



**Section:** *Pupils*  
**Title:** *Student Wellness*  
**Adopted:** *February 16, 2006*  
**Revised:**

## **220** *Student Wellness*

*Colonial 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, 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.*

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

*The Superintendent or designee shall be responsible to monitor district schools, programs, and curriculum to ensure compliance with the policy, related policies and established guidelines or administrative regulations.*

*Staff members responsible for programs related to student wellness shall report to the Superintendent or designee regarding the status of such programs.*

*The Superintendent or designee 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.*

- *Recommendations for policy and/or program revisions.*
- *Feedback received from district staff, students, parents/guardians, community members and Wellness Committee.*

*An assurance that district guidelines for reimbursement meals are not less restrictive than regulations and guidelines issued for school in accordance with federal law shall be provided annually by the:*

- *Food Service Director.*

### **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, member of the professional staff, member of the public.*

*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 for 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; and engage in similar activities, within the budget established for these purposes.*
- *The Wellness Committee shall provide periodic reports to the Superintendent or designee 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 in accordance with 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 to lead healthy lives.*

- *Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.*
- *District 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 the district, schools, classrooms, cafeterias, homes, community and media.*

### **Physical Activity**

- *District schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.*
- *Students shall participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness and performance benefits.*
- *Age-appropriate physical activity opportunities, such as recess; before and after school; during lunch; clubs, intramurals; and interscholastic athletics, shall be provided to meet the needs and interests of all students, in addition to planned physical education.*
- *Physical activity breaks shall be provided for elementary students during the school day.*
- *Extra-curricular programs shall provide developmentally appropriate physical activity for participating children.*
- *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 skill 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 varied comprehensive curriculum that leads to students becoming and remaining physically active for a lifetime shall be provided in the physical education program.*
- *A local assessment system shall be implemented to track student progress on the Health, Safety and Physical Education academic standards.*

- *Safe and adequate equipment, facilities and resources shall be provided for physical education courses and play activities.*

**Other School Based Activities**

- *District schools shall provide adequate space for eating and serving school meals.*
- *Students shall be provided a clean and safe meal environment.*
- *Students shall be provided adequate time to eat.*
- *Meal periods shall be scheduled at appropriate hours.*
- *Drinking water shall be available at all meal periods and throughout the school day.*
- *Access to the food service operation shall be limited to authorized staff.*
- *Nutrition content of school meals shall be available to students and parents/guardians.*
- *Students and parents/guardians may be involved in menu selection through various means.*
- *The district shall provide appropriate training to all staff on the components of the Student Wellness Policy.*
- *Goals of the Student Wellness Policy shall be considered in planning all school based activities.*
- *Administrators, teachers, food service personnel, students, parent/guardians, and community members shall be encouraged to serve as positive role models through district programs, communications and outreach efforts.*

**Nutrition Guidelines**

*All food available in district schools during the school day shall be offered to students with consideration for promoting student health and reducing childhood obesity.*

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

***Competitive foods*** available to students in district schools shall comply with the Nutritional Standards for Competitive Foods in Pennsylvania Schools.

- *All competitive foods available to students in district schools shall comply with the established nutritional guidelines.*

**Safe Routes to School**

- *The District Shall Cooperate With Local Municipalities, public safety agency, police departments, and community organizations to develop and maintain safe routes to school.*

*References:*

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

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