

**AUSTIN AREA
SCHOOL DISTRICT**

SECTION: PUPILS

TITLE: STUDENT WELLNESS

ADOPTED: May 11, 2006

REVISED:

246. Student Wellness	
1. Purpose	<p>Austin Area 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.</p>
2. Authority P.L. 108-265 Sec. 204	<p>To ensure the health and well being of all students, the Board establishes that the District shall provide to students:</p> <ul style="list-style-type: none">• A comprehensive nutrition program consistent with Federal and State requirements.• Physical Education courses and opportunities for developmentally appropriate physical activity during the school day.• 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.
3. Delegation of Responsibility Pol. 808	<p>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.</p> <p>Each building principal or designee shall report to the Superintendent regarding compliance in his/her school.</p> <p>Staff members responsible for programs related to student wellness shall report to the Superintendent regarding the status of such programs.</p>

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<p>P.L. 208-265 Sec. 204</p> <p>4. Guidelines</p>	<p>The Superintendent shall annually report to the Board on the District's compliance with law and policies related to student wellness. The report may include:</p> <ul style="list-style-type: none">• Evaluation of food service program.• Listing of activities and programs conducted to promote nutrition and physical activity.• Feedback received from District staff, students, parents/guardians, community members and Wellness Committee. <p>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:</p> <ul style="list-style-type: none">• Cafeteria Manager• School Nurse• Superintendent <p><u>Wellness Committee</u></p> <p>The Board shall appoint a Wellness Committee comprised of at least one (1) of the following: School Board member, District Administrator, District Food Service representative, student, parent/guardian, member of the public. Also included shall be: Teacher, School Nurse, School Counselor, Health Professional, representation of community organization and other individuals chosen by the Board.</p> <p>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.</p> <p>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.</p> <p>The Wellness Committee shall provide periodic reports to the Superintendent regarding the status of its work, as required.</p>
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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 knowledge and skills needed to lead healthy lives.

Nutrition education lessons and activities shall be age appropriate.

Nutrition educational shall be integrated into other subjects to complement but not replace academic standards based on nutrition education.

The staff responsible for providing nutrition education shall be properly trained and prepared and shall participate in appropriate professional development.

Consistent nutritional messages shall be disseminated throughout the District schools, classrooms, cafeteria, homes, community and media.

Physical Activity

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

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.

Physical activity breaks shall be provided for elementary students during classroom hours.

Physical Education

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.

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	<p>A sequential physical education program consistent with State Board of Education curriculum regulations and Health, Safety and Physical Education academic standards shall be developed.</p> <p>Physical education shall be taught by certified health and physical education teachers.</p> <p><u>Other School Based Activities:</u></p> <p>Drinking water shall be available at all meal periods and throughout the school day.</p> <p>Professional development shall be provided for District nutrition staff.</p> <p>To the extent possible, the District shall utilize available funding and outside programs to enhance student wellness.</p> <p>The District shall provide appropriate training to all staff on the components of the Student Wellness Policy.</p> <p><u>Nutrition Guidelines</u></p> <p>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.</p> <p>Foods provided through the National School Lunch or School Breakfast Programs shall comply with federal nutrition standards under the School Meals Initiative.</p> <p>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.</p>
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All complete foods available to students in our District schools shall comply with the Nutritional Standards for Competitive Foods in Pennsylvania Schools. The nutritional standards shall be implemented as a three (3) year plan. School will implement Nutrition Standards for Competitive Foods in PA Schools year one in 2007-08 and year two in 2008-09 in a least one building.

Safe Routes to School

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