<p>| 1. Purpose | The Spring-Ford Area School District recognizes that school 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 school wellness, proper nutrition education and promotion, health education, and regular physical education as part of the total learning experience. To promote a healthy school environment and student achievement, Spring-Ford Area School District students will learn about and participate in positive dietary and lifestyle practices. |
| 2. Authority | To ensure the health and well-being of all students, the Board establishes that the district shall provide to students: |
| 2. Authority | 42 U.S.C. Sec. 1751 nt |
| 2. Authority | 1. A district-wide comprehensive nutrition program that meets federal and state requirements. |
| 2. Authority | 2. Access at reasonable cost to foods and beverages that exceeds established nutritional guidelines. |
| 2. Authority | 3. Physical education courses and opportunities for developmentally appropriate physical activity during the school day. |
| 2. Authority | 4. Curriculum and programs for grades K-12 that are designed to educate students about lifelong wellness, nutrition, and physical activity that meet State Board of Education curriculum regulations and academic standards. |
| 3. Delegation of Responsibility | The Superintendent or designee shall be responsible for the implementation and oversight of this policy and to ensure each of the district’s schools, programs, and curriculum is compliant with this policy, related policies and established guidelines or administrative regulations. |
| 3. Delegation of Responsibility | Each building principal or designee shall report annually to the Superintendent or designee regarding compliance in his/her school. |</p>
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<tr>
<th>Section</th>
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<td>Staff members</td>
<td>Staff members responsible for programs related to school wellness shall report to the Superintendent or designee regarding the status of such programs.</td>
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<td>The Superintendent or designee shall annually report to the Board, if requested, on the district’s compliance with law and policies related to school wellness. The report may include:</td>
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<td>1. Assessment of school environment regarding school wellness issues.</td>
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<td>2. Evaluation of food services program.</td>
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<td>3. Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.</td>
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<td>4. Listing of activities and programs conducted to promote wellness, nutrition and physical activity, including curriculum and physical education program.</td>
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<td>5. Recommendations for policy and/or program revisions.</td>
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<td>6. Suggestions for improvement in specific areas.</td>
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<td>7. Feedback received from district staff, students, parents/guardians, community members and Wellness Committee.</td>
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<td>8. Report on district-wide BMI results</td>
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<td><strong>42 U.S.C.</strong></td>
<td>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 Business Office.</td>
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<td><strong>Sec. 1751 nt</strong></td>
<td>The Superintendent 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. In addition, at least once every three (3) years, the district shall update or modify this policy, as needed, based upon the most recent assessment by the Wellness Committee and/or as district and community needs and priorities change.</td>
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<td>The Wellness Committee shall provide periodic reports to the Superintendent or designee regarding the status of its work, as required.</td>
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<td><strong>4. Guidelines</strong></td>
<td>Recordkeeping</td>
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<td><strong>7CFR</strong></td>
<td>The district shall retain records documenting compliance with the requirements of the School Wellness policy, which shall include:</td>
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<td><strong>Sec. 210.15</strong></td>
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<tr>
<td>1.</td>
<td>The written School Wellness policy.</td>
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<td>2.</td>
<td>Posting of the current School Wellness policy on the district website.</td>
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<td>3.</td>
<td>Documentation of efforts to review and update the School Wellness policy, including who was involved in the review and any minutes from the Wellness Committee regarding the policy review process.</td>
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**Wellness Committee**

The district shall establish a Wellness Committee comprised of, but not limited to, at least one (1) of each of the following: School Board member, district administrator, district food service representative, school health professional, physical education teacher, student, parent/guardian, and a member of the public. It shall be the goal that the 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 a School Wellness policy that complies with law to recommend to the Board for adoption.

The Wellness Committee may review and consider evidence-based strategies and techniques in establishing goals and making recommendations for nutrition education and promotion, physical activity and other school-based activities that promote school wellness as a part of the policy development and revision process.

**Nutrition Education**

The goal of nutrition education is to teach, encourage and support healthy eating by students. Promoting school health and nutrition enhances readiness for learning and increases student achievement.

