

## **La Academia Student Wellness Policy**

**Revised: 8/13/18**

### **Purpose**

La Academia 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.

### **Authority: P.L. 108-265 Sec. 204**

To promote the health and well-being of all students, the Board establishes that the district shall provide to students:

- a. A comprehensive nutrition program consistent with federal and state requirements.
- b. Access at reasonable cost to foods and beverages that meet established nutritional guidelines.
- c. Physical education courses and opportunities for developmentally appropriate physical activity during the school day.
- d. Curriculum and programs for grades 6-12 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.

### **Delegation of Responsibility: Pol. 808**

The Chief Academic Officer or designee shall be responsible to monitor district schools, programs, and curriculum to promote compliance with this policy, related policies and established guidelines or administrative regulations.

The designee shall ensure the school complies with the components of the Student Wellness Policy and report to The Chief Academic Officer or designee regarding compliance.

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

La Academia shall periodically post, on its publically accessible website, the content of the Wellness Plan and assessment of its implementation.

The Chief Academic Officer or designee shall annually report to the Board on the school's compliance with law and policies related to student wellness. The report may include:

- a. Assessment of school environment regarding student wellness issues.
- b. Evaluation of food services program.
- c. Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.

- d. Listing of activities and programs conducted to promote nutrition and physical activity.
- e. Recommendations for policy and/or program revisions.
- f. Suggestions for improvement in specific areas.
- g. Feedback received from school staff, students, parents/guardians, community members and Wellness Committee.

**P.L. 108-265 Sec. 204**

An assurance that school 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:

- a. Food Service Director.
- b. Cafeteria Manager.
- c. Business Manager.
- d. Chief Academic Officer
- e. Guidelines Wellness Committee
- f. The Board shall appoint a Wellness Committee comprised of at least one (1) of each of the following:
  - 1. School Board member
  - 2. School administrator
  - 3. School food service representative
  - 4. PE/Wellness teacher
  - 5. school nurse
  - 6. service staff
  - 7. student
  - 8. parent/guardian
  - 9. representative of local or county agency
  - 10. representative of community organization

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.

- a. 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.

- b. 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.
- c. The Wellness Committee shall provide periodic reports to the Superintendent or designee regarding the status of its work, as required.
- d. The Wellness Committee shall participate in the implementation and periodic review and update of the Wellness Plan.

### **Nutrition Education**

- a. 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.
- b. Nutrition education will be provided in accordance with State Board of Education curriculum regulations and the academic standards for Health, Safety and Physical Education.
- c. Nutrition education shall provide students with the knowledge and skills needed to lead healthy lives.
- d. Nutrition education learning activities shall be age appropriate and behavior focused.
- e. School food service shall create a learning opportunity when appropriate.
- f. Nutrition education may be integrated into other subjects to complement but not replace academic standards based on nutrition education.
- g. Lifelong healthy behaviors shall be reinforced by linking nutrition education and physical activity.
- h. The staff shall be provided an opportunity to participate in nutrition education opportunities.
- i. School staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.
- j. Positive nutrition messages shall be disseminated throughout the school, classrooms, cafeteria, homes, community and media.
- k. Nutrition education opportunities shall extend beyond the school environment to engage and involve families and communities.

### **Physical Activity**

- a. La Academia shall provide opportunities for students to participate in physical activity before, during and/or after the school day (e.g. recess, intramurals, interscholastic, and walking club).
- b. A physical and social environment that encourages a variety of safe activity for all students.
- c. Physical activity breaks shall be provided to prevent extended periods of student inactivity.
- d. District schools shall be encouraged to partner with parents/guardians and community members to support physical activity.
- e. Throughout the school day, physical education shall be promoted and applied in a positive manner.

## **Physical Education**

- a. Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided for all students.
- b. 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.
- c. 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.
- d. Appropriate professional development shall be provided for physical education staff.
- e. Physical education classes shall have a teacher-student ratio comparable to those of other courses (scheduling).

## **Other School Based Activities**

- a. La Academia shall provide adequate space for eating and serving school meals.
- b. Students shall be provided with a clean and safe meal environment.
- c. La Academia shall provide an opportunity for breakfast (e.g. grab and go).
- d. La Academia shall provide meal periods at appropriate hours.
- e. Drinking water shall be available at all meal periods and throughout the school day.
- f. Students shall have access and be encouraged to wash or sanitize hands before meals and snacks.
- g. Qualified nutrition professionals shall administer the school meals program.
- h. Professional development shall be provided for district nutrition staff.
- i. Nutrition content of school meals shall be available to students and parents/guardians.
- j. To the extent possible, La Academia shall utilize available funding and outside programs to enhance student wellness.
- k. Food shall not be used in the schools as a reward.
- l. La Academia shall provide professional development to all staff on the components of the Student Wellness Policy.
- m. Goals of the Student Wellness Policy shall be considered in planning all school based activities.
- n. Administrators, teachers, food service personnel, students, parents/guardians, and community members shall be encouraged to serve as positive role models through school programs, communications and outreach efforts.
- o. La Academia shall support the efforts of parents/guardians to provide a healthy diet and daily physical activity for children by communicating relevant information through various methods.

- p. Healthier food selections should be available as part of fundraisers, school stores, birthday parties and celebrations.

### **Nutrition Guidelines**

All foods available in La Academia 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 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; schools store food, snacks and beverages; fundraisers; classroom parties; holiday celebrations; and food from home. The term “competitive foods” shall not include lunches provided to a student by his/her parent/guardian.

All competitive foods offered at school must follow the USDA Smart Snack in School Standards.

All competitive foods available to students in La Academia shall meet Nutritional Standards for Competitive Foods in Pennsylvania Schools.

### **Safe Routes to School**

La Academia shall assess and, to the extent possible, implement improvements to make walking and biking to school safer and easier for students.

La Academia shall cooperate with local municipalities, public safety agency, police departments, and community organizations to develop and maintain safe routes to school.

School administrators shall seek and utilize available federal, state, and local funding for safe routes to school, when appropriate.

### **References:**

*Child Nutrition and WIC Reauthorization Act of 2004 – P.L. 108-265 Sec. 20*

*School Code - 24 P.S. Sec. 1337.1, 1422, 1422.1*

*National School Lunch Program – 42 U.S.C. Sec. 1751 et seq.*

*School Breakfast Program – 42 U.S.C. Sec. 1773*

*Healthy, Hunger-Free Kids Act of 2010 – P.L. 111-296*