Book: Policy Manual

Section: 200 Pupils

Title: Student Wellness

Number: 246

Status: Active

Adopted: July 18, 2006

Last Revised: June 20, 2017

Last Reviewed: March 20, 2012

**Purpose**

Milton Area School District recognizes that student wellness and proper nutrition are related to student’s 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 promotion, 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**

The Board adopts this policy based on the recommendations of the Wellness Committee and in accordance with federal and state laws and regulations.[[1]](http://www.legis.state.pa.us/cfdocs/legis/LI/uconsCheck.cfm?txtType=HTM&yr=1949&sessInd=0&smthLwInd=0&act=14&chpt=14&sctn=22&subsctn=1)[[2]](http://www.law.cornell.edu/uscode/text/42/1758b)[[3]](https://www.law.cornell.edu/cfr/text/7/210.31)

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

1. A comprehensive nutrition program consistent with federal and state requirements.
2. Access at reasonable cost to foods and beverages that meet established nutrition guidelines.
3. Physical education courses and opportunities for developmentally appropriate physical activity during the school day.
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.

**Delegation of Responsibility**

The Superintendent or designee shall be responsible for the implementation and oversight of this policy to ensure each of the district's schools, programs, and curriculum is compliant with this policy, related policies and established guidelines or administrative regulations.[[2]](http://www.law.cornell.edu/uscode/text/42/1758b)[[3]](https://www.law.cornell.edu/cfr/text/7/210.31)

The Food Service Director/Wellness Coordinator shall annually report to the Superintendent or designee regarding compliance district-wide .

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

The Wellness Coordinator and the established Wellness Committee shall conduct an assessment at least once every three (3) years on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation. This triennial assessment shall be made available to the public in an accessible and easily understood manner and include:[[2]](http://www.law.cornell.edu/uscode/text/42/1758b%22%20%5Co%20%2242%20U.S.C.%201758b%22%20%5Ct%20%22_blank)[[3]](https://www.law.cornell.edu/cfr/text/7/210.31)

1. The extent to which each district school is in compliance with law and policies related to school wellness.
2. The extent to which this policy compares to model wellness policies.
3. A description of the progress made by the district in attaining the goals of this policy.

The district shall annually inform and update the public, including parents/guardians, students and others in the community, about the contents, updates and implementation of this policy via the district website, student handbooks, newsletters, posted notices and/or other efficient communication methods. This annual notification shall include information on how to access the School Wellness policy; information about the most recent triennial assessment; information on how to participate in the development, implementation and periodic review and update of the School Wellness policy; and a means of contacting Wellness Committee leadership.[[2]](http://www.law.cornell.edu/uscode/text/42/1758b)[[3]](https://www.law.cornell.edu/cfr/text/7/210.31)

**Guidelines**

Recordkeeping

The district shall retain records documenting compliance with the requirements of the School Wellness policy, which shall include:[[3]](https://www.law.cornell.edu/cfr/text/7/210.31%22%20%5Co%20%227%20CFR%20210.31%22%20%5Ct%20%22_blank)[[4]](https://www.law.cornell.edu/cfr/text/7/210.15)

1. The written School Wellness policy.
2. Documentation demonstrating that the district has informed the public, on an annual basis, about the contents of the School Wellness policy and any updates to the policy.

Wellness Committee

The district shall establish a Wellness Committee comprised of, but not necessarily limited to, at least one (1) of each of the following: School Board member, district administrator, district food service representative, student, parent/guardian, school health professional, physical education teacher and member of the public. It shall be the goal that committee membership will include representatives from each school building and reflect the diversity of the community.[[2]](http://www.law.cornell.edu/uscode/text/42/1758b)

The Wellness Committee shall serve as an advisory committee regarding student health issues and shall make recommendations by periodically reviewing a updating a School Wellness Policy that complies with law to recommend to the Board for adoption.

Nutrition Education

Nutrition education will be provided within the sequential, comprehensive health education program in accordance with curriculum regulations and academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.[[5]](http://www.legis.state.pa.us/cfdocs/legis/LI/uconsCheck.cfm?txtType=HTM&yr=1949&sessInd=0&smthLwInd=0&act=14&chpt=15&sctn=13&subsctn=0)[6][7]

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs.

