

**MONTGOMERY
COUNTY
INTERMEDIATE
UNIT #23**

SECTION: PUPILS
TITLE: STUDENT WELLNESS
ADOPTED: MAY 25, 2016
REVISED: June 28, 2017

246. STUDENT WELLNESS	
<p>1. Purpose</p>	<p>The Intermediate Unit 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 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.</p>
<p>2. Authority</p> <p>SC 1422.1 42 U.S.C. Sec. 1751 nt 42 U.S.C. Sec. 1758b 7 CFR 210.30</p>	<p>The Board adopts this Policy based on the recommendations of the appointed Wellness Committee and in accordance with federal and state laws and regulations.</p> <p>To ensure the health and well-being of all students, the Board establishes that the Intermediate Unit, in cooperation with sending school districts, shall provide to students:</p> <ol style="list-style-type: none"> 1. A comprehensive nutrition program consistent with federal and state requirements. 2. Access, at reasonable cost, to foods and beverages that meet established nutritional guidelines. 3. Physical education courses and opportunities for developmentally appropriate physical activity during the school day. 4. Curriculum and programs for students ages 3 to 21 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> <p>42 U.S.C. Sec. 1758b 7 CFR 210.30</p>	<p>The Executive Director or designee shall be responsible for the implementation and oversight of this Policy to ensure that Intermediate Unit programs and curriculum are compliant with this Policy, related policies and established guidelines or administrative regulations.</p> <p>Each building administrator and/or program supervisor or designee shall be responsible for reporting to the Executive Director or designee any concerns regarding compliance in their school and/or program with this Policy or with ideas for how to improve student wellness initiatives consistent with this Policy.</p>

	<p>Staff members responsible for programs related to student wellness shall report to the Executive Director or designee regarding the status of such programs.</p> <p>The Executive Director or designee shall report to the Board on the Intermediate Unit’s compliance with law and policies related to student wellness on an as-needed basis.</p> <p>The report may include:</p> <ol style="list-style-type: none"> 1. Review of all foods and beverages sold in Intermediate Unit programs for compliance with established nutrition guidelines. 2. Recommendations for policy and/or program revisions. 3. Suggestions for improvement in specific areas. 4. Feedback received from Intermediate Unit and district staff, students, parents/guardians, community members and the Wellness Committee.
<p>42 U.S.C. Sec. 1751 nt</p>	<p>Intermediate Unit guidelines for reimbursable meals shall not be less restrictive than regulations and guidelines issued for intermediate units in accordance with federal law.</p>
<p>42 U.S.C. Sec. 1758b 7 CFR 210.30</p>	<p>The Executive Director or designee 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:</p> <ol style="list-style-type: none"> 1. The extent to which each school and/or program is in compliance with law and policies related to student wellness. 2. The extent to which this Policy compares to model wellness policies. 3. A description of the progress made by the Intermediate Unit in attaining the goals of this Policy.
<p>7 CFR 210.30</p>	<p>At least once every three (3) years, the Intermediate Unit shall update or modify this Policy as needed, based on the results of the most recent triennial assessment and/or as Intermediate Unit and community needs and priorities change; wellness goals are met; new health science, information and technologies emerge; and new federal or state guidance or standards are issued.</p>
<p>42 U.S.C. Sec. 1758b 7 CFR 210.30</p>	<p>The Intermediate Unit 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 Intermediate Unit website, student handbooks, newsletters, posted notices and/or other efficient communication</p>

