

**Administrative Guidelines for Wellness Policy 246****Meals and Water:**

- Staff development will be provided annually for all food service staff with regard to nutrition education, food safety, and PDE meal compliance.
- Nutrition website will be maintained for parents to view nutrition and ingredient information about school meals and snacks sold in the cafeterias.
- Potable water will be available free of charge to students throughout the school day.

**Recess:**

- No formal recess for kindergarten.
- Grades 1-5 shall have a minimum of 20 minutes of recess each school day.
- Grades 6-12 do not have a formal recess but will be given opportunities for physical activity breaks during the school day when possible.

**Food and Beverages not consumed during regular meal times:**

Except for the reasons listed below no food or beverage should be brought to an elementary classroom. Middle school and High school food and beverages are directed by the administration.

- Classroom Birthday recognition- A non food activity is encouraged. A list of non-food examples are listed on the district website. Parents may provide single serving food or beverage for the class with consideration for students with medical or allergy conditions.
- Curriculum- Teachers/ Administration will determine the appropriate type of food or beverage to be used for curriculum purposes in the classroom.
- Special Events- Administration will determine the appropriate type of food or beverage to be used for special events at the school.
- Food as Reward- Food can be used as an occasional incentive.
- Vending/School Stores- Foods and beverages will contain 250 calories or less per serving, 30% or less fat content, and sugar will not be listed as the first ingredient.
- Fund Raisers & PTO Events- the Wellness Policy does not address food or beverages at these events. However, the committee encourages offering a variety of healthy alternatives for food and beverages. Bake sales that occur during the school day will not sell prepackaged food or beverages.

**Curriculum and Physical Activity:**

Examples of physical activities will be provided on the district website.

- Students will be physically active as much time as possible during classes.
- Non physical education teachers will be encouraged to incorporate physical activity opportunities in their instruction/lesson plans.

**Healthy Lifestyle:**

- All staff and students will have access to nutrition and physical activity information.
- Nutrition and Physical Activity messages will be disseminated throughout the school building.

**Safety:**

- All school grounds are designated as smoke free, drug free, and alcohol free.
- Students will be supervised during physical activities throughout the school day.
- Accommodations will be made for activities for students with documented medical conditions.

**Check List to Monitor Compliance:**

- Includes Administrative guidelines with a space to indicate "yes" or "no" compliance
- Includes space to indicate initiatives or events that support the wellness policy
- Includes space for challenges in meeting the guidelines