

# CHESTER COUNTY INTERMEDIATE UNIT 24

SECTION: PUPILS

TITLE: STUDENT WELLNESS

ADOPTED: JUNE 15, 2011

REVISED: AUGUST 16, 2017

## 246. STUDENT WELLNESS

Policy Section	Policy Description
1. Purpose	<p>Chester County Intermediate Unit 24 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>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>Legal References: SC 1422.1; 42 U.S.C., Sec. 1758b; 7 CFR, Sec. 210.30; Pol. 100</p> <p>To ensure the health and well-being of all students, the Board establishes goals for student wellness, in cooperation with sending school districts, shall provide to students enrolled in CCIU programs:</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 nutrition 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>

<p>3. Delegation of Responsibility</p>	<p>The Executive Director or designee shall be responsible for the implementation and oversight of this policy to ensure that Intermediate Unit schools, programs and curriculum are compliant with this policy, related policies, state and federal laws, and established guidelines and/or administrative regulations.</p> <p>Each building administrator and/or program supervisor or designee shall annually report to the Executive Director or designee regarding compliance in his/her school and/or program.</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>In accordance with state and federal law, the Executive Director or designee shall annually report to the Board on the Intermediate Unit’s compliance with state and federal laws and policies related to student wellness. Staff members responsible for programs related to school wellness shall report to the Executive Director or designee regarding the status of such programs in accordance with state and federal laws.</p> <p>Legal References: 42 U.S.C., Sec. 1758b; 7 CFR, Sec. 210.30; Pol. 808</p> <p>The Executive Director or designee and the established Wellness Committee 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"> <li>1. The extent to which each school and/or program is in compliance with law and policies related to school wellness.</li> <li>2. The extent to which this policy compares to model wellness policies.</li> <li>3. A description of the progress made by the Intermediate Unit in attaining the goals of this policy.</li> </ol> <p>Legal References: 42 U.S.C., Sec. 1758b; 7 CFR, Sec. 210.30</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>Legal Reference: 7 CFR, Sec. 210.30</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</p>
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<p>4. Guidelines</p>	<p>handbooks, newsletters, posted notices and/or other efficient communication methods. This annual notification shall include information on how to access the School 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 School Wellness policy; and a means of contacting Wellness Committee leadership.</p> <p>Legal References: 42 U.S.C., Sec. 1758b; 7 CFR. Sec. 210.30</p> <p>An assurance that Intermediate Unit guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for intermediate units in accordance with federal law shall be provided annually by the Executive Director or designee.</p> <p>Legal Reference: 42 U.S.C., Sec. 1751 nt</p> <p><u>Recordkeeping</u></p> <p>The Intermediate Unit shall retain records documenting compliance with the requirements of the School Wellness policy, which shall include:</p> <ol style="list-style-type: none"> <li>1. The written School Wellness policy.</li> <li>2. Documentation demonstrating that the Intermediate Unit has informed the public, on an annual basis, about the contents of the School Wellness policy and any updates to the policy.</li> <li>3. Documentation of efforts to review and update the School 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.</li> <li>4. Documentation demonstrating the most recent assessment on the implementation of the School Wellness policy and notification of the assessment results to the public.</li> </ol> <p>Legal Reference: 7 CFR, Sec. 210.15</p> <p><u>Wellness Council</u></p> <p>The Executive Director or designee shall form a Wellness Council whose membership may be comprised of, but not limited to, at least one (1) of each of the following: Board member, Intermediate Unit administrator, Intermediate Unit food service representative, student, parent/guardian, school health professional, physical education teacher and member of the public. It shall be the goal that committee</p>
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membership will include representatives from each school building and reflect the diversity of the community.

Legal Reference: 42 U.S.C., Sec. 1758b

The Intermediate Unit shall be required to permit participation by the general public and the school community (including parents, students, and representatives of the school food authority, teachers of physical education, school health professionals, the school board, and school administrators) in the wellness policy process.

The Wellness Council 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 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; and shall develop administrative procedures to ensure that the wellness policy is implemented.

