42 U.S.C. Sec. 1758b</p> | <p>The Superintendent or designee shall be responsible to monitor each of the district's 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 Superintendent or designee regarding compliance in his/her school.</p> <p>Staff members responsible for programs related to student wellness shall report to the Superintendent or designee regarding the status of such programs.</p> |

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| | <p>The Superintendent or designee shall annually report to the Board on the district’s compliance with law and policies related to student wellness. The report may include:</p> <ol style="list-style-type: none"> 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. 4. Listing of activities and programs conducted to promote nutrition and physical activity. 5. Feedback received from district staff, students, parents/guardians, community members and Wellness Committee. |
| <p>42 U.S.C. Sec. 1758b</p> | <p>The Superintendent or designee and the appointed Wellness Committee shall periodically conduct an assessment on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation. The assessment shall include the extent to which district schools are in compliance with law and policies related to student wellness, and shall describe the progress made by the district in attaining the goals of this policy. The assessment shall be made available to the public.</p> |
| <p>42 U.S.C. Sec. 1758b</p> | <p>The district shall inform and update the public, including parents/guardians, students, and others in the community, about the contents and implementation of this policy.</p> |
| <p>4. Guidelines</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, student, parent/guardian, member of the public, teacher, school nurse, school counselor, health professional, representative of local or county agency, representative of community organization, and other individuals chosen by the Board.</p> |
| <p>42 U.S.C. Sec. 1758b</p> | <p>The district shall be required to permit physical education teachers and school health professionals to participate on the Wellness Committee.</p> |

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| | <p>The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing, implementing and periodically reviewing and updating a Student Wellness Policy that complies with law to recommend to the Board for adoption.</p> <p>The Advisory Health Council may examine related research, assess student needs and the current school environment, review existing Board policies and administrative regulations, and raise awareness about student health issues.</p> <p>The Advisory Health Council may survey parents/guardians and/or students; conduct community forums or focus groups; collaborate with appropriate community agencies and organizations; and engage in similar activities, within the budget established for these purposes.</p> <p>The Advisory Health Council shall provide periodic reports to the Superintendent or designee regarding the status of its work, as required.</p> |
| <p>SC 1422</p> | <p>Individuals who conduct student medical and dental examinations shall submit to the Advisory Health Council annual reports and later reports on the remedial work accomplished during the year, as required by law.</p> |
| <p>SC 1513 Pol. 102, 105</p> | <p><u>Nutrition Education</u></p> <p>Nutrition education will be provided within the sequential, comprehensive health education program in accordance with curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.</p> <p>Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.</p> <p>Nutrition education lessons and activities shall be age-appropriate.</p> <p><u>Nutritional Promotion</u></p> <p>The district aims to teach, encourage, and support healthful eating by students. District schools shall promote nutrition by providing appropriate nutrition education in accordance with the Student Wellness Policy.</p> <p>Consistent nutrition messages shall be disseminated and displayed throughout the district, school, classrooms, cafeterias, homes, community and media.</p> |

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| <p>SC 1512.1 Pol. 102, 105</p> | <p><u>Physical Activity</u></p> <p>District schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.</p> <p>District schools 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.</p> <p>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.</p> <p>Physical activity breaks shall be provided for elementary students during classroom hours.</p> <p>District schools shall partner with parents/guardians and community members to institute programs that support physical activity.</p> <p>Physical activity shall not be used as a form of punishment.</p> <p>Students and the community shall have access to physical activity facilities outside school hours.</p> <p><u>Physical Education</u></p> <p>A sequential physical education program consistent with curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented. All district students must participate in physical education.</p> <p>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.</p> <p>Safe and adequate equipment, facilities and resources shall be provided for physical education courses.</p> <p>Physical education shall be taught by certified health and physical education teachers.</p> <p>Appropriate professional development shall be provided for physical education staff.</p> |
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| <p>7 CFR Sec. 210.10, 220.8</p> | <p><u>Other School Based Activities</u></p> <p>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.</p> <p>District schools shall provide adequate space, as defined by the district, for eating and serving school meals.</p> <p>Students shall be provided a clean and safe meal environment.</p> <p>Students shall be provided adequate time to eat: ten (10) minutes sit down time for breakfast; twenty (20) minutes sit down time for lunch.</p> <p>Students shall have access to hand washing or sanitizing before meals and snacks.</p> <p>Nutrition professionals who meet criteria established by the district shall administer the school meals program.</p> <p>Professional development shall be provided for district nutrition staff.</p> <p>Access to the food service operation shall be limited to authorized staff.</p> <p>Nutrition content of school meals shall be available to students and parents/guardians.</p> <p>Students and parents/guardians may be involved in menu selections through various means.</p> <p>To the extent possible, the district shall utilize available funding and outside programs to enhance student wellness.</p> <p>The district shall provide appropriate training to all staff on the components of the Student Wellness Policy.</p> <p>Goals of the Student Wellness Policy shall be considered in planning all school based activities.</p> <p>Fundraising projects submitted for approval shall be supportive of healthy eating and student wellness.</p> |
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| | <p><u>Nutrition Standards/Guidelines</u></p> <p>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.</p> <p>42 U.S.C. Sec. 1751 et seq, 1773 7 CFR Sec. 210.10, 220.8 7 CFR Sec. 210.11, 220.12a</p> <p>Foods provided through the National School Lunch or School Breakfast Programs shall comply with federal nutrition standards.</p> <p>Competitive foods available to students in district schools outside of school meal programs shall comply with the established federal nutrition standards, and the Nutrition Standards for Competitive Foods in Pennsylvania Schools, as applicable.</p> <p>7 CFR Sec. 210.11</p> <p>The district may impose additional restrictions on competitive foods, provided that the restrictions are not inconsistent with federal requirements.</p> <p>SC 504.1</p> <p>Exclusive competitive food and/or beverage contracts shall be approved by the Board, in accordance with provisions of law.</p> <p><u>Management of Food Allergies in District Schools</u></p> <p>Pol. 209.1</p> <p>The district shall establish Board policy and administrative regulations to address food allergy management in district schools in order to:</p> <ol style="list-style-type: none"> 1. Reduce and/or eliminate the likelihood of severe or potentially life-threatening allergic reactions. 2. Ensure a rapid and effective response in case of a severe or potentially life-threatening allergic reaction. 3. Protect the rights of students by providing them, through necessary accommodations when required, the opportunity to participate fully in all school programs and activities. <p><u>Safe Routes To School</u></p> <p>The district shall cooperate with local municipalities, public safety agency, police departments, and community organizations to develop and maintain safe routes to school.</p> |
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District administrators shall seek and utilize available federal and state funding for safe routes to school, when appropriate.

References:

School Code – 24 P.S. Sec. 504.1, 1337.1, 1422, 1422.1, 1422.3, 1512.1, 1513

National School Lunch Program – 42 U.S.C. Sec. 1751 et seq.

School Breakfast Program – 42 U.S.C. Sec. 1773

Healthy, Hunger-Free Kids Act of 2010 – P.L. 111-296

National Food Service Programs, Title 7, Code of Federal Regulations
7 CFR Part 210, Part 220

Board Policy – 000, 102, 103, 103.1, 105, 209.1, 808