<p>4. Guidelines</p> <p>7 CFR 210.15</p> <p>42 U.S.C. Sec. 1758b</p> <p>7 CFR 210.30</p>	<p>methods. This annual notification shall include information on how to access the Student 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 Student Wellness Policy; and a means of contacting Wellness Committee leadership.</p> <p><u>Recordkeeping</u></p> <p>The Intermediate Unit shall retain records documenting compliance with the requirements of the Student Wellness Policy, which shall include:</p> <ol style="list-style-type: none">1. The written Student Wellness Policy.2. Documentation demonstrating that the Intermediate Unit has informed the public, on an annual basis, about the contents of the Student Wellness Policy and any updates to the policy.3. Documentation of efforts to review and update the Student Wellness Policy, including who is involved in the review and methods used by the Intermediate Unit to inform the public of their ability to participate in the review.4. Documentation demonstrating the most recent assessment on the implementation of the Student Wellness Policy and notification of the assessment results to the public. <p><u>Wellness Committee</u></p> <p>The Board shall appoint a Wellness Committee comprised of, but not limited to, at least one (1) of each of the following: Board member, Intermediate Unit administrator, school nurse, school counselor, and school physical education teacher. Others members of the Student Wellness Committee may include a health and wellness specialist, dietitian, teacher, curriculum specialist, Intermediate Unit food service representative, student, parent/guardian, and member of the public, and any individual chosen by the Intermediate Unit administration or Board.</p> <p>The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing, periodically reviewing and recommending to the Board a Student Wellness Policy that complies with law. The Wellness Committee will meet a minimum of four (4) times per year and will be responsible for conducting the required triennial assessment of the Student Wellness Policy.</p> <p>The Wellness Committee shall review and consider evidence-based strategies and techniques in establishing goals for nutrition education and promotion, physical activity and other school based activities that promote student wellness as part of the policy development and revision process.</p>
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<p>24 P.S. 1513</p>	<p><u>Nutrition Education</u></p> <p>Nutrition education will be provided within the sequential, comprehensive health education program in accordance with curriculum regulations and the academic standards. Nutrition education lessons and activities shall be age-appropriate.</p> <p>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.</p> <p>Nutrition education shall be integrated into other subjects to complement but not replace academic standards based on nutrition education. Encouragement for students to maintain a lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.</p> <p>The staff responsible for providing nutrition education shall be properly trained and prepared and shall participate in appropriate professional development.</p> <p><u>Nutrition Promotion</u></p> <p>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.</p> <p>Intermediate Unit staff may cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.</p> <p>Consistent nutrition messages may be disseminated and displayed throughout the Intermediate Unit, sending school districts, classrooms, cafeterias, homes, community and media. The Intermediate Unit shall only permit during school hours the marketing of foods and beverages that are consistent with the USDA Smart Snacks in Schools nutrition standards.</p> <p>The Intermediate Unit may encourage parents/guardians to provide healthy meals for their children through newsletter articles, take-home materials, or other means.</p> <p><u>Physical Activity</u></p> <p>The Intermediate Unit shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students enrolled its programs.</p> <p>Intermediate Unit students shall participate in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness and performance benefits. A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.</p>
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<p>24 P.S. 1512.1</p>	<p><u>Physical Education</u></p> <p>A sequential physical education program consistent with curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented.</p> <p>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 students, ages 3 to school age, enrolled in Intermediate Unit preschool education programs, physical education opportunities shall be the means through which preschool students learn, practice developmentally appropriate skills and gain knowledge necessary for lifelong, health-enhancing physical activity. For school age students, Kindergarten through Grade 12, physical education classes shall be the means through which school age students learn, practice developmentally appropriate skills and gain knowledge necessary for lifelong, health-enhancing physical activity.</p> <p>Safe and adequate equipment, facilities and resources shall be provided for physical education courses.</p>
<p>7 CFR 210.10 7 CFR 220.8</p> <p>42 U.S.C. 1751 et seq 42 U.S.C. 1773 7 CFR 210.31</p>	<p><u>Other School Based Activities</u></p> <p>Drinking water shall be available and accessible to students, at no cost to the student, at all meal periods and throughout the school day.</p> <p>Nutrition professionals who meet hiring criteria established by the Intermediate Unit and in compliance with federal regulations shall administer the school meals program. Professional development and continuing education shall be provided for Intermediate Unit nutrition staff, as required by federal regulations.</p> <p>Nutrition content of school meals shall be available to students and parents/guardians.</p>
<p>7 CFR 210.10 7 CFR 220.8</p> <p>7 CFR 210.11 7 CFR 210.30</p> <p>42 U.S.C. 1751 et seq 42 U.S.C. 1773</p>	<p><u>Nutrition Guidelines</u></p> <p>All foods available in Intermediate Unit programs during the school day shall be offered to students with consideration for promoting student health and reducing childhood obesity.</p> <p>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.</p> <p>Foods and beverages provided through the National School Lunch or School Breakfast Programs, Summer Food Service Programs, Child and Adult Care Food Programs, or any other USDA food program offered by the Intermediate Unit shall comply with established federal nutrition standards.</p>

<p>7 CFR 210.11 7 CFR 220.12a</p> <p>7 CFR 210.11</p> <p>7 CFR 210.11</p>	<p><i>Competitive Foods-</i></p> <p>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.</p> <p>For purposes of this Policy, school campus means any area of property under the jurisdiction of the Intermediate Unit that students may access during the school day.</p> <p>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, lunch, or snack.</p> <p>The Intermediate Unit may impose additional restrictions on competitive foods, provided that the restrictions are not inconsistent with federal requirements.</p> <p>Exclusive competitive food and/or beverage contracts shall be approved by the Board, in accordance with provisions of law.</p> <p><i>Fundraiser Exemptions –</i></p> <p>Fundraising activities held during the school day involving the sale of competitive foods shall be limited to foods that meet the Smart Snacks in School nutrition standards, unless an exemption is approved in accordance with applicable Board policy and administrative regulations.</p> <p>The Intermediate Unit may allow a limited number of exempt fundraisers as permitted by the Pennsylvania Department of Education each school year. Each exempt fundraiser may not exceed one school week in length.</p> <p>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.</p> <p><i>Non-Sold Competitive Foods –</i></p> <p>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 Intermediate Unit.</p>
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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:

- a. Foods and beverages shall not be used as a reward for 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.) or the usage is part of specially designed instruction for a student with an IEP.

2. Classroom Parties and Celebrations:

- a. Participation in parties/celebrations with food/beverages shall be limited to no more than one (1) per month.
- b. 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.
- c. Celebrations that include food/ beverages shall not occur until thirty (30) minutes after the end of the last lunch period.

The Intermediate Unit 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 Intermediate Unit website, student handbook, newsletters, posted notices and/or other efficient communication methods.

Marketing/Contracting

7 CFR 210.30
7 CFR 210.11

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 administrative regulations.

24 P.S. 504.1

Food and beverage marketing is defined as advertising and other promotions in Intermediate Unit programs and may include oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product.

Management of Food Allergies in Intermediate Unit Programs

The Intermediate Unit shall establish Board policy and administrative regulations to address food allergy management in Intermediate Unit programs 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 Intermediate Unit programs and activities.

References:

School Code – 24 P.S. Sec. 504.1, 1337.1, 1422, 1422.1

Child Nutrition and WIC Reauthorization Act of 2004 – 42 U.S.C. Sec. 1751 notes.

National School Lunch Program – 7 CFR Part 210

School Breakfast Program – 7 CFR Part 220

Board Policy – 000, 808