

NORTH PENN SCHOOL DISTRICT

Administrative Regulations

5140(a)

STUDENTS

Reference: Board Policy #5140

Elementary and Secondary

Welfare

Student Wellness

To comply with the provisions of the Local School Wellness Policy #5140 (LWP) , each building principal or designee shall report annually to the Superintendent or designee regarding LWP compliance in his/her school. The intent of the report is to assess the school environment regarding school wellness issues and shall include at a minimum:

- Evaluation of food services program.
- Review of all foods and beverages sold in schools for compliance with established state and federal nutrition guidelines.
- Listing of activities and programs conducted to promote nutrition and physical activity.
- Recommendations for policy and/or program revisions.
- Suggestions for improvement in specific areas.
- Feedback received from district staff, students, parents/guardians, community members and the Wellness Committee.

Wellness Committee

The district shall establish a Wellness Committee comprised of, but not necessarily limited to, at least one (1) of each of the following: School Board member, district administrator, district food service representative, student, parent/guardian, school health professional, physical education teacher and member of the public. It shall be the goal that committee membership will include representatives from each school building and reflect the diversity of the community.

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 LWP 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 as part of the policy development and revision process.

Recordkeeping

The district shall retain records documenting compliance with the requirements of the LWP, which shall include:

1. The written Local School Wellness policy.
2. Documentation demonstrating that the district has informed the public, on an annual basis, about the contents of the LWP and any updates to the policy.
3. Documentation of efforts to review and update the LWP, including who is involved in the review and methods used by the district to inform the public of their ability to participate in the review.
4. Documentation demonstrating the most recent assessment on the implementation of the LWP and notification of the assessment results to the public.

Health/Nutrition Education

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.

- Health/Nutrition education in the district shall teach, model, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.
- Health/Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.
- Health/Nutrition curriculum shall teach behavior-focused skills, which may include menu planning, reading nutrition labels and media awareness.
- Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.

Nutrition Promotion

- Nutrition promotion and education positively influence 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.
- 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.
- District schools shall offer resources about health and nutrition to encourage parents/guardians to provide healthy meals for their children.

Physical Activity

- North Penn School District shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.
- Students shall participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness and performance benefits.
- Extended periods of student inactivity, two (2) hours or more, shall be discouraged.

- Before and/or after-school programs shall provide developmentally appropriate physical activity for participating children.
- Physical activity shall not be used or withheld as a form of punishment.

Other School Based Activities

- Students shall be provided a clean and safe meal environment.
- Meal periods shall be scheduled at appropriate hours, as required by federal regulations and as defined by the district.
- Students shall have access to hand washing or sanitizing before meals and snacks.
- Nutrition content of school meals shall be available to students and parents/guardians.

Nutrition Guidelines for All Foods/Beverages at School

- All foods and beverages available in district schools during the school day shall be offered to students with consideration for promoting student health and reducing obesity.
- Foods and beverages provided through the National School Lunch or School Breakfast Programs shall comply with established federal nutrition standards.
- 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 meal.
- For purposes of this policy, school campus means any area of property under the jurisdiction of the school 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.
- Competitive (a la carte) foods available for sale shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School). This includes but is not limited to: a la carte options in cafeterias, vending machines, school stores, snack carts and fundraisers.

Fundraiser Exemptions

- 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 administrative regulations.
- The district may allow a limited number of exempt fundraisers as permitted by the Pennsylvania Department of Education each school year: up to five (5) exempt fundraisers in elementary and middle school buildings, and up to ten (10) exempt fundraisers in high school buildings. 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.
- The district shall establish procedures for requesting a fundraiser exemption.

Competitive Foods (foods not sold in the cafeteria as part of School Nutrition Services)

- 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 district.

Marketing/Contracting

- 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 #2630.

Management of Food Allergies in District Schools

- The district shall protect the rights of students by providing them, through necessary accommodations when required, the opportunity to participate fully in all school programs and activities.

Safe Routes to School

- The district shall cooperate with local municipalities, state agencies, public safety agency, police departments and community organizations to develop and maintain safe routes to school.
District administrators shall seek and utilize available federal and state funding for safe routes to school, when appropriate.

Reviewed: November 1993
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