

Twin Valley School District

No. 246

SECTION(S): Pupils
 TITLE: Student Wellness
 ADOPTED: May 16, 2006
 REVISED:

1			1
2	1. Purpose	Twin Valley School District recognizes that student wellness and the	2
3		relationship between proper nutrition and physical activity are	3
4		related to students' physical well-being, growth, development, and	4
5		readiness to learn. The Board is committed to providing a school	5
6		environment that promotes and protects children's health, well-	6
7		being and ability to learn by supporting healthy eating and physical	7
8		activity. The purpose of this policy is to help reduce childhood	8
9	2. Authority	obesity and meet the requirements of the Child Nutrition and WIC	9
10	P.L. 108-265 –	Reauthorization Act of 2004.	10
11	Sec. 205		11
12		To ensure the health and well-being of all students, the Board	12
13		establishes that the district shall provide to students:	13
14		1. A comprehensive nutrition program consistent with federal	14
15		and state requirements.	15
16			16
17		2. Access at reasonable cost to foods and beverages that meet	17
18		established nutritional guidelines.	18
19			19
20		3. Curriculum and programs for grades K-12 that is designed to	20
21		educate students about the proper nutrition and lifelong	21
22		physical activity, in accordance with State Board of Education	22
23		curriculum regulations and academic standards.	23
24			24
25		The Superintendent/designee shall be responsible to monitor	25
26	3. Delegation of	schools, programs and curriculum to ensure compliance with this	26
27	Responsibility	policy, related policies, state and federal laws, and administrative	27
28	Pol. 808	regulations.	28
29			29
30		Each building principal or designee shall report to the	30
31		Superintendent/designee regarding compliance of his/her school.	31
32			32
33		Staff members responsible for programs related to student wellness	33
34		shall report to the Superintendent/designee regarding the status of	34
35		such programs.	35
36	P.L. 108-264		36
37	Sec. 204	The Superintendent/designee will report annually to the Board on	37
38		the districts wellness compliance with law and policies related to	38
39		student wellness. The report may include:	39
40			40
41		• Assessment of school environment regarding student wellness	41
42		issues.	42
43		• Recommendations for policy and/or program revisions.	43
44			44
45		• An assurance that district guidelines for reimbursable meals	45
46		are not less restrictive than regulation and guidelines issued for	46
47		schools in accordance with federal law shall provided annually	47
48		by the Food Service Director.	48
49			49
50			50

1			1
2			2
3	4. Guidelines	<u>Wellness Committee</u>	3
4		The Board shall appoint a Wellness Committee whose membership	4
5		includes at least one (1) of each of the following: parent/guardian,	5
6		student, representative of the school food authority, school nurse,	6
7		health/physical education teacher, dietitian, school administrator	7
8		and community member. These members will be involved in the	8
9		development of the wellness policy.	9
10			10
11		<u>Nutrition Education</u>	11
12		Nutrition education shall be provided within the sequential,	12
13		comprehensive health education program in accordance with State	13
14		Board of Education, curriculum regulations and academic	14
15		standards for Health, Safety and Physical Education, and Family	15
16		and Consumer Sciences.	16
17		Nutrition education shall provide all students with the knowledge	17
18		and skills to adopt healthy eating behaviors aimed at influencing	18
19		students' knowledge, attitudes and eating habits. Nutrition	19
20		education will be shared as often as possible with families.	20
21			21
22		Food services and nutrition classes will endeavor to cooperate to	22
23		promote healthy lifestyles in the school classroom and cafeteria	23
24		areas (i.e. nutrition posters, food pyramid).	24
25			25
26		<u>Nutrition Guidelines</u>	26
27		Foods provided through the National School Lunch or School	27
28		Breakfast Programs shall comply with federal nutrition standards	28
29		under the school Meals Initiative.	29
30		Competitive foods are defined as foods offered during the school day	30
31		other than through the National School Lunch or School Breakfast	31
32		Programs and include a la carte foods, snacks and beverages;	32
33		fundraisers; classroom parties; school stores, and including food as	33
34		a reward.	34
35			35
36		All competitive foods available to students in district schools will	36
37		progressively meet the yearly guidelines established in the National	37
38		Standards for Competitive Foods in Pennsylvania Schools.	38
39		Students and staff will be encouraged to wash or sanitize their	39
40		hands before and after eating.	40
41			41
42		Drinking water shall be available at all meal periods and throughout	42
43		the school day.	43
44			44
45		<u>Physical Education</u>	45
46		A planned, sequential and age appropriate K-12 physical education	46
47		curriculum consistent with state/national standards that provides	47
48		learning experiences that will develop life long habits of physical	48
49		activity shall be developed and implemented.	49
50			50

1			1
2		Certified health and physical education teachers shall teach	2
3		Physical Education.	3
4			4
5		<u>Physical Activity</u>	5
6		District schools shall strive to provide opportunities for	6
7		developmentally appropriate physical activity during the school day	7
8		for all students.	8
9			9
10		<u>Other School Based Activities</u>	10
11		Goals of the student wellness policy shall be considered in planning	11
12		all school-based activities.	12
13			13
14		The district will support health and wellness programs for the staff	14
15		that encourages them to model healthy lifestyles.	15
16			16
17		The district will provide appropriate training to all staff on the	17
18		components of the Student Wellness Policy.	18
19			19
20		Food providers may involve families, students and other school	20
21		personnel in choosing menu selections through various means.	21
22		Nutrition content information (for school meals) will be available	22
23		through the District website or through the Food Service	23
24		Department.	24
25			25
26		References:	26
27			27
28		Child Nutrition and WIC Reauthorization Act of 2004 – P.L. 108-	28
29		265- Sec.205	29
30			30
31		Nutritional Standards for Competitive Foods in Pennsylvania	31
32		Schools.	32
33			33
34			34
35			35
36			36
37			37
38			38
39			39
40			40
41			41
42			42
43			43
44			44
45			45
46			46
47			47
48			48
49			49
50			50