Legal Reference: 7 CFR, Sec. 210.30

#### Nutrition Education

Age-appropriate nutrition education will be provided to full-time student school-aged students, full- and part-time preschool students, and/or as requested by the Local Education Agency (LEA) for part-time school-aged students 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.

The staff providing nutrition education will receive appropriate professional development.

Legal References: SC 1513; Pol. 102, 105

#### Physical Education

A sequential physical education program consistent with curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented. All full-time Intermediate Unit students must participate in physical education.

Legal References: SC 1512.; Pol. 102, 105

#### Physical Activity

Intermediate Unit-operated schools will provide opportunities for age-appropriate developmental physical activity during the school day for all students.

Age-appropriate physical activity opportunities, such as outdoor and indoor recess, before and after school programs, during lunch, clubs and intramurals, shall be provided to meet the needs and interests of all Intermediate Unit students, in addition to planned physical education.

Other School Based Activities

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.

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

Intermediate Unit-operated schools shall provide adequate space for eating and serving school meals.

Legal References: 7 CFR, Sec. 210.10, 220.8; 42 U.S.C., Sec. 1751 et seq, 1773; 7 CFR, Sec 210.3; Pol. 808

Nutrition Guidelines for All Foods/Beverages at School

All foods and beverages available in Intermediate Unit-operated schools and programs during the school day shall be offered with consideration for promoting student health and reducing obesity and according to the USDA dietary guidelines, as identified in the nutrition guidelines.

Foods and beverages provided through the National School Lunch or School Breakfast Programs shall comply with federal nutrition standards.

Legal References: 42 U.S.C., Sec. 1751 et seq, 1773; 7 CFR, Sec. 210.10, 220.8

All competitive foods and beverages available for sale to students in Intermediate Unit programs shall comply with established federal nutrition standards, and the Nutrition Standards for Competitive Foods in Pennsylvania Schools, as applicable. 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.

Legal References: 7 CFR, Sec. 210.11, 220.12a, 210.30

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.

The Intermediate Unit may impose additional restrictions on competitive foods, provided that the restrictions are consistent with state and federal requirements.

Legal Reference: 7 CFR, Sec. 210.11

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.

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.

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.

Legal References: 7 CFR, Sec. 210.11, 210.30

Exclusive competitive food and/or beverage contracts shall be approved by the Board, in accordance with provisions of law.

Legal Reference: SC 504.1

#### Non-Sold Competitive Foods

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.

If the offered competitive foods do not meet or exceed the Smart Snacks in School nutrition standards, the following standards shall apply:

- a. Parents/Guardians shall be informed through newsletters or other efficient communication methods that foods/beverages should only be brought in when requested for scheduled parties.
- b. Classroom parties shall offer a minimal amount of foods (maximum 2-3 items) containing added sugar as the primary ingredient (e.g., cupcakes, cookies) and will provide the following:
  - Fresh fruits/vegetables; and
  - Water, 100 percent juice, 100 percent juice diluted with water, low-fat milk or nonfat milk.
- c. When possible, foods/beverages for parties and celebrations shall be provided by the food service department to help prevent food safety and

<p>References:</p>	<p>allergy concerns.</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><u>Management of Food Allergies in Intermediate Unit Programs</u></p> <p>The Intermediate Unit shall establish Board policy and administrative regulations to address food allergy management in Intermediate Unit programs in order to:</p> <ol style="list-style-type: none"> <li>1. Reduce and/or eliminate the likelihood of severe or potentially life-threatening allergic reactions.</li> <li>2. Ensure a rapid and effective response in case of a severe or potentially life-threatening allergic reaction.</li> <li>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.</li> </ol> <p>School Code – 24 P.S. Sec. 504.1, 1337.1, 1422, 1422.1, 1512.1, 1513</p> <p>Child Nutrition and WIC Reauthorization Act of 2004 – 42 U.S.C. Sec. 1751 notes</p> <p>National School Lunch Program – 42 U.S.C. Sec. 1751 et seq.</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</p> <p>Board Policy – 102, 103, 103.1, 105, 209.1, 229, 808</p>
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