

**EAST  
STROUDSBURG  
AREA  
SCHOOL DISTRICT**

**SECTION: PUPILS**

**TITLE: STUDENT WELLNESS**

**ADOPTED: May 15, 2006**

**REVISED: July 17, 2006**

	246. STUDENT WELLNESS
1. Purpose	<p>East Stroudsburg Area School District recognizes that student wellness and proper nutrition are related to each student's 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>To ensure the health and well-being of all students, the Board establishes that the school district shall provide to students:</p> <ol style="list-style-type: none"> <li>1. A comprehensive nutrition program consistent with federal and state requirements.</li> <li>2. Access at reasonable cost to foods and beverages that meet established nutritional guidelines.</li> <li>3. Physical education courses and opportunities for developmentally appropriate physical activity during the school day.</li> <li>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.</li> </ol>
3. Delegation of Responsibility	<p>The Superintendent or designee shall be responsible to monitor the schools, programs, and curriculum of the school district to ensure compliance with this policy, related policies and established guidelines or administrative regulations.</p> <p>Each school principal 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> <p>The Superintendent or designee shall ensure the school district's compliance with law and policies related to student wellness.</p> <p>An assurance that school district guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with</p>

<p>4. Guidelines</p>	<p>federal law shall be provided by the Director of Food Services.</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, school district food service representative, teacher, school nurse, student, parent/guardian, member of the public and any other individual(s) chosen by the Superintendent.</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 may examine related research and laws, assess student needs and the current school environment, review existing Board policies and administrative regulations, and raise awareness about student health issues. The Wellness Committee may make policy recommendations to the Board related to other health issues necessary to promote student wellness.</p> <p>The Wellness Committee 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 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>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.</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>Nutrition education shall provide all students with knowledge and skills that will help them to lead healthy lives.</p> <p>Nutrition education lessons and activities shall be age-appropriate.</p> <p>Nutrition curriculum shall be behavior focused.</p> <p>School food service and nutrition education classes shall cooperate to facilitate effective student learning.</p>
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	<p>Nutrition education shall, when appropriate, be integrated into other subjects to complement but not replace academic standards based on nutrition education.</p> <p>A lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.</p> <p>The staff responsible for providing nutrition education shall be trained and shall participate in applicable professional development.</p> <p>School district staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.</p> <p>Nutrition education shall extend beyond the school environment by engaging and involving families and communities.</p> <p>Consistent nutrition messages shall be disseminated throughout the schools of the school district, classrooms, and cafeterias, and to homes, the community and the media.</p> <p><u>Physical Activity</u></p> <p>Schools of the school district shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.</p> <p>Schools of the school district shall help in the effort to provide students with 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>Students shall be encouraged to participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits.</p> <p>Age-appropriate physical activity opportunities, such as recess, clubs, intramurals; and interscholastic athletics, shall be provided to meet the needs and interests of students, in addition to planned physical education.</p> <p>A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.</p> <p>Extended periods of student inactivity shall be discouraged.</p> <p>Physical activity breaks, such as recess and other similar activities, shall be provided for elementary students during school hours.</p> <p>After-school programs shall provide developmentally appropriate physical activity for participating children.</p>
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	<p>Schools of the school district shall partner with parents/guardians and community members to institute programs that support physical activity.</p> <p>Students and the community shall have access to physical activity facilities outside school hours as per applicable Board policies and school procedures.</p> <p><u>Physical Education</u></p> <p>Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.</p> <p>Physical education classes shall be a means through which students can learn, practice and are assessed on developmentally appropriate skills and knowledge necessary for lifelong, health-enhancing physical activity.</p> <p>A comprehensive physical education course of study that focuses on providing students the skills, knowledge and confidence to participate in lifelong, health-enhancing physical activity shall be implemented.</p> <p>A varied and comprehensive curriculum that leads to students becoming and remaining physically active for a lifetime shall be provided in the physical education program.</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> <p>Adequate amounts of planned instruction shall be provided in order for students to achieve the proficient level for the Health, Safety and Physical Education academic standards.</p> <p>A local assessment system shall be implemented to track student progress on the Health, Safety and Physical Education academic standards.</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.</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 opportunities shall be provided for physical education staff.</p>
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<p>FNS #791-1 Pol. 808 NSLA Sections 2 and 9 Child Nutrition Act of 1966 Section 2, 3 and 4</p>	<p>Physical activity shall not be used as a form of punishment.</p> <p><u>Other School Based Activities</u></p> <p>Schools of the school district shall provide adequate space, as defined by the school 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>Meal periods shall be scheduled at appropriate hours, as defined by the school district.</p> <p>Drinking water shall be available at all meal periods and throughout the school day.</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 school district shall administer the school meals program.</p> <p>Professional development opportunities shall be provided for school 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 school district shall utilize available finding and outside programs to enhance student wellness.</p> <p>Food, including the withholding of food, shall not be used in the schools as a form of punishment. Disciplinary action that indirectly results in the loss of meals or milk is allowable. However, withholding meals or milk as a disciplinary action, or imposing a disciplinary action that directly results in the loss of meals or milk, is inconsistent with regulation and not allowable.</p>
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	<p>The school 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> <p>Administrators, teachers, food service personnel, students, parents/guardians, and community members shall be encouraged to serve as positive role models through school district programs, communications and outreach efforts.</p> <p>The school 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.</p> <p><u>Nutrition Guidelines</u></p> <p>All foods available in schools of the district during the school day shall be offered to students with consideration for promoting student health and reducing childhood obesity.</p> <p>Foods provided through the National School Lunch or School Breakfast Programs shall comply with federal nutrition standards under the School Meals Initiative.</p> <p>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.</p> <p>All competitive foods available to students in schools of the school district shall comply with the Nutritional Standards for Competitive Foods in Pennsylvania Schools. The nutritional standards shall be implemented as a three (3) year plan.</p> <p>All competitive foods available to students in the schools of the school district shall comply with established nutrition guidelines, as listed in the applicable administrative regulations.</p> <p><u>Safe Routes to School</u></p> <p>The schools of the school district shall cooperate with local municipalities, public safety agency, police departments, and community organizations to develop and maintain safe routes to school.</p> <p>School district administrators shall seek and utilize available federal and state finding for safe routes to school, when appropriate.</p>
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