District schools shall promote nutrition through the implementation of Farm to School activities, where possible.

District food service personnel shall review and implement research-based, behavioral economics techniques in the cafeteria to encourage consumption of more whole grains, fruits, vegetables and legumes, and to decrease plate waste.

District schools shall offer resources about health and nutrition to encourage parents/guardians to provide healthy meals for their children.

Physical Activity

District schools shall contribute to the effort to provide students opportunities to accumulate at least sixty (60) minutes of age/ability appropriate physical activity daily, as recommended by the Centers for Disease Control and Prevention. Opportunities offered at school will augment physical activity outside the school environment, such as outdoor play at home, sports, etc. Staff districtwide will stress the importance of daily physical activity.

Students shall participate in a variety of age/ability-appropriate physical activities designed to achieve optimal health, wellness, fitness and performance benefits.

Age/Ability-appropriate physical activity opportunities, such as outdoor and indoor recess, before and after school programs, during lunch, clubs, intramurals, and interscholastic athletics, shall be provided and encouraged to meet the needs and interests of all students, in addition to planned physical education.

District schools shall partner with parents/guardians and community members and organizations, such as YMCAs, Boys & Girls Clubs, local and state parks, hospitals, etc., to promote programs that support lifelong physical activity.

Physical activity shall not be used or withheld as a form of punishment.

District schools shall promote physical activity through encouragement of walking and biking as a means of transportation to and from school.

Physical Education

A sequential physical education program consistent with curriculum regulations and Health, Safety and Physical Education academic standards, shall be developed and implemented. All district students must participate in physical education.[6][7][[8]](http://www.legis.state.pa.us/cfdocs/legis/LI/uconsCheck.cfm?txtType=HTM&yr=1949&sessInd=0&smthLwInd=0&act=14&chpt=15&sctn=12&subsctn=1)

Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.

Other School Based Activities

Drinking water shall be available and accessible to students, without restriction and at no cost to the student, at all meal periods and throughout the school day.[[9]](http://www.law.cornell.edu/cfr/text/7/210.10)[[10]](http://www.law.cornell.edu/cfr/text/7/220.8)

Nutrition professionals who meet hiring criteria established by the district and in compliance with federal regulations shall administer the school meals program. Professional development and continuing education shall be provided for district nutrition staff, as required by federal regulations.[[11]](http://www.law.cornell.edu/uscode/text/42/chapter-13)[[12]](http://www.law.cornell.edu/uscode/text/42/1773)[[13]](https://www.law.cornell.edu/cfr/text/7/210.30)[14]

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

Students shall be provided a clean and safe meal environment.

Students shall be provided adequate time to eat: ten (10) minutes sit down time for breakfast; twenty (20) minutes sit down time for lunch.

District schools shall implement alternative service models to increase school breakfast participation where possible, such as breakfast served in the classroom, "grab & go breakfast" and breakfast after first period to reinforce the positive educational, behavioral and health impacts of a healthy breakfast.

Meal periods shall be scheduled at appropriate hours, as required by federal regulations and as defined by the district.[[9]](http://www.law.cornell.edu/cfr/text/7/210.10)

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

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

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

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

The district shall provide appropriate training to all staff on the components of the School Wellness policy.

Goals of the School Wellness policy shall be considered in planning all school based activities.

The district shall maintain a healthy school environment, including but not limited to indoor air quality, in accordance with the district's healthy learning environment program and applicable laws and regulations.

Nutrition Guidelines

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

Foods and beverages provided through the National School Lunch or School Breakfast Programs shall comply with established federal nutrition standards.[[9]](http://www.law.cornell.edu/cfr/text/7/210.10)[[10]](http://www.law.cornell.edu/cfr/text/7/220.8)[[11]](http://www.law.cornell.edu/uscode/text/42/chapter-13)[[12]](http://www.law.cornell.edu/uscode/text/42/1773)

Foods and beverages offered or sold at school-sponsored events outside the school day will try to offer healthy alternatives in addition to more traditional fare.

