



SCHOOL DISTRICT

ADMINISTRATION BUILDING
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POLICY 246 – STUDENT WELLNESS

1. Purpose

The West Jefferson Hills 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 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. 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 K-12 that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with State Board of Education curriculum regulation and academic standards.

3. Delegation of Responsibility

The Superintendent shall be responsible to monitor district schools, programs, and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations.

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

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

The Superintendent shall report to the Board on the district'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 program revisions.
- F. Suggestions for improvement in specific areas.
- G. Feedback received from district staff, students, parents/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 by the:

- A. Food Service Director and
- B. Business Manager

4. **Preamble:**

- A. Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;
- B. Whereas, good health fosters student attendance and education;
- C. Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;
- D. Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;
- E. Whereas, national studies suggest that 33% of high school students in the United States do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;
- F. Whereas, national studies suggest that only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;
- G. Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;
- H. Whereas, community participation is essential to the development and implementation of successful school wellness policies;
- I. Thus, the West Jefferson Hills School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the West Jefferson Hills School District that:
 - 1. The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
 - 2. All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
 - 3. Foods and beverages sold or served at school will meet the nutrition recommendations of the *U. S. Dietary Guidelines for Americans*.
 - 4. Qualified professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students: and will provide clean, safe, and pleasant settings and adequate time for students to eat.
 - 5. To the maximum extent practicable, all schools in our district will participate in the federal National School Lunch Program.
 - 6. Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

5. **Wellness Committee**

The Superintendent 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, and any of the following:

- A. teacher
- B. The School Nurse, along with the physical education teacher, will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with
- C. school counselor
- D. coach
- E. dietician
- F. school trainer
- G. other individuals chosen by the superintendent

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 recommendation to the Board related to other health issues necessary to promote student wellness.
- B. The Wellness Committee within the district will create, strengthen, or work, within existing schools to develop, implement, monitor, review, and as necessary, revise school nutrition and physical activity policies.
- C. The Wellness Committee will also serve as resources to school sites for implementing those policies.

6. 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 within the sequential, comprehensive health education program in accordance with State Board of Education curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.
- C. Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.
- D. Nutrition education lessons and activities shall be age-appropriate.
- E. Nutrition curriculum shall be behavior focused.
- F. School food service and nutrition education classes shall cooperate to create a learning laboratory.
- G. Nutrition education shall be integrated into other subjects to complement but not replace academic standards based on nutrition education.
- H. Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.
- I. The staff responsible for providing nutrition education shall be properly trained.
- J. District staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.
- K. Consistent nutrition messages shall be disseminated throughout the district, schools, classrooms, cafeterias, homes, community and media.
- L. Nutrition education shall extend beyond the school environment by engaging and involving families and communities.
- M. Nutrition education is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.
- N. Nutrition education is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects.
- O. Nutrition education includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens.
- P. Nutrition education promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.
- Q. Nutrition education emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise).

7. Physical Activity

- A. The West Jefferson Hills School District shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.
- B. The West Jefferson Hills School District shall determine how they will contribute to and encourage the efforts of students to accumulate at least sixty (60) minutes of age-appropriate physical activity on all or most days of the week. That time will include physical activity outside the school environment, such as outdoor play at home, sports, etc.
- C. Students shall participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits.
- D. 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.

- E. A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.
- F. Physical activity breaks shall be provided for elementary students during classroom hours.
- G. After-school programs shall provide developmentally appropriate physical activity for participating children.
- H. District schools shall partner with parents/guardians and community members to institute programs that support physical activity.
- I. Students and the community shall have access to physical activity facilities outside school hours.
- J. Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television.
- K. To reduce time spent on the sedentary activities, opportunities for physical activity will be incorporated into other subject lessons.

8. 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.
- 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 comprehensive physical education course of study that focuses on providing students the skills, knowledge and confidence to participate in lifelong, health-enhancing physical activity shall be implemented.
- D. A varied and comprehensive curriculum that leads to students becoming and remaining physically active for a lifetime shall be provided in the physical education program.
- E. 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.
- F. Adequate amounts of planned instruction shall be provided in order for students to achieve the proficient level for the Health, Safety and Physical Education academic standards.
- G. 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.
- H. Safe and adequate equipment, facilities and resources shall be provided for physical education courses.
- I. Physical education shall be taught by certified health and physical education teachers.
- J. Appropriate professional development shall be provided for the physical education staff.

