

ALLEGHENY INTERMEDIATE UNIT 3

SECTION: PUPILS
TITLE: STUDENT WELLNESS
ADOPTED: AUGUST 22, 2011
REVISED: JUNE 26, 2017

<p>Purpose</p> <p>Authority 24 P.S. 1422.1 42 U.S.C. 1758b 7 CFR 210.31</p> <p>Delegation of Responsibility 42 U.S.C. 1758b 7 CFR 210.31</p> <p>7 CFR 210.31</p>	<p style="text-align: center;">246. STUDENT WELLNESS</p> <p>The Intermediate Unit 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 promotion, 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>The Board adopts this policy in accordance with federal and state laws and regulations.</p> <p>To ensure the health and well-being of all students, the Board establishes that the Intermediate Unit, in cooperation with sending school districts, shall provide to students a comprehensive nutrition program consistent with federal and state requirements.</p> <p>The Program Director or designee shall be responsible to monitor Intermediate Unit programs and curriculum to ensure compliance with this policy, related policies and established guidelines or procedures.</p> <p>Each Program Director or designee shall annually report to the Executive Director or designee regarding the status of such programs.</p> <p>Staff members responsible for programs related to student wellness shall report to the Executive Director or designee regarding the status of such programs.</p> <p>The Executive Director or designee shall report annually to the Board on the Intermediate Unit’s compliance with law and policies related to student wellness.</p>
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<p>42 U.S.C. 1758b 7 CFR 210.31</p>	<p>The Executive Director or designee shall conduct an assessment at least once every three (3) years on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation. This triennial assessment shall be made available to the public in an accessible and easily understood manner and include:</p> <ol style="list-style-type: none"> 1. The extent to which the Intermediate Unit is in compliance with law and policies related to student wellness; 2. The extent to which this policy compares to model wellness policies. 3. A description of the progress made by the Intermediate Unit in attaining the goals of this policy.
<p>7 CFR 210.31</p>	<p>At least once every three (3) years, the Intermediate Unit shall update or modify this policy as needed, based on the results of the most recent triennial assessment and/or as Intermediate Unit and community needs and priorities change; wellness goals are met; new health science, information and technologies emerge; and new federal or state guidance or standards are issued.</p>
<p>42 U.S.C. 1758b 7 CFR 210.31</p>	<p>The Intermediate Unit shall annually inform and update the public, including parents/guardians, students, and others in the community, about the contents, updates and implementation of this policy via the Intermediate Unit website, student handbooks, newsletters, posted notices and/or other communication methods. This annual notification shall include information on how to access the Student Wellness Policy; information about the most recent triennial assessment; information on how to participate in the development, implementation and periodic review and update of the Student Wellness Policy; and a means of contacting Program Director or designee.</p>
<p>Guidelines</p>	<p><u>Recordkeeping</u></p>
<p>7 CFR 210.31, 210.15</p>	<p>The Intermediate Unit shall retain records documenting compliance with the requirements of this policy, which shall include:</p> <ol style="list-style-type: none"> 1. The written Student Wellness policy. 2. Documentation demonstrating that the Intermediate Unit has informed the public, on an annual basis, about the contents of the Student Wellness policy and any updates to the policy. 3. Documentation of efforts to review and update the Student Wellness policy, including who is involved in the review and methods used by the Intermediate Unit to inform the public of their ability to participate in the review.

	<p>4. Documentation demonstrating the most recent assessment on the implementation of the Student Wellness policy and notification of the assessment results to the public.</p> <p><u>Advisory Teams</u></p> <p>Parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public are invited to participate in the development, implementation, and periodic review and update of the Student Wellness policy.</p>
<p>42 U.S.C. 1758b</p>	<p>Physical education teachers and school health professionals shall participate in the development, implementation and periodic review of the local wellness policy.</p>
<p>Sec. 1422</p>	<p>Individuals who conduct student medical and dental examinations of Intermediate Unit students shall submit to the Intermediate Unit annual reports and later reports on the remedial work accomplished during the year, as required by law.</p>
<p>7 CFR 210.31</p>	<p>The Advisory Teams shall review and consider evidence-based strategies and techniques in establishing goals for nutrition education and promotion, physical activity and other school-based activities that promote student wellness as part of the policy development and revision process.</p>
<p>24 P.S. 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>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>Pol. 808</p>	<p>Nutrition education shall be integrated into other subjects to complement but not replace academic standards based on nutrition education.</p> <p>The staff responsible for providing nutrition education shall be properly trained and prepared and shall participate in appropriate professional development. The Intermediate Unit shall develop standards for such training and professional development.</p> <p>Nutrition education shall extend beyond the school environment by engaging and involving families and communities of the sending school districts.</p>

Nutrition Promotion

Nutrition promotion and education positively influences lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs.

