

GOVERNOR MIFFLIN SCHOOL DISTRICT

SECTION: PUPILS

TITLE: DISTRICT WELLNESS POLICY

ADOPTED: 5/15/06

REVISED/ REVIEWED:

11/08, 12/09, 08/11, 08/14, 03/15

<u>DISTRICT WELLNESS POLICY</u>	
1. Purpose	<p>Governor Mifflin 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 the 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 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	<p>The designee 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>Each building principal or designee shall report to the designee regarding compliance in his/her school.</p> <p>Staff members responsible for programs related to student wellness shall report to the designee regarding the status of such programs.</p>

The designee shall report to the Board on the district's compliance with law and policies related to student wellness, as the law prescribes or as changes in the environment deem necessary.

The report may include:

Assessment of school environment regarding student wellness issues.

Recommendations for policy and/or programs revisions.

An assurance that district guidelines for reimbursable meals are less restrictive than regulation and guidelines issued for schools 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 each of the following: School board member, district administrator, district food service representative, student, parent/guardian, member of the public, teacher and school nurse.

The Wellness Committee shall be responsible for developing a Student Wellness Policy that complies with law to recommend to the Board for adoption.

The Wellness Committee shall provide periodic reports to the designee regarding the status of its work, as required.

Nutrition Education

Nutrition education will be provided within the sequential, comprehensive health education program in accordance with State Board of Education curriculum regulations and academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.

Physical Activity

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 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

District will support activities that will provide additional school based activities to promote a healthy school environment.

Nutritional Guidelines

All foods available in district schools during the school day shall 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 shall comply with federal nutrition standards under the school Meal initiative.

Competitive Foods are defined as foods offered at school other than the National School Lunch or School Breakfast Programs and include a la carte foods, snacks and beverages; fundraisers during school day, classroom parties; school stores and including foods as a reward.

Competitive foods available to students in district schools shall comply with the established nutrition guidelines, as listed in the administrative regulations.