



Book	Policy Manual
Section	200 Pupils
Title	Student Wellness
Code	246
Status	Active
Adopted	November 16, 2009
Last Revised	September 18, 2017

### **Purpose**

Bristol Township 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, regular physical activity, and physical education 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, among other things, improve student achievement and lifelong health.

### **Definitions**

For the purposes of this policy:

1. "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 school breakfast or lunch.
2. "School campus" is defined as any area of property under the jurisdiction of the school that students may access during the school day.
3. "School day" is defined as the period from midnight before school begins until thirty (30) minutes after the end of the official school day. [\[3\]\[15\]](#)

### **Authority**

The Board adopts the Student Wellness Policy based on the recommendations of the appointed Wellness Committee and in accordance with applicable federal and state statutes, rules, and regulations. The policy shall be included in the district's Strategic Plan. [\[1\]\[2\]\[3\]\[21\]](#)

To ensure the health and well-being of all students, the Board establishes that the district shall provide to students:

1. A comprehensive nutrition program, including nutrition curriculum, physical education curriculum, and a physical activity program, consistent with federal and state requirements.
2. Access, at reasonable cost, to foods and beverages on the school district campus during the school day which meet established nutritional regulations and guidelines.
3. Physical education curriculum and opportunities for developmentally appropriate physical activity during the school day consistent with federal and state requirements.
4. 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.

### **Delegation of Responsibility**

The Superintendent or designee(s) shall be responsible to implement this policy and monitor district schools, programs, and curriculum to ensure compliance with this policy, related policies, and established guidelines or administrative regulations. [\[1\]\[2\]\[3\]](#)

Each building principal or designee shall report to the Superintendent or designee regarding compliance in his/her school with this policy. [3]

District employees responsible for programs related to school wellness shall regularly report to the Superintendent or designee regarding the status of programs covered under this policy.

The Superintendent or designee shall annually report to the Board on the District's compliance with law and policies related to school wellness.

The Superintendent or designee and the appointed Wellness Committee shall periodically, meaning at least once every three years, at minimum, conduct an assessment on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation, and report on the results of such assessment to the Board at its next regular action meeting. The assessment shall address, but may not be limited to, the following: (1) the extent to which district schools are in compliance with law and policies related to student wellness, (2) the extent to which the policy compares to model local school wellness policies, (3) the progress made by the district in attaining the goals of this policy, and (4) such other requirements as may be imposed by law and/or regulation. The triennial assessment shall be made available to the public in an accessible and easily understood manner. [2][3]

The District shall update or modify this policy as needed, based on the results of the most recent triennial assessment and/or as District 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. [3]

The District shall annually inform and update the public, including parents/guardians, students, and others in the community, about the contents and implementation of this policy. This will be accomplished by distributing the following information through posting on the district website: (1) a copy of the School Wellness policy; (2) information about the most recent triennial assessment; (3) information on how to participate in the development, implementation and periodic review and update of the School Wellness policy; (4) a means of contacting the leadership of the Wellness Committee; and (5) such other information as may be required by applicable law, rules, and regulations. The District shall update any applicable provisions of the student handbook on an annual basis, at minimum. [2][3]

## **Guidelines**

### District Wellness Committee

The Board shall appoint, to the extent possible, a Wellness Committee comprised of, but which may not necessarily be limited to, at least one (1) of each of the following: School Board Member, District administrator, District food service representative, student, parent/guardian, and member of the public. The District shall also permit physical education teachers and school health professionals to participate and/or serve on the Wellness Committee. The Board may permit health and wellness educators, professionals, and service providers as well as representatives from community organizations to participate and/or serve on the Wellness Committee in accordance with applicable law, rules, and regulations. [2][3][4]

The name(s), title(s), and contact information of Wellness Committee Leadership will be posted on the District's website. [3]

The Committee shall serve as an advisory committee to the Superintendent regarding student health issues and shall be responsible for developing, implementing, and reviewing guidelines to implement this policy as well as reviewing and recommending updates to this policy to the Board. Evidence-based techniques and strategies will be reviewed and considered at Wellness Committee meetings in order to develop strategies that will help to meet wellness goals.