*Competitive Foods -*

Competitive foods available for sale shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School). These standards shall apply in all locations and through all services where foods and beverages are sold to students, which may include, but are not limited to: a la carte options in cafeterias, vending machines, school stores, snack carts and fundraisers.[[3]](https://www.law.cornell.edu/cfr/text/7/210.31)[[15]](http://www.law.cornell.edu/cfr/text/7/210.11)[[16]](http://www.law.cornell.edu/cfr/text/7/220.12)

**Competitive foods** are defined as foods and beverages offered or sold to students on school campus during the school day, which are not part of the reimbursable school breakfast or lunch.

For purposes of this policy, **school campus** means any area of property under jurisdiction of the school that students may access during the school day.[[3]](https://www.law.cornell.edu/cfr/text/7/210.31)[[15]](http://www.law.cornell.edu/cfr/text/7/210.11)

For purposes of this policy, **school day** means the period from midnight before school begins until thirty (30) minutes after the end of the official school day.[[3]](https://www.law.cornell.edu/cfr/text/7/210.31)[[15]](http://www.law.cornell.edu/cfr/text/7/210.11)

No competitive foods shall be sold in competition with the school meals program, unless part of the educational process.

Students will refrain from bringing food and beverages from home that do not meet USDA Smart Snacks in Schools guidelines.

In order to promote healthy nutrition, parents/guardians are encouraged to purchase healthy school meals and to ref﻿rain from including food and beverages that do not meet Smart Shacks in School guideline﻿s in packed lunches or snacks.

*Fundraiser Exemptions -*

Fundraising activities held during the school day involving the sale of competitive foods shall be limited to foods that meet the Smart Snacks in Schools nutrition standards, unless an exemption is approved in accordance with applicable Board policy and procedures.[17]

The district may allow a limited number of exempt fundraisers as permitted by the Pennsylvania Department of Education each school year: up to five (5) exempt fundraisers in elementary and middle school buildings, and up to ten (10) exempt fundraisers in high school buildings. **Exempt fundraisers** are fundraisers in which competitive foods are available for sale to students that do not meet the Smart Snacks in School nutrition standards.[[15]](http://www.law.cornell.edu/cfr/text/7/210.11)

The district shall establish procedures to implement fundraising activities in district schools, including procedures for requesting a fundraiser exemption.

*Non-Sold Competitive Foods -*

Non-sold competitive foods available to students, which may include but are not limited to foods and beverages offered as rewards and incentives, at classroom parties and celebrations, or as shared classroom snacks, shall meet or exceed the standards established by the district.

If the offered competitive foods do not meet or exceed the Smart Snacks in School nutrition standards, the following standards shall apply:

1. Rewards and Incentives:

	1. Food and beverages shall not be used as a reward to classroom or school activities unless the reward is an activity that promotes a positive nutrition message (e.g., guest chef, field trip to a farm or farmers market, etc.).
2. Classroom Parties and Celebrations:

	1. Parents/Guardians shall be informed through newsletters or other efficient communication methods that foods/beverages should only be brought in when requested for scheduled parties.
	2. Classroom parties shall offer a minimal amount of foods containing added sugar as the primary ingredient (e.g., cupcakes, cookies) and will provide healthy items such as: fresh fruits and vegetables, water, 100% juice and milk.
	3. Food Service will offer parents/guardians the ability to purchase healthy alternatives for classroom parties.
	4. Food celebrations shall not occur until thirty (30) minutes after the end of the last lunch period.
3. Shared Classroom Snacks:

	1. Shared classroom snacks will be discouraged and nonfood ideas provided in district schools.

The district shall provide a list of suggested nonfood ideas and healthy food and beverage alternatives to parents/guardians and staff, which may be posted via the district website, student handbooks, newsletters, posted notices and/or other efficient communication methods. Teachers and parents/guardians will be encouraged to promote nonfood treats in classrooms

*Marketing/Contracting -*

Any foods and beverages marketed or promoted to students on the school campus during the school day shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School) and comply with established Board policy and procedures.[[15]](http://www.law.cornell.edu/cfr/text/7/210.11)[[3]](https://www.law.cornell.edu/cfr/text/7/210.31)

