

SECTION: PUPILS

TITLE: STUDENT WELLNESS

ADOPTED: June 19, 2006

REVISED: May 21, 2012

# UNIONVILLE- CHADDS FORD SCHOOL DISTRICT

<b>246. STUDENT WELLNESS</b>	
<p>1. Authority 42 U.S.C. 1751</p>	<p>In accordance with the Child Nutrition and WIC Reauthorization Act of 2004, the Unionville-Chadds Ford School District establishes this Student Wellness Policy.</p>
<p>2. Purpose</p>	<p>Unionville-Chadds Ford 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 encourages 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> <p>To ensure the health and well-being of all students, the Board establishes that the District shall provide to students:</p> <p>A comprehensive food service program consistent with federal and state requirements.</p> <p>Access at reasonable cost to foods and beverages that meet established nutritional guidelines.</p> <p>Physical education courses and opportunities for developmentally appropriate physical activity during the school day.</p> <p>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>
<p>3. Delegation of Responsibility Policy 808</p>	<p>The Superintendent, through the Food Service Supervisor and the school principals 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>A confirmation statement that District guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law shall be submitted by June 30<sup>th</sup> of each year by the Food Service Supervisor.</p>

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<p>4. Wellness Committee</p>	<p>The Wellness Committee shall be comprised of at least one (1) of each of the following: Board member, District administrator, District food service supervisor/representative, student, parent/guardian, PTO representative/member of the public, teacher, school nurse and representative of special needs students.</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>5. Goals and Guidelines</p>	<p><b>Meals and Water:</b> A minimum of 10 minutes sit down time will be provided for breakfast and a minimum of 20 minutes sit down time will be provided for lunch. Meals will be provided by a trained food service staff in accordance with the National School Lunch Program Guidelines and the Dietary Guidelines for Americans as established by USDA. Nutrition content of the meals shall be readily available. Drinking water shall be available at all meal periods and throughout the day free of charge.</p> <p><b>Recess:</b> There is no formal recess for Kindergarten. Grades 1-5 shall have a minimum of 20 minutes of recess scheduled each school day. Grades 6-12 do not have a scheduled recess.</p> <p><b>Food/Beverages not consumed at regular meal times:</b> For Birthdays, a teacher-directed non-food related activity is encouraged. The option of a treat (food or non-food) is permitted. Food for curriculum purposes is directed by the teacher / administration. There are occasions throughout the year where special events / celebrations and/or incentives are appropriate. These occasions are determined by the building administration. Food served at these events is teacher directed. No food or beverage which does not have any nutritional value will be sold to students during the school day. The Wellness Policy does not address food and beverages at fundraisers or PTO events.</p> <p><b>Curriculum:</b> Nutrition education will be provided by a trained staff 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 Consumer Sciences. The Physical Education program shall be age appropriate and be consistent with PA Department of Education regulations. Physical education is provided for all students in grades 1-12.</p> <p><b>Healthy Lifestyle:</b> Students will be taught the value of living a healthy lifestyle through linking nutrition education and physical activity. All students will be encouraged to participate in physical activity opportunities that are available during the school day. After school programs, co-curricular activities, clubs, intramurals, and interscholastic athletics shall be provided in addition to planned physical education. Nutrition messages shall be disseminated throughout the District schools.</p> <p><b>Safety:</b> A physical and social environment that is clean and encourages safe and</p>

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	<p>enjoyable activity for all students shall be maintained. School grounds are designated as smoke free, drug free, and alcohol free. Proper supervision will be provided for students throughout the school day. Accommodations will be made for students with documented medical conditions (e.g. food allergies, etc.) or disabilities. All students shall have access to hand washing or sanitizing before all meals and snacks and when appropriate throughout the school day.</p>
6. Evaluation Plan	A comprehensive check list will be established to monitor compliance with the Wellness Policy guidelines and will be completed annually. Wellness Policy Committee will convene once a year.
7. Guidance Assurance	<p>At all times, the guidelines set by this Policy for reimbursable school meals shall not be less than regulations issued by the United States Secretary of Agriculture pursuant to the subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779) and sections 9(f)(1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(f)(1), 1766(a), as those regulations apply to schools. By June 30<sup>th</sup> of each year, the Food Service Supervisor shall submit a confirmation statement to such effect to the Superintendent.</p> <p>Reference: Child Nutrition and WIC Reauthorization Act of 2004 – P.L. 108-265 Sec. 204 of Public Law 108-265 (42 U.S.C. 1751)</p>