

NUMBER: 230

SECTION: PUPILS

TITLE: STUDENT WELLNESS

ADOPTED: JUNE 29, 2006

REVISED:

MIFFLIN COUNTY
SCHOOL DISTRICT

STUDENT WELLNESS		1
1. Purpose	Mifflin County School District 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.	2
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2. Authority P.L. 108-265 Sec. 204	To ensure the health and well-being of all students, the Board establishes that the district shall provide to students: A comprehensive nutrition program consistent with federal and state requirements. Access at reasonable cost to foods and beverages that meet established nutritional guidelines. 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.	11
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3. Delegation of Responsibility Pol. 808	The Superintendent or designee shall be responsible to monitor district schools, programs, and curriculum to ensure compliance with this policy, related policies and established guidelines, and administrative regulations. Each building principal or designee shall report to the Superintendent or designee regarding compliance in his/her school. Staff members responsible for programs related to student wellness shall report to the Superintendent or designee regarding the status of such programs.	23
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P.L. 108-265 Sec. 204	The Superintendent or designee shall annually report to the Board on the district's compliance with law and policies related to student wellness. The report includes: assessment of school environment regarding student wellness issues and recommendations for policy and/or program revisions.	33
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4. Guidelines	An assurance that district guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law shall be provided annually by the Food Service Director.	1
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	<u>Wellness Committee</u>	5
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	The Board shall appoint a Wellness Committee comprised of at least one (1) of each of the following: School Board member, district administrator, district food service representative, student, parent/guardian, member of the public.	7
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	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.	11
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	The Wellness Committee shall provide periodic reports to the Superintendent or designee regarding the status of its work, as required.	15
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	<u>Nutrition Education</u>	18
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	Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.	20
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	Nutrition education shall be integrated into other subjects to complement but not replace academic standards based on nutrition education.	23
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	Nutrition education shall extend beyond the school environment by engaging and involving families and communities.	26
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	<u>Physical Activity</u>	29
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	District schools shall provide opportunities for developmentally appropriate physical activity during the school day for all students.	31
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	District schools shall partner with parents/guardians and community members to institute programs that support physical activity.	34
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	<u>Physical Education</u>	37
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	Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.	39
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	Safe and adequate equipment, facilities and resources shall be provided for physical education courses.	43
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<u>Other School-Based Activities</u>	1
Students shall be provided a clean and safe meal environment.	2
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Nutrition professionals who meet criteria established by the district shall administer the school meals program.	5
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Nutrition content of school meals shall be available to students and parents/ guardians.	8
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<u>Nutrition Guidelines</u>	10
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Foods offered by the school district during the school day, shall be offered to students with consideration for promoting student health and reducing childhood obesity.	12
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Foods provided through the National School Lunch or School Breakfast Programs shall comply with federal nutrition standards under the School Meals Initiative.	15
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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 rewards.	18
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All competitive foods available to students in district schools shall comply with the Guidelines for Nutritional Standards for Competitive Foods in Pennsylvania Schools "A Place to Start."	23
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Wellness policy: Nutritional guidelines and other wellness promotions shall be provided to staff, students, parents, and the community.	27
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<u>Safe Routes To School</u>	30
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The district cooperates with local municipalities, public safety agency, police departments, and community organizations to develop and maintain safe routes to school.	32
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References:	36
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Child Nutrition and WIC Reauthorization Act of 2004 – P.L. 108-265 Sec. 204	38