The Intermediate Unit shall promote nutrition through the implementation of Farm to School activities where possible. Activities may include, but not be limited to, the initiation/maintenance of school gardens, taste-testing of local products in the cafeteria and classroom, classroom education about local agriculture and nutrition, field trips to local farms and incorporation of local foods into school meal programs.

The Intermediate Unit aims to teach, encourage, and support healthful eating by students. The Intermediate Unit shall promote nutrition by providing appropriate nutrition education in accordance with this policy.

Intermediate Unit staff may cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.

Intermediate Unit food service personnel, including contracted providers, shall review and implement research-based, behavioral economics techniques in the cafeteria to encourage consumption of more whole grains, fruits, vegetables and legumes, and to decrease plate waste.

Consistent nutrition messages may be disseminated and displayed throughout the Intermediate Unit, sending school districts, classrooms, cafeterias, homes, community and media.

Consistent nutrition messages may be demonstrated by avoiding use of unhealthy food items in classroom lesson plans and Intermediate Unit staff avoiding eating less healthy food items in front of students.

The Intermediate Unit may encourage parents/guardians to provide healthy meals for their children through newsletter articles, take-home materials, or other means.

Physical Activity

The Intermediate Unit shall strive to provide opportunities for developmentally-appropriate physical activity during the school day for all students enrolled in its programs.

<p>Pol. 102, 105, 808</p> <p>7 CFR 210.10, 220.8</p> <p>Pol. 808 42 U.S.C. 1751 et seq, 1773 7 CFR 210.30</p>	<p>Intermediate Unit students shall participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness and performance benefits.</p> <p>Physical activity shall not be used or withheld as a form of punishment.</p> <p>The Intermediate Unit shall promote physical activity through encouragement of walking and biking as a means of transportation to and from school.</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 Intermediate Unit students must participate in physical education.</p> <p>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.</p> <p>Safe and adequate equipment, facilities and resources shall be provided for physical education courses.</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>Nutrition professionals who meet hiring criteria established by the Intermediate Unit and in compliance with federal regulations shall administer the school meals program. Professional development and continuing education shall be provided for Intermediate Unit nutrition staff, as required by federal regulations.</p> <p>The Intermediate Unit shall implement alternative service models to increase school breakfast participation where possible, such as breakfast served in the classroom, “grab & go breakfast” and breakfast after first period to reinforce the positive educational, behavioral and health impacts of a healthy breakfast.</p> <p>The Intermediate Unit shall maintain a healthy school environment, including but not limited to indoor air quality, in accordance with the Intermediate Unit’s healthy learning environment program and applicable laws and regulations.</p>
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	<p><u>Nutrition Guidelines for All Foods/Beverages at School</u></p> <p>All foods and beverages available in Intermediate Unit programs during the school day shall be offered to students with consideration for promoting student health and reducing obesity.</p> <p>Foods and beverages provided through the National School Lunch or School Breakfast Programs shall comply with established federal nutrition standards.</p> <p>Foods and beverages offered or sold at Intermediate Unit-sponsored events outside the school day, such as athletic events and dances, shall offer healthy alternatives in addition to more traditional fare.</p> <p><i>Competitive Foods –</i></p> <p>Competitive food available for sale shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School). These standards shall apply in all locations and through all services where foods and beverages are sold to students, which may include, but are not limited to: a la carte options in cafeterias, vending machines, school stores, snack carts and fundraisers.</p> <p>Competitive foods are defined as foods and beverages offered or sold to students on school campus during the school day, which are not part of the reimbursable school breakfast or lunch.</p> <p>For purposes of this policy, school campus means any area of property under the jurisdiction of the Intermediate Unit that students may access during the school day.</p> <p>For purposes of this policy, school day means the period from midnight before school begins until thirty (30) minutes after the end of the official school day.</p> <p>Competitive foods available to students in Intermediate Unit programs outside of school meal programs shall comply with established federal nutrition standards.</p> <p>The Intermediate Unit may impose additional restrictions on competitive foods, provided that the restrictions are not inconsistent with federal requirements.</p> <p>Exclusive competitive food and/or beverage contracts shall be approved by the Board, in accordance with provisions of law.</p>
<p>42 U.S.C. 1751 et seq, 1773 7 CFR 210.10, 220.8</p>	
<p>7 CFR 210.31, 210.11, 220.12a</p>	
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<p>7 CFR 210.11, 220.12a</p>	
<p>7 CFR 210.11</p>	
<p>SC 504.1</p>	