Exclusive competitive food and/or beverage contracts shall be approved by the Board, in accordance with provisions of law. Existing contracts shall be reviewed and modified to the extent feasible to ensure compliance with established federal nutrition standards, including applicable marketing restrictions.[[18]](http://www.legis.state.pa.us/cfdocs/legis/LI/uconsCheck.cfm?txtType=HTM&yr=1949&sessInd=0&smthLwInd=0&act=14&chpt=5&sctn=4&subsctn=1)

Management of Food Allergies in District Schools

The district shall establish Board policy and administrative regulations to address food allergy management in district schools in order to:

1. Reduce and/or eliminate the likelihood of severe or potentially life-threatening allergic reactions.
2. Ensure a rapid and effective response in case of a severe or potentially life-threatening allergic reaction.
3. Protect the rights of students by providing them, through necessary accommodations when required, the opportunity to participate fully in all school programs and activities.

Safe Routes to School

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

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

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

Legal

[1. 24 P.S. 1422.1](http://www.legis.state.pa.us/cfdocs/legis/LI/uconsCheck.cfm?txtType=HTM&yr=1949&sessInd=0&smthLwInd=0&act=14&chpt=14&sctn=22&subsctn=1)

[2. 42 U.S.C. 1758b](http://www.law.cornell.edu/uscode/text/42/1758b)

[3. 7 CFR 210.31](https://www.law.cornell.edu/cfr/text/7/210.31)

[4. 7 CFR 210.15](https://www.law.cornell.edu/cfr/text/7/210.15)

[5. 24 P.S. 1513](http://www.legis.state.pa.us/cfdocs/legis/LI/uconsCheck.cfm?txtType=HTM&yr=1949&sessInd=0&smthLwInd=0&act=14&chpt=15&sctn=13&subsctn=0)

6. Pol. 102

7. Pol. 105

[8. 24 P.S. 1512.1](http://www.legis.state.pa.us/cfdocs/legis/LI/uconsCheck.cfm?txtType=HTM&yr=1949&sessInd=0&smthLwInd=0&act=14&chpt=15&sctn=12&subsctn=1)

[9. 7 CFR 210.10](http://www.law.cornell.edu/cfr/text/7/210.10)

[10. 7 CFR 220.8](http://www.law.cornell.edu/cfr/text/7/220.8)

[11. 42 U.S.C. 1751 et seq](http://www.law.cornell.edu/uscode/text/42/chapter-13)

[12. 42 U.S.C. 1773](http://www.law.cornell.edu/uscode/text/42/1773)

[13. 7 CFR 210.30](https://www.law.cornell.edu/cfr/text/7/210.30)

14. Pol. 808

[15. 7 CFR 210.11](http://www.law.cornell.edu/cfr/text/7/210.11)

[16. 7 CFR 220.12](http://www.law.cornell.edu/cfr/text/7/220.12)

17. Pol. 229

[18. 24 P.S. 504.1](http://www.legis.state.pa.us/cfdocs/legis/LI/uconsCheck.cfm?txtType=HTM&yr=1949&sessInd=0&smthLwInd=0&act=14&chpt=5&sctn=4&subsctn=1)

[24 P.S. 1337.1](http://www.legis.state.pa.us/cfdocs/legis/LI/uconsCheck.cfm?txtType=HTM&yr=1949&sessInd=0&smthLwInd=0&act=14&chpt=13&sctn=37&subsctn=1)

[24 P.S. 1422](http://www.legis.state.pa.us/cfdocs/legis/LI/uconsCheck.cfm?txtType=HTM&yr=1949&sessInd=0&smthLwInd=0&act=14&chpt=14&sctn=22&subsctn=0)

[24 P.S. 1422.3](http://www.legis.state.pa.us/cfdocs/legis/LI/uconsCheck.cfm?txtType=HTM&yr=1949&sessInd=0&smthLwInd=0&act=14&chpt=14&sctn=22&subsctn=3)

[P.L. 111-296](http://www.gpo.gov/fdsys/pkg/PLAW-111publ296/html/PLAW-111publ296.htm)

[7 CFR Part 210](http://www.law.cornell.edu/cfr/text/7/part-210)

[7 CFR Part 220](http://www.law.cornell.edu/cfr/text/7/part-220)

Pol. 103

Pol. 103.1