The Wellness Committee shall meet at least four times per year. [3]

Input from teachers, school nurses and other school health professionals, parents/guardians, students, school food service employees, the Board, school administrators, and the public shall be considered before establishing policies and regulations related to student wellness. It is recognized that a sustained effort to implement and enforce this policy will be necessary. [3]

The Committee shall report to the Superintendent or designee on a regular basis on the status of its work. [3]

### Nutrition Education/Nutrition Promotion

Nutrition education will be provided within the sequential, comprehensive consumer science/health education program in accordance with curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences. [5][6][7][8]

The goal of nutrition education in the District is to teach, model, encourage, and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and achievement. The curriculum must address effective strategies that promote lifelong healthy eating.

Nutrition education lessons and activities shall be age-appropriate. District schools shall endeavor to integrate nutrition education into other areas of the curriculum such as math, science, language arts, social science, and elective subjects. Nutrition education shall extend beyond the school environment by engaging and involving families and the community.

District staff responsible for providing nutrition education shall be properly trained and prepared, and shall participate in appropriate professional development.

The district aims to teach, encourage, and support healthful eating by students. District schools shall promote nutrition by providing appropriate nutrition education in accordance with the Student Wellness Policy, and identifies the following goals of nutrition promotion:

1. District staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.
2. Consistent nutrition messages shall be disseminated and displayed throughout the district, schools, classrooms, cafeterias, homes, community, and media.
3. District schools shall encourage parents/guardians to provide healthy meals for their children through newsletter articles, take-home materials, or other resources related to health and nutrition.
4. Elementary school students will be allowed to bring a permissible working snack into class. A specific list of foods that students may bring into the classroom will be published on the District's website at the beginning of each school year and may be amended by the District during the school year, and such list will be made available in writing at the request of a student's parent or guardian.

#### Physical Activity/Physical Education

District schools will provide opportunities for developmentally appropriate physical activity during the school year for all students.

District schools shall work toward offering 150 minutes per week for all students in elementary school and 225 minutes per week for middle and high school students of physical activity. Students with disabilities, special healthcare needs and those in alternative educational settings will be included as appropriate to the needs of such students. [21][22]

Opportunities for physical activity should be regularly incorporated into other subject areas (e.g. math, language arts, science, and social studies).

The district shall work toward providing all elementary school students with at least twenty (20) minutes a day of supervised recess, preferably outdoors, during which students are encouraged (verbally and through the provision of space and equipment) to engage in moderate to vigorous physical activity

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

When appropriate, teachers shall provide short physical activity breaks between lessons or classes.

A sequential physical education program consistent with curriculum regulations and health, safety, and physical education academic standards shall be developed and implemented. All district students must participate in physical education. [6][7][8]

Students will spend at least fifty percent (50%) of physical education class time participating in moderate to vigorous physical activity.

The physical education curriculum must demonstrate progression and sequence and be age-appropriate. The curriculum must address effective strategies that promote lifelong physical fitness.

#### Other School Based Activities

Students shall be provided a clean and safe campus environment.

Students shall be provided adequate time for eating meals.

Drinking water shall be available and accessible to students at all meal periods without restriction and at no cost to the student. [10][11]

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 applicable statutes, rules, and regulations. [9][12][13][14][18][19][20]

Meal periods shall be scheduled at appropriate hours, as required by federal and state law and regulations and as defined by the district. Reimbursable school meals shall be compliant with federal meal pattern requirements.

Foods that do not meet nutrition standards shall not be used in district schools as rewards nor punishment. Physical activity also shall not be used in district schools as a reward nor punishment.

Goals of this policy shall be considered in planning all school based activities.