<p>Pol. 229</p>	<p><i>Fundraiser Exemptions –</i></p> <p>Fundraising activities held during the school day involving the sale of competitive foods shall be limited to foods that meet the Smart Snacks in School nutrition standards, unless an exemption is approved in accordance with applicable board policy and procedures.</p>
<p>7 CFR 210.11</p>	<p>The Intermediate Unit may allow a limited number of exempt fundraisers as permitted by the Pennsylvania Department of Education each school year. Exempt fundraisers are fundraisers in which competitive foods are available for sale to students that do not meet the Smart Snacks in School nutrition standards.</p> <p><i>Non-Sold Competitive Foods –</i></p> <p>Non-sold competitive foods available to students, which may include but are not limited to foods and beverages offered as rewards and incentives, at classroom parties and celebrations, or as shared classroom snacks, shall meet or exceed the standards established by the Intermediate Unit.</p> <p>If the offered competitive foods do not meet or exceed the Smart Snacks in School nutrition standards, the following standards shall apply:</p> <p>Rewards and Incentives: Foods and beverages shall not be used as a reward for classroom or school activities unless the reward meets the Smart Snacks in School nutrition standards.</p> <p>Classroom Parties and Celebrations: When possible, foods/beverages for parties and celebrations shall be provided by the food service department to help prevent food safety and allergy concerns. All food celebrations will meet Smart Snacks guidelines.</p> <p>Shared Classroom Snacks: Shared classroom snacks will be permitted if they meet Smart Snacks guidelines.</p> <p>The Intermediate Unit shall provide a list of suggested nonfood ideas and healthy food and beverage alternatives to parents/guardians and staff, which may be posted via the Intermediate Unit website, student handbook, newsletters, posted notices and/or other efficient communication methods.</p> <p><i>Marketing/Contracting –</i></p>
<p>7 CFR 210.31, 210.11</p>	<p>Any foods and beverages marketed or promoted to students on the school campus during the school day shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School) and comply with established Board policy.</p>

24 P.S. 504.1	<p>Exclusive competitive food and/or beverage contracts shall be approved by the Board, in accordance with provisions of law. Existing contracts shall be reviewed and modified to the extent feasible to ensure compliance with established federal nutrition standards, including applicable marketing restrictions.</p>
Pol. 209.1	<p><u>Management Of Food Allergies In Intermediate Unit Programs</u></p> <p>The Intermediate Unit shall establish Board policy and procedures to address food allergy management in Intermediate Unit programs 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 Intermediate Unit programs and activities. <p><u>Safe Routes to School</u></p> <p>The Intermediate Unit shall cooperate with local municipalities, public safety agency, police departments and community organizations to develop and maintain safe routes to school. Intermediate Unit administrators shall seek and utilize available federal and state funding for safe routes to school, when appropriate.</p> <p>References:</p> <p>School Code – 24 P.S. Sec. 504.1, 1337.1, 1422.1, 1422.3, 1512.1, 1513,</p> <p>National School Lunch Program – 42 U.S.C. Sec. 1751 et seq., 1758b</p> <p>School Breakfast Program – 42 U.S.C. Sec. 1773</p> <p>Healthy, Hunger-Free Kids Act of 2010 – P.L. 111-296</p> <p>National Food Service Programs, Title 7, Code of Federal Regulations – 7 CFR Part 210, Part 220, 210.10, 210.11, 210.15, 210.31, 210.31, 220.8, 220.12a,</p> <p>Board Policy –102, 103, 103.1, 105, 209.1, 229, 808</p>