9. Nutrition Guidelines

- A. The West Jefferson Hills School District will strive to increase participation in Federal Child Nutrition Programs including the National School Lunch Program. Meals served through the National School Lunch Program will:
 - 1. Be appealing and attractive to children
 - 2. Be served in clean and pleasant settings
 - 3. Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations
 - 4. Offer a variety of fruits and vegetables
 - 5. Serve a variety of flavored lower-fat (2%, and 1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA)
 - 6. Promote whole grains
- B. Schools should engage students and parents, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents and students. Such information may be made available upon request.

10. Free and Reduced-priced Meals

Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-priced school meals. Toward this end, schools may

utilize electronic identification and payment systems and promote the availability of school meals to all students.

11. Meal Times and Scheduling Schools:

- A. Will strive toward providing students with at least 20 minutes after sitting down for lunch
- B. Should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 10:30 a.m. and 1:00 p.m.
- C. Should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities
- D. Will, to the extent possible, schedule lunch periods to follow recess periods (in elementary schools)
- E. Will strive toward providing cafeterias with enough serving areas so that students do not have to spend too much time waiting in line
- F. Will strive toward providing dining areas that are attractive and have enough space for seating all students
- G. Will, to the extent possible, provide students access to hand washing or hand sanitizing before they eat meals or snacks

12. Qualifications of School Food Service Staff

Qualified professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development.

13. Sharing of Foods and Beverages

Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

14. Food Safety and Security

All foods available in schools will comply with state and local safety and sanitation guidelines. For the safety and security of the food and facility, access to the food service operations is limited to food service staff and authorized personnel only.

15. Competitive Foods

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

A. Elementary Schools:

The school food service program will approve and provide all food and beverage sales to students in elementary schools. Foods and beverages sold individually should comply with the Dietary Guidelines for Americans.

- 1. **Beverages:** All beverages sold individually or through vending machines in grades K-5 will be water, 100% juice or milk
- 2. **Food: All** food items sold individually or through vending:
 - a. Will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters)
 - b. Will not have sugar as the first ingredient
 - c. Provide minimal trans fatty acids
 - d. Packages will be single serve
 - e. Will not include any foods of minimal nutritional value according to Federal National School Lunch Guidelines
 - f. Will strive to include items that contain greater than 2 grams of fiber per serving

B. Middle/Junior High and High Schools

In middle/junior high and high schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte (snack) lines, vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards: ("All competitive foods, except for NSLP entrees that may be sold a la carte, shall comply with the nutritional standards for competitive foods in Pennsylvania schools.")

1. **Beverages:** A minimum of 75% of the beverages sold will be water, 100% juice or milk. Those not allowed include carbonated beverages.
2. **Food:**
 - The School Food Authority will strive to sell food items that meet the following criteria:
 - a. Have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) (“All competitive foods, except for NSLP entrees that may be sold a la carte, shall comply with the nutritional standards for competitive foods in Pennsylvania schools.”)
 - b. Not have sugar as the first ingredient
 - c. Provide minimal trans fatty acids
 - d. Packages will be single serve
 - e. Not include any foods of minimal nutritional value according to Federal National School Lunch Guidelines
 - f. Strive to include items that contain greater than 2 grams of fiber per serving

A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat guidelines).

16. Fundraising Activities

To support children’s health and school nutrition-education efforts, school fundraising activities will:

- A. Limit those during the school day involving food or will use only foods that meet the above nutrition standards for foods and beverages sold individually
- B. Not allow foods of minimal nutritional value (as defined by the National School Lunch guidelines) to be sold during the school day
- C. Not allow any food items sold as part of a fundraising activity to be available until at least 30 minutes after the last lunch period
- D. Encourage fundraising activities that promote physical activity
- E. Encourage that foods sold as fundraisers and available for sale outside of the school day will support healthy eating habits by limiting high sugar and high fat foods

17. Snacks

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children’s diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water, juice or milk as the primary beverages.

- A. If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

18. Rewards

Schools will discourage the use of foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior.

19. Celebrations

Schools should discourage parties that include more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (above), and that the encouragement of non-food items be given as treats.

20. Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (above). School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

21. Staff Wellness

The West Jefferson Hills School District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The West Jefferson Hills School District will establish and maintain a staff wellness committee composed of at least one staff member, school health council member, dietitian or other health professional, recreation program representative, union representative, and employee benefits specialist. (The staff wellness committee could be a subcommittee of the school health council.) The committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. The staff wellness committee should distribute its plan to the school health council annually.

22. Safe Routes to School

- A. The district shall assess and, to the extent possible, implement improvements to make walking and biking to school safer and easier for students.
- B. The district shall cooperate with local municipalities, public safety agency, police departments, and community organizations to develop and maintain safe routes to school.
- C. 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