Nutrition education will be provided within the sequential, comprehensive health education program in meeting the State Board of Education curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.

Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.

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 based on nutrition education.

Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.

Consistent nutrition messages shall be disseminated throughout the district, schools, classrooms, cafeterias, homes, community and media.

The staff responsible for providing nutrition education shall be properly trained and prepared and shall participate in appropriate professional development in their related fields.

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

**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.

**Physical Activity**

District schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.

District schools shall contribute to the effort and strive to provide students opportunities to accumulate at least sixty (60) minutes of age-appropriate physical activity most days of the week as recommended by the Centers for Disease Control and Prevention Opportunities. That time will augment physical activity outside the school environment, such as outdoor play at home, sports, etc.

Students shall be encouraged to participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits inside and outside of the school environment.

Age-appropriate physical activity opportunities, such as recess; before and after school; during lunch; clubs; intramurals; and interscholastic athletics, shall be provided to meet student needs and interests, in addition to planned physical education.

A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.
Extended periods of student inactivity, one and one-half (1.5) hours or more, shall be discouraged.

Physical activity breaks shall be provided for elementary students during classroom hours and highly encouraged as often as possible at the intermediate, middle and high school levels.

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

Before and/or after-school programs shall provide developmentally appropriate physical activity for participating children.

**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.

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.

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.

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.

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

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.

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

Appropriate professional development shall be provided for physical education staff.

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.
Other School Based Activities

District schools shall provide adequate space, as defined by the district, for eating and serving school meals.

Students shall be provided a clean and safe meal environment.

Meal periods shall be scheduled at appropriate hours, as defined by the district.

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.

Access to the food service operation shall be limited to authorized staff.

Administrators, teachers, food service personnel, students, parents/guardians, and community members shall be encouraged to serve as positive role models. Nutrition professionals who meet hiring criteria established by the district and in compliance with federal regulations shall administer the school meals program. Professional development and continuing education shall be provided for district nutrition staff, as required by federal regulations.

The district 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.

Goals of the School Wellness Policy shall be considered in planning all school based activities.

Students shall be provided adequate time to eat; ten (10) minutes sit down time for breakfast; twenty (20) minutes sit down time for lunch.

Students and parents/guardians may be involved in menu selection through various means, such as taste testing and surveys.

Food shall not be used in the schools as a punishment.

Food Services will continue to update the nutritional content of school meals and make them available to students and parents/guardians upon request.

To the extent possible, the district shall utilize available funding and outside programs to enhance school wellness.
The district shall maintain a healthy school environment, including but not limited to indoor air quality, in accordance with the district’s programs and applicable laws and regulations.

**Nutrition Guidelines for All Food/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 childhood obesity.

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

Foods and beverages offered or sold at school-sponsored events outside the school day, such as athletic events and dances, shall offer healthy alternatives in addition to more traditional fare.

**Competitive Foods/Beverages**

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.

Competitive foods are defined as foods and beverages offered at school or sold to students on school campus during the school day, which are not part of the reimbursable school breakfast or lunch.

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 and the school day means the period from midnight before school begins until thirty (30) minutes after the end of the official student day.

**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.

Each school shall contact the Superintendent or designee in writing to request a fundraiser exemption.

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 district.

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:
   a. Food 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 (e.g., guest chef, field trip to a farm or farmers market, etc.)

2. Classroom Parties and Celebrations:
   a. Classroom parties/celebrations with food/beverages shall be limited to not more than one (1) per month in each classroom.
   b. Food celebrations shall not occur until thirty (30) minutes after the end of the last lunch period.

3. Shared Classroom Snacks:
   a. Shared classroom snacks are not permitted in district schools.

References:

School Code – 24 P.S. Sec. 504.1, 1337.1, 1422, 1422.1, 1512.1, 1513

Child Nutrition and WIC Reauthorization Act of 2004 – 42 U.S.C. Sec. 1751 notes

Board Policy – 100, 102, 105, 808