

# AVON GROVE SCHOOL DISTRICT

SECTION: PUPILS

TITLE: STUDENT WELLNESS

ADOPTED: August 10, 2006

REVISED:

246. STUDENT WELLNESS	
1. Purpose	<p>Avon Grove 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.</p>
2. Authority P.L. 108-265 Sec. 204	<p>To ensure the health and well-being of all students, the Board establishes that the district shall provide to students:</p> <p>A comprehensive nutrition program consistent with federal and state requirements.</p> <p>Access at reasonable cost to foods and beverages that meet established nutritional guidelines.</p> <p>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.</p>
3. Delegation of Responsibility Pol. 808	<p>The Food Service Director in coordination with the School Principals shall be responsible to monitor district schools, programs, and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations.</p> <p>The designee shall annually report to the Board on the district's compliance with law and policies related to student wellness. The report may include:</p> <p>Assessment of school environment regarding student wellness issues.</p> <p>Recommendations for policy and/or program revisions.</p>

<p>P.L. 108-265 Sec. 204</p> <p>4. Guidelines</p>	<p>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 Food Service Director</p> <p><u>Wellness Committee</u></p> <p>The Board shall appoint a Wellness Committee comprised of at least one (1) of each of the following: School Board member, district administrator, district food service representative, student, parent/guardian, teacher, school nurse and member of the public.</p> <p>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.</p> <p>The Wellness Committee shall provide periodic reports to the Superintendent or designee regarding the status of its work, as required.</p> <p><u>Nutrition Education</u></p> <p>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.</p> <p>Nutrition education will be provided within the sequential, comprehensive health education program in accordance with State Board of Education curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.</p> <p>District staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.</p> <p><u>Physical Activity</u></p> <p>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.</p>
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District schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students

Physical Education

A sequential physical education program consistent with State Board of Education curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented.

Other School Based Activities

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

Students shall be provided a clean and safe meal environment.

Students shall have access to hand washing or sanitizing before meals and snacks.

Nutrition content of school meals shall be available to students and parents/guardians

Nutrition Guidelines

All foods available in district schools during the school day shall be offered to students with consideration of the Dietary Guidelines for Americans as established by the USDA. The district will encourage healthy choices by offering a variety of foods to students and staff.

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

**Competitive foods** are defined as foods offered at school other than through the National School Lunch or School Breakfast Programs and include a la carte foods, snacks and beverages; vending food, snacks and beverages; school store food, snacks and beverages; fundraisers; classroom parties; holiday celebrations; and including food as a reward.

All competitive foods available to students in district schools shall comply with the established nutrition guidelines, as listed in the District Nutrition Guidelines

References:

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