

Student Wellness

<p>1. Purpose</p>	<p>The Christian Academy recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. We are 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> <p>To ensure the health and well-being of all students, the committee establishes that the school shall provide the students:</p> <ol style="list-style-type: none">1. A comprehensive nutrition program consistent with federal and state requirement.2. Access at reasonable cost to foods and beverages that meet established nutritional guidelines.3. Physical Education courses and opportunities for developmentally appropriate physical activity during the school day.4. Curriculum and programs for grade K-12 that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with PA State Board of Education curriculum regulations and academic standards.
<p>2. Delegation of Responsibility 42 U.S.C. Sec. 1758b 7 CFR Sec. 210.31</p>	<p>The Headmaster or designee shall be responsible for the implementation and oversight of this policy to ensure compliance with this policy, related policies and established guidelines or administrative regulations.</p>
<p>7 CFR Sec. 210.31</p>	<p>Staff members responsible for programs related to student wellness shall report to the Headmaster regarding the status of such programs.</p> <p>The Headmaster shall report to the governing authority on the school's compliance with law and policies related to student wellness, as the law prescribes or as changes in environment deem necessary. The report may include:</p> <ol style="list-style-type: none">1. Assessment of school environment regarding student

<p>42 U.S.C. Sec. 1758b 7 CFR Sec. 210.31</p>	<p>wellness issues.</p> <ol style="list-style-type: none"> 2.Recommendations for policy and/or programs revisions. 3.Suggestions for improvement in specific areas. 4.Feedback received from staff, students, parents/guardians, community members and the Wellness Committee. <p>The Headmaster 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 school community in an accessible and easily understood manner and include:</p> <ol style="list-style-type: none"> 1. The extent to which the school is in compliance with the law and policies related to school wellness. 2. The extent to which this policy compares to model wellness policies. 3. A description of the progress made by the school in attaining the goals of this policy
<p>7 CFR Sec. 210.31</p>	<p>At least once every three (3) years, the school shall update or modify this policy as needed, based on the results of the most recent triennial assessment and/or as school 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>4. Guidelines</p> <p>7 CFR Sec. 210.15, 210.31</p>	<p><u>Recordkeeping</u></p> <p>The district shall retain records documenting compliance with the requirements of the School Wellness policy, which shall include:</p> <ol style="list-style-type: none"> 1. The written School Wellness policy. 2. Documentation of efforts to review and update the School Wellness policy, including who is involved in the review and methods used by the school to gather pertinent information regarding the policy. 3. Documentation demonstrating the most recent assessment on the implementation of the School Wellness policy.

<p>42 U.S.C. Sec. 1758b</p>	<p>4. An assurance that school guidelines for reimbursable meals are not less restrictive than regulation and guidelines issued for schools in accordance with federal law shall be provided annually by the designee.</p> <p><u>Wellness Committee</u></p> <p>The Board shall appoint a Wellness Committee comprised of at least one (1) of each of the following: School board member, administrator, food service representative, student, parent/guardian, member of the public, teacher and school nurse.</p> <p>The Wellness Committee shall be responsible for developing, implementing and periodically reviewing and updating a School Wellness policy that complies that complies with current law to recommend to the Board for adoption.</p> <p>The Wellness Committee shall provide periodic reports to the Headmaster regarding the status of its work, as required.</p>
<p>SC 1513</p>	<p><u>Nutrition Education</u></p> <p>Nutrition education will be provided within the sequential, comprehensive health education program in accordance with State Board of Education curriculum regulations and academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.</p> <p>Nutrition education in the school shall teach, model, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.</p> <p>Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.</p> <p>The school will support parents' efforts to provide a healthy diet for their children.</p> <p><u>Physical Activity</u></p> <p>The school shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.</p> <p>Age-appropriate physical activity opportunities, such as recess; before and after school; clubs; intramurals; and interscholastic athletics, shall be provided to meet the needs and interest of all students, in addition to planned physical education.</p> <p>Physical activity shall not be used or withheld as a form of punishment.</p>

