

HANOVER PUBLIC SCHOOL DISTRICT

SECTION: PUPILS

TITLE: DISTRICT WELLNESS

ADOPTED: June 27, 2006

REVIEWED: August 11, 2014

246. DISTRICT WELLNESS

1. Purpose

The Hanover Public School District recognizes that district 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 district 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 will provide to students:

2. Authority
P.L. 108-265
Sec. 204

1. A comprehensive nutrition program consistent with federal and state requirements.

<p>3. Delegation of Responsibility 42 U.S.C. Sec. 1758b</p>	<p>2. Access at reasonable cost to foods and beverages that meet established nutritional guidelines.</p> <p>3. Physical education courses and opportunities for developmentally appropriate physical activity during the school year.</p> <p>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.</p> <p>The Superintendent or designee will 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>Each building principal or designee will annually report to the Superintendent or designee regarding compliance in his/her school.</p> <p>Staff members responsible for programs related to district wellness will annually report to the Superintendent or designee regarding the status of such programs.</p> <p>The Superintendent or designee will annually report to the Board on the district's compliance with law and policies related to student wellness. The report may include assessments of the following areas as reviewed by the District's Wellness Policy Committee: Nutrition Education, Nutrition Guidelines, Physical Activity, Physical Education, Other School Based Activities, Safe Routes to School; and will include recommendations for policy and/or program revisions.</p>
<p>P.L. 108-265 Sec. 204</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 will be provided annually by the Cafeteria Manager.</p>
<p>4. Guidelines</p>	<p><u>Wellness Committee</u></p> <p>The Board will 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, member of the public, teacher, school nurse, coach, classified staff member, dietician, health professional, representative of community organization, food vendor and other individuals chosen by the Board.</p> <p>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 Policy Committee related to other health issues necessary to promote student wellness.</p>

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 will provide annual 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 occur sequentially from kindergarten through secondary school.

Nutrition education will provide all students with the knowledge and skills needed to lead healthy lives.

Nutrition education lessons and activities will be age-appropriate.

Nutrition education will be integrated into other subjects to complement but not replace academic standards based on nutrition education.

Lifelong lifestyle balance will be reinforced by linking nutrition education and physical activity.

Consistent nutrition messages will be provided throughout the district, schools, classrooms, cafeterias, and beyond the school environment by sharing information with and involving families and communities.

Physical Activity

Age and developmentally appropriate physical activity opportunities, such as walking to and from school; recess; before and after school; during lunch; clubs; intramurals; and interscholastic athletics, will be provided for students in addition to district physical education instruction.

Physical activity will not be used as a form of punishment.

The district will strive to build a positive community relationship which encourages students and their families to be actively involved in physical activity.

Adequate amounts of planned instruction will be provided in order for students to achieve the proficient level for the Health, Safety and Physical Education academic standards.

Extended periods of inactivity will be discouraged.

The district will provide and encourage community members to utilize district facilities to build healthy living activities.

Physical Education

Physical education classes will 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 comprehensive physical education course of study that focuses on providing students the skills, knowledge and confidence to participate in lifelong, health-enhancing physical activity will be implemented.

A varied and comprehensive curriculum that encourages students to become and remain physically active for a lifetime will be provided in the physical education program.

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

Students will be encouraged to be active as much time as possible during a physical education class. Adaptive physical education classes will be available for documented medical conditions and disabilities.

Physical education will be taught by certified health and physical education teachers.

A local assessment system will be implemented to track student progress on the Health, Safety and Physical Education academic standards.

Other School Based Activities

SC 1512.1
Pol. 102, 105

7 CFR
Sec. 210.10, 220.8

School Environment –

Meal periods will be scheduled at appropriate hours, as defined by the district.

Drinking water will be available at all meal periods and throughout the school day.

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

Nutrition professionals who meet criteria established by the district will administer the school meals program.

Food will not be used as a reward or punishment.

The district will provide appropriate training to all staff on the components of the District Wellness Policy.

Goals of the District Wellness Policy will be considered in planning all school based activities.

Physical activity will not be used as a form of punishment.

Family and Community –

The district will support the efforts of parents/guardians to provide a healthy diet and daily physical activity for children by communicating relevant information through various methods.

Schools will partner with families and community members to institute programs that support nutrition education and physical activity.

Students and the community will have access to physical activity facilities outside school hours.

Nutrition analysis of school meals and/or nutrient content of foods will be available to students and parents/guardians.

Students and parents/guardians may be involved in menu selections through various means.

Nutrition Services –

District schools will provide adequate space, as defined by the district, for eating and serving school meals.

Students will be provided a clean and safe meal environment.

Students will be provided adequate time to eat.

Access to the food service operation will be limited to authorized staff.

To the extent possible, the district will utilize available funding and outside programs to enhance student wellness.

Professional Development –

Professional development will be provided for all district staff.

Through professional development, all district employees will be encouraged to serve as positive role models for leading a healthy lifestyle.

Qualified nutrition professionals will administer the school meals program.

Schools will provide appropriate inservice training to all staff on components of the District Wellness Policy.

Health Promotion for Staff –

All staff will be encouraged to participate in health education/wellness programs.

Nutrition Guidelines

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

Foods provided through the National School Lunch or School Breakfast Programs will comply with federal nutrition standards under the School Meals Initiative and the USDA's Smart Snacks in School Standards.

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 food from home.

42 U.S.C.
Sec. 1751 et seq,
1773
7 CFR
Sec. 210.10, 220.8

7 CFR
Sec. 210.11,
220.12a

All competitive foods available to students in district schools during the school day will comply with the Nutritional Standards for Competitive Foods in the Hanover Public School District. The nutritional standards will be implemented as a two (2) year plan.

All competitive foods available to students through school-affiliated organizations (i.e., booster clubs, PTO, etc.) must be submitted through food services for approval and documented logging requirements to comply with the established nutrition guidelines under the USDA's Smart Snack in School Standards to begin July 1, 2014. Nutritional Standards for Competitive Foods in the Hanover Public School District will be shared annually with each organization by the Food Services Department.

Guidelines for school parties will be shared with district employees through the annual handbook and other district publications.

Parent/Guardian newsletters will include information concerning the approved nutritional standards for food in Hanover Public School District schools. These articles will encourage parents/guardians to support these standards in school lunches, rewards sent to school, and parent/guardian initiated parties and activities involving food items.

Smart Snack Standards are defined as the policy standards enacted in the Healthy Hunger Free Kids Act of 2010 and implemented to begin July 1, 2014. This will include all foods and beverages sold to students outside of the school meal programs, on the school campus, and at any time during the school day. This includes foods ala carte, vending machines, school stores, during fundraisers and any other venue that sells food/beverage during the school day.

Safe Routes To School

The district will assess and, to the extent possible, implement improvements to make walking and biking to school safer and easier for students.

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

District administrators will seek and utilize available federal and state funding for safe routes to school, when appropriate.

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

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

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 – 000, 102, 103, 103.1, 105, 209.1, 808