#### Nutrition Standards/Guidelines for All Foods/Beverages at School

All foods offered to students are made with consideration for promoting student health and wellness and reducing childhood obesity, as is consistent with this policy and in accordance with applicable laws, rules, and regulations. [10][11][12][13]

Foods and beverages provided through the National School Lunch or School Breakfast Programs shall comply federal nutrition standards. [10][11][12][13][19][20]

Competitive foods available for sale shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School requirements). These standards shall apply in all locations and through all services where foods and beverages are available to students, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, snack carts,

and fundraisers. Only foods consistent with Smart Snacks Standards may be marketed at events during school hours. [\[3\]\[15\]\[17\]](#)

The district may impose additional restrictions on competitive foods, provided that the restrictions are not inconsistent with Smart Snacks in Schools. [\[15\]](#)

Exclusive competitive food and/or beverage contracts shall be approved by the Board, in accordance with and consistent with applicable law [\[16\]](#)

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 Board policy and administrative regulations. The District may allow a limited number of fundraisers that are exempt from the Smart Snacks in School nutrition standard in accordance with applicable law, rules, and regulations, and will establish District regulations accordingly. [\[15\]\[17\]](#)

Non-sold competitive foods available to students, which may include but are not limited to foods and beverages offered as rewards and incentives, or as shared classroom snacks, shall meet or exceed the standards established by the District. If the offered non-sold competitive foods do not meet or exceed the Smart Snacks in School nutrition standards, then the following standards apply:

1. Foods and beverages shall not be used as rewards or incentives in District schools.
2. No outside foods may be brought in by students or staff for classroom parties.
3. Shared snacks are not permitted in District schools.

The District shall provide a list of suggested nonfood ideas and healthy food and beverage alternatives to parents/guardians and staff, which may be posted via the District website and student handbooks, and/or other efficient communications methods.

Any food and beverages marketed or promoted to students on the school campus during the school day shall meet or exceed the federal nutrition standards (USDA Smart Snacks in School) and comply with the established Board policy and administrative regulations. [\[3\]\[15\]](#).

#### Management of Food Allergies in District Schools

The district shall establish protocols and/or regulations to address food allergy management in district schools. [\[22\]\[23\]\[24\]](#) As previously stated herein, students may not share foods during the school day or at district-sponsored events.

#### Safe Routes to School

The district shall cooperate with local municipalities, public safety agency, police departments, and community organizations to develop safe routes to school.

#### Recordkeeping

The Bristol Township School District will maintain records to document compliance with the District Wellness Policy, which shall include:

1. The written Wellness Policy, to be available at the District Health Office;
2. Documentation demonstrating that the District has informed the public, on an annual basis, about the contents of the Wellness Policy and any updates to that policy;
3. Documentation of efforts to review and update the School Wellness policy, 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, and such documentation will include, but may not be limited to, invitations inviting the public and school district personnel to Wellness Committee meetings;
4. Records demonstrating the most recent assessment on the implementation of the School Wellness policy for each District school, and documenting the notification of the triennial assessment results to the public and school community; and
5. Such other records as may be required under federal, state, and local laws, rules, and regulations.

[\[3\]\[4\]](#)

#### Legal

[1. 24 P.S. § 14-1422.1](#)

[2. 42 U.S.C. § 1758b](#)

[3. 7 C.F.R. § 210.31](#)

[4. 24 P.S. § 14-1422](#)

[5. 24 P.S. § 15-1513](#)

[6. 24 P.S. § 15-1512.1](#)

7. Pol. 102

8. Pol. 105

9. Pol. 808

[10. 7 C.F.R. § 210.10](#)

- [11. 7 C.F.R. § 220.8](#)
- [12. 42 U.S.C. § 1773](#)
- [13. 42 U.S.C. § 1751 et seq.](#)
- [14. 7 C.F.R. § 220.3](#)
- [15. 7 C.F.R. § 210.11](#)
- [16. 24 P.S. § 5-504.1](#)
- [17. 7 C.F.R. § 220.12](#)
- [18. 24 P.S. § 14-1422.3](#)
- [19. 7 C.F.R. Part 210](#)
- [20. 7 C.F.R. Part 220](#)
- 21. Pol. 000
- 22. Pol. 103
- 23. Pol. 103.1
- 24. Pol. 209.1