

# DEER LAKES SCHOOL DISTRICT

Section:  
Title:  
Date Adopted:  
Date Revised:

No. 246  
PUPILS  
STUDENT WELLNESS  
June 19, 2006  
June 23, 2015

## 246. STUDENT WELLNESS

1. Purpose Deer Lakes 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.
  
2. Authority To ensure the health and well-being of all students, the Board establishes that the district shall provide to students a comprehensive nutrition program consistent with federal and state requirements, access at reasonable cost to foods and beverages that meet established nutritional guidelines, and a 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.L. 108-265, Sec. 204
  
3. Delegation of Responsibility The Superintendent or 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. Pol. 808

Each building principal or designee shall report to the Superintendent or designee regarding compliance in his/her school.

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

The Superintendent or designee shall annually report to the Board on the district's compliance with law and policies related to student wellness. The report may include assessment of school environment regarding student wellness issues,

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evaluation of food services program, recommendations for policy and/or program revisions, suggestions for improvement in specific areas and feedback received from district staff, students, parent/guardians, community members and Wellness Committee.

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, Cafeteria Manager, Business Manager, and Superintendent. P.L. 108-265, Sec 204

#### 4. Guidelines

##### 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, school nurse, and classified staff.

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.

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.

##### 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 shall provide all students with the knowledge and skills needed to lead healthy lives. Lifelong lifestyle balance

shall be reinforced by linking nutrition education and physical activity.

Nutrition education shall extend beyond the school environment by engaging and involving families and communities.

The district aims to teach, encourage and support healthy eating by students.

### Physical Activities

Students shall participate in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, and fitness benefits. A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained. Physical activity shall not be used as a form of punishment.

### Physical Education

Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided. Students shall be moderately to vigorously active as much time as possible during a physical education class. Documented medical conditions and disabilities shall be accommodated during class. Safe and adequate equipment, facilities and resources shall be provided for physical education courses. Physical education shall be taught by certified health and physical education teachers. Appropriate professional development shall be provided for physical education staff.

### Other School Based Activities

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.

Meal periods shall be scheduled at appropriate hours, as defined

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by the district.

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

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

The district 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.

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

Celebrations and classroom parties are a privilege afforded to students as social function that deviate from the normal academic program and instructional day. Classroom celebrations and parties should focus on the interactive social benefits of such activities. Food items should not be offered or made available for consumption by students during such events.

## Nutrition 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 established federal nutrition standards.

Competitive foods available for sale shall comply with established federal nutrition standards known as Smart Snacks in School.

Competitive foods that are offered or available to students throughout the school day shall comply with the applicable sections of the Nutrition Standards for Competitive Foods in

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Pennsylvania Schools.

**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; classroom parties; holiday celebrations; and food from home.

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

## References:

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