



SECTION: PUPILS

TITLE: SCHOOL WELLNESS

ADOPTED:

REVISED:

	246. SCHOOL WELLNESS
1. Purpose	The Erie County Technical School recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development and readiness to learn. The Operating Committee is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education and promotion, 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 SC 1422.1 42 U.S.C. Sec. 1758b 7 CFR Sec. 210.31	The Operating Committee adopts this policy based on federal and state laws and regulations. To ensure the health and well-being of all students, the Operating Committee establishes that the school shall provide to students: 1. A comprehensive nutrition program consistent with federal and state requirements. 2. Access at reasonable cost to foods and beverages that meet established nutrition guidelines. 3. Curriculum and programs for grades 10-12 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 42 U.S.C. Sec. 1758b 7 CFR Sec. 210.31	The Director or designee shall be responsible for the implementation and oversight of this policy to ensure the school's programs and curriculum is compliant with this policy, related policies and established guidelines or administrative regulations.

7 CFR Sec. 210.31	The principal or designee shall annually report to the Director or designee regarding compliance of the school. Staff members responsible for programs related to school wellness shall report to the Director or designee regarding the status of such programs. The Director or designee shall annually report to the Operating Committee on the district's compliance with law and policies related to school wellness. The report may include: Evaluation of food services program. Review of all foods and beverages sold in schools for compliance with established nutrition guidelines. Recommendations for policy and/or program revisions. Feedback received from district staff, students, parents/guardians, community members and the Wellness Committee.
42 U.S.C. Sec. 1758b 7 CFR Sec. 210.31	The Director 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 public in an accessible and easily understood manner and include: 1. The extent to which the school is in compliance with 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 district in attaining the goals of this policy.
7 CFR Sec. 210.31	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.
42 U.S.C. Sec. 1758b 7 CFR Sec. 210.31	The school shall annually inform and update the public, including parents/guardians, students and others in the community, about the contents, updates and implementation of this policy via the school's website, student handbooks, newsletters, posted notices and/or other efficient communication

	methods. This annual notification shall include information on how to access the School Wellness policy; information about the most recent triennial assessment; information on how to participate in the development, implementation and periodic review and update of the School Wellness policy; and a means of contacting Wellness Committee leadership.
4. Guidelines 7 CFR Sec. 210.15, 210.31	<u>Recordkeeping</u> The school shall retain records documenting compliance with the requirements of the School Wellness policy, which shall include: 1. The written School Wellness policy. 2. Documentation demonstrating that the school has informed the public, on an annual basis, about the contents of the School Wellness policy and any updates to the 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 school to inform the public of their ability to participate in the review. 4. Documentation demonstrating the most recent assessment on the implementation of the School Wellness policy and notification of the assessment results to the public.
42 U.S.C. Sec. 1758b	<u>Wellness Committee</u> The school shall establish a Wellness Committee comprised of, but not necessarily limited to, at least one (1) of each of the following: Operating Committee member, school administrator, food service representative, student, parent/guardian, school health professional, and member of the public. It shall be the goal that committee membership 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, implementing and periodically reviewing and updating a School Wellness policy that complies with law to recommend to the Operating Committee for adoption.
7 CFR Sec. 210.31	The Wellness Committee shall review and consider evidence-based strategies and techniques in establishing goals for nutrition education and promotion, physical activity and other school based activities that promote student wellness as part of the policy development and revision process.
SC 1422	Individuals who conduct student medical and dental examinations shall submit to

	the Advisory Health Council annual reports and later reports on the remedial work accomplished during the year, as required by law.
SC 1513 Pol. 102, 105	<u>Nutrition Education</u> Nutrition education will be provided within the sequential, comprehensive health education program in accordance with curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.
7 CFR Sec. 210.10, 220.8	<u>Other School Based Activities</u> 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.
42 U.S.C. Sec. 1751 et seq, 1773 7 CFR Sec 210.30 Pol. 808	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 school nutrition staff, as required by federal regulations.
	<u>Nutrition Guidelines for All Foods/Beverages at School</u> 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 obesity.
42 U.S.C. Sec. 1751 et seq, 1773 7 CFR Sec. 210.10, 220.8	Foods and beverages provided through the National School Lunch or School Breakfast Programs shall comply with established federal nutrition standards. 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.
	<i>Competitive Foods –</i>
7 CFR Sec. 210.11, 220.12a,	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

210.31	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 or sold to students on school campus during the school day, which are not part of the reimbursable school breakfast or lunch.
7 CFR Sec. 210.11, 210.31	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.
7 CFR Sec. 210.11, 210.31	For 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.
7 CFR Sec. 210.11	The district may impose additional restrictions on competitive foods, provided that the restrictions are not inconsistent with federal requirements. <i>Fundraiser Exemptions –</i>
Pol. 229	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.
7 CFR Sec. 210.11	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. The district shall establish administrative regulations to implement fundraising activities in district schools, including procedures for requesting a fundraiser exemption. <i>Non-Sold Competitive Foods –</i> 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:

7 CFR Sec. 210.11, 210.31 SC 504.1 Pol. 209.1	1. Rewards and Incentives: a. Foods and beverages shall not be used as a reward or incentive in district schools. 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. 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, student handbook, newsletters, posted notices and/or other efficient communication methods. <i>Marketing/Contracting –</i> Any foods and beverages marketed or promoted to students on the school campus during the school day shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School) and comply with established Board policy and administrative regulations. Exclusive competitive food and/or beverage contracts shall be approved by the Board, in accordance with provisions of law. Existing contracts shall be reviewed and modified to the extent feasible to ensure compliance with established federal nutrition standards, including applicable marketing restrictions. <u>Management of Food Allergies in District Schools</u> The district shall establish Board policy and administrative regulations to address food allergy management in district schools 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.
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	References: School Code – 24 P.S. Sec. 504.1, 1337.1, 1422, 1422.1, 1422.3, 1512.1, 1513 National School Lunch Program – 42 U.S.C. Sec. 1751 et seq. School Breakfast Program – 42 U.S.C. Sec. 1773 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 Board Policy – 102, 103, 103.1, 105, 209.1, 229, 808 PSBA Revision 2/17 © 2017 PSBA
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