

## Wellness Policy (Updated 6-7-2018)

The board recognizes the value of proper nutrition, physical activity, and other health conscious practices and the impact that such practices have on student academic achievement, health, and well-being. In order to provide an environment conducive to overall student wellness, this policy shall be followed by all schools in the District.<sup>1</sup>

### **COMMITMENT TO COORDINATED SCHOOL HEALTH**

All school shall implement the CDC's Coordinated School Health approach to managing new and exciting wellness related programs and services in schools and the surrounding community based on State law and State Board of Education CSH standards and guidelines. The district's Coordinated School Health Coordinator shall be responsible for overseeing compliance with State Board of Education CSH standards and guidelines in the school district.

### **SCHOOL HEALTH ADVISORY COUNCIL<sup>2 3</sup>**

A district school health advisory council shall be established to serve as a resource to school sites for implementing policies and programs and develop an active working relationship with the county health council. The council shall consist of individuals representing the school and community, including representatives, and members of the public. The primary responsibilities of the council include, but are not limited to:

1. Developing, implementing, monitoring, reviewing and as necessary, making recommendations as to physical activity and nutrition policies;
2. Ensuring schools within the district create and implement an action plan related to School Health Index modules;
3. Ensuring that the results of the action plan are annually reported to the council; and
4. Ensuring that school level results include measures of progress on each indicator of the School Health Index.

The State Board of Education's Coordinated School Health and Physical Activity Policies shall be used as guidance by the Council to make recommendations. The board will consider recommendations of the Council in making policy changes or revisions.

Additionally, each school will have a Healthy School Team consisting of teachers, students, parents, and administrators.<sup>2</sup> The team will hold Healthy School team meetings during the school year to assess needs and oversee planning and implementation of school health efforts.

### **COMMITMENT TO NUTRITION**

All schools within the District shall participate in the USDA child nutrition programs, which may include but not be limited to, the National School Lunch Program, the School Breakfast Program, the Summer Food Service Program, and the After School Snack Program. <sup>4 5 6</sup>

Meals shall be accessible to all students in a non-stigmatizing manner. Students will be given adequate time to enjoy healthy meals and relax in a pleasant environment. Good nutritional habits shall be encouraged. All food including vending machines and fundraising items must meet guidelines set forth by the Healthy, Hunger-free Kids Act, 2010, Smart Snacks in Schools. <sup>4 5 6</sup> The school principal/designee shall be responsible for overseeing the school district's compliance with the State Board of Education Rules and Regulations for sale of food items in the school district. <sup>2 5 6</sup>

The foods and beverages sold and served outside of the school meal programs (e.g. "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards at a minimum. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at:

<http://www.fns.usda.gov/healthyschoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at [www.foodplanner.healthiergeneration.org](http://www.foodplanner.healthiergeneration.org)

These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but not limited to, a la carte options in cafeterias, vending machines, school stores, and snack or food carts.

### ***Food and Beverage Marketing in Schools***

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health and physical activity. These efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy.

Any foods and beverages marketed or promoted to students on the school campus\* during the school day\* will meet or exceed the USDA Smart Snacks in School nutrition standards. Replacing existing signage and promotional material is very expensive, so we will continue to update with marketing and advertising that promotes healthy nutritional choices.

### **DISTRICT GOALS**

The district will promote healthy nutrition through various activities, including informational links on the district website, healthy eating posters and bulletin boards in

dining areas, and information booths at various community functions. Nutrition education will be offered as part of a standards based program designed to provide students with the knowledge and skills needed to promote and protect their health as outlined in the State Board of Education Health Education and Lifetime Wellness Standards. Nutrition Education will discourage teachers from using high fat, sugar, and sodium foods as rewards and encourage students to start each day with a healthy breakfast. CSH goals may be viewed on school district webpage.

### **COMMITMENT TO PHYSICAL ACTIVITY AND PHYSICAL EDUCATION**

The board recognizes that physical activity is extremely important to the overall health of a child. Schools shall support and promote physical activity. Physical activity may be integrated into any areas of the school program.

Physical Education classes shall be offered as part of a standards based program designed to provide developmentally appropriate moderate to vigorous physical activity as an integral part of the class. All physical education classes shall comply with the State Board of Education's Physical Education standards. In addition to the district's physical education program, non-structured physical activity periods shall be offered as required by law.<sup>7</sup>

Schools shall continue to offer after school sports and activities. Physical activity shall not be employed as a form of discipline or punishment.

### **COMMITMENT TO CURRICULUM<sup>3</sup>**

All applicable courses of study should be based on state-approved curriculum standards.

### **SCHOOL HEALTH INDEX<sup>3</sup>**

Schools within the district shall annually administer a baseline assessment on each of the three recommended School Health Index modules. Results shall be submitted to the School Health Advisory Council and reported to the State Department of Education.

### **ANNUAL COMPLIANCE/TRIENNIAL ASSESSMENTS**

The District will retain records to document compliance with the requirements of the wellness policy at the School Nutrition Office. Documentation will include, but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of the ability to participate on the Advisory Council.
- The most recent assessment on the implementation of the local school wellness policy.

The District will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The district will make this information available via the district website and/or district communications. Annually, the district will also publicize the name and contact information of the nutrition director, health coordinator, as well as information on how the public can get involved with the school wellness committee.

At least once every three years, the district will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the district are in compliance with the wellness policy;
- The extent to which the policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of the district wellness policy.

The position/s responsible for managing the triennial assessment and contact information is School Nutrition Director 989-5581 and School Health Coordinator 989-5148

The Chester County School System will post notification of the availability of the triennial progress report.

The district will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as district priorities change/community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.