<p>SC 1512.1</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 students must participate in physical education.</p> <p>Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.</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>A varied and comprehensive curriculum that promotes both team and individual activities and leads to students becoming and remaining physically active for a lifetime shall be provided in the physical education program.</p> <p>Safe and adequate equipment, facilities and resources shall be provided for physical courses.</p>
<p>7 CFR Sec. 210.10, 220.8</p> <p>42 U.S.C. Sec. 1751 et seq, 1773 7 CFR Sec 210.30</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 school and in compliance with federal regulations shall administer the school meals program. Professional development and continuing education shall be provided for the nutrition staff, as required by federal regulations.</p> <p>The school shall provide adequate space for eating and serving school meals.</p> <p>Students shall be provided a clean and safe meal environment.</p> <p>Students shall be provided adequate time to eat: twenty (20) minutes sit down time for lunch.</p>
<p>7 CFR Sec. 210.10</p>	<p>Meal periods shall be scheduled at appropriate hours, as required by federal regulations and as defined by the school.</p> <p>Students shall have access to hand washing or sanitizing before meals and snacks.</p>

<p>42 U.S.C. Sec. 1751 et seq, 1773 7 CFR Sec. 210.10, 220.8</p>	<p>Access to the food service operation shall be limited to authorized staff.</p> <p>Nutrition content of school meals shall be available to students and parents/guardians.</p> <p>To the extent possible, the district shall utilize funding and outside programs to enhance student wellness.</p> <p>The school shall provide appropriate training to all staff on components of the School Wellness policy.</p> <p>Goals of the School Wellness policy shall be considered in planning all school based activities.</p> <p>Administrators, teachers, food service personnel, students, parents/guardians shall be encouraged to serve as positive role models through school programs, communications and outreach efforts.</p> <p>School will support activities that will provide additional school-based activities to promote a healthy school environment.</p> <p><u>Nutrition Guidelines</u></p> <p>All foods and beverages available in school(s) during the school day shall be offered to students with consideration for promoting health and reducing childhood obesity.</p> <p>Foods and beverages provided through the National School Lunch Programs shall comply with federal nutrition standards under the school Meals Initiative.</p> <p>Foods and beverages offered or sold at school-sponsored events outside the school day, such as athletic events, etc. shall offer healthy alternatives in addition to more traditional fare.</p>
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<p>7 CFR Sec. 210.11, 220.12a, 210.31</p>	<p><i>Competitive Foods –</i></p> <p>Competitive foods 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 offered or sold to students on school campus during the school day, which are not part of the reimbursable school lunch.</p>
<p>7 CFR Sec. 210.11, 210.31</p>	<p>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.</p>
<p>7 CFR Sec. 210.11, 210.31</p>	<p>For the 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>7 CFR Sec. 210.11,</p>	<p>The school may impose additional restrictions on competitive foods, provided that the restrictions are not inconsistent with federal requirements.</p>
<p>7 CFR Sec. 210.11</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 by the administration.</p> <p>The school 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, and up to ten (10) exempt fundraisers in high school. Exempt fundraisers are fundraisers in which competitive foods are available for sale to student that do not meet the Smart Snacks in School nutrition standards.</p>
	<p>The school shall establish administrative regulations to implement fundraising activities in school, including procedures for requesting a fundraiser exemption.</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 school</p>

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

1. Rewards and Incentives: Foods and beverages shall not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message.

2. Classroom Parties and Celebrations:

- a. Classroom parties/celebrations with food/beverages shall be limited to no more than one (1) per month in each classroom.
- 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

Management of Food Allergies in School

The school shall establish administrative regulations to address food allergy management in order to:

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 school programs and activities.

References:

School Code – 24 P.S. Sec. 504.1, 1337.1, 1422.1, 1422.3, 1512.1, 1513

National School Lunch Program – 42 U.S.C. Sec. 1751 et seq.

Healthy, Hunger-Free Kids Act of 2010 – P.L. 111-296

National Food Service Programs, Title 7, Code of Federal Regulations – 7 CFR Part 210, Part 220