

## **246 Student Wellness**

### **1. Purpose**

LVA Regional Charter School 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. 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.

Physical education courses and opportunities for developmentally appropriate physical activity during the school day.

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.

### **3. Delegation of Responsibility, Pol. 808**

The School Board shall be responsible to monitor the schools, programs, and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations.

The building principal or designee shall report to the Board regarding compliance in his/her school.

Staff members responsible for programs related to student wellness shall report to the CEO regarding the status of such programs.

The CEO shall (annually) report to the Board on the district's compliance with law and policies related to student wellness. The report may include:

Assessment of school environment regarding student wellness issues.

Evaluation of food services program.

Review of all foods and beverages sold in schools for compliance with established 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 Wellness Committee.

**P.L. 108-265, Sec. 204**

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  
Cafeteria Manager  
Business Manager  
CEO

**4. Guidelines**

**Wellness Committee**

The Board shall appoint a Wellness Committee comprised of at least one (1) of the following: School Board member, district administrator, district food service representative, student, parent/guardian, member of the public.

CEO  
Teacher  
School nurse  
School counselor  
Food Services Director  
Representative of community organization  
Other individuals invited by the committee

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 of adoption.

The Wellness Committee may examine related research and laws, assess student needs and the current school environment, review existing Board policies and administrative regulations, and raise awareness about student health issues. The Wellness Committee may make policy recommendations to the Board related to other health issues necessary to promote student wellness.

The Wellness Committee may survey parents/guardians and/or students; conduct community forums or focus groups; collaborate with appropriate community agencies and organizations.

The Wellness Committee shall provide periodic report to the Board regarding the status of its work, as required.

**Nutrition Education**

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.

Nutrition education will be provided within the sequential, comprehensive health education program in accordance with State Board of Education curriculum regulations and the academic standards.

Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives and nutrition education lessons and activities shall be age-appropriate.

Nutrition curriculum shall be behavior focused.

Nutrition education shall be integrated into other subjects to complement but not replace academic standards.

Nutrition education will be linked to physical activity.

School staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.

Consistent nutrition messages shall be disseminated throughout Lehigh Valley Academy, classrooms, cafeterias, homes, community and media.

Nutrition education shall extend beyond the school environment by engaging and involving families and communities.

### **Physical Activity**

Lehigh Valley Academy shall strive to provide opportunities for developmentally appropriate physical activity for all students.

Lehigh Valley Academy shall contribute to the effort to provide students opportunities to accumulate at least sixty (60) minutes of age-appropriate physical activity on all or most days of the week. That time will include physical activity outside the school environment, such as outdoor play at home, sports, etc.

A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.

Extended periods of student inactivity, two (2) hours or more, shall be discouraged.

Physical activity breaks shall be provided for elementary students during classroom hours.

After school programs shall provide developmentally appropriate physical activity for participating children.

Lehigh Valley Academy shall partner with parents/guardians and community members to institute programs that support physical activity.

Physical activity shall not be used as a form of punishment.

Students and the community shall have access to physical activity facilities outside school hours.

## **Physical Education**

Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.

A comprehensive physical education course of study that focuses on providing students the skills, knowledge and confidence to participate in lifelong, health enhancing physical activity shall be implemented.

Adequate amounts of planned instruction shall be provided in order for students to achieve the proficient level for the health, Safety and Physical Education academic standards.

Students shall be moderately to vigorously active as much time as possible during a physical education class. Documented medical conditions and disabilities shall be accommodated during class.

Safe and adequate equipment, facilities and resources shall be provided for physical education courses.

Physical education shall be taught by certified health and physical education staff.

Physical education classes shall have a teacher-student ratio comparable to those of other courses.

Physical activity shall not be used as a form of punishment.

## **Other School Based Activities**

Lehigh Valley Academy shall provide adequate space for eating and serving school meals and students shall be provided a clean and safe meal environment.

Students shall be provided adequate time to eat: twenty (20) minutes sit down time for lunch.

Meal periods shall be scheduled at appropriate hours.

Drinking water shall be available at all meal periods and throughout the school day.

Students shall have access to hand washing or sanitizing before meals and snacks.

To the extent possible, Lehigh Valley Academy shall utilize available funding and outside programs to enhance student wellness.

Lehigh Valley Academy shall provide appropriate training to all staff on the components of the Student Wellness Policy.

Fundraising projects submitted for approval shall be supportive of healthy eating and student wellness.

Administrators, teachers, food service personnel, students, parents/guardians, and community members shall be encouraged to serve as positive role models through district programs, communications and outreach efforts.

Lehigh Valley Academy shall support the efforts of parents/guardians to provide a healthy diet and daily physical activity for children by communicating relevant information through various methods.

## **Nutrition Guidelines**

All foods available at Lehigh Valley Academy during the school day shall be offered to students with consideration for promoting student health and reducing childhood obesity.

Foods provided through the National School Lunch or School Breakfast Programs shall comply with federal nutrition standards under the School Meals Initiative.

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 food from home.

All competitive foods available to students in district schools shall comply with the Nutritional Standards for Competitive Foods in Pennsylvania Schools. The nutritional standards shall be implemented over the next 3 years.

### References:

Child Nutrition and WIC Reauthorization Act of 2004 – P.L. 108-265 Sec. 204