



Section 1

Purpose

STUDENT WELLNESS

The Neighborhood Academy 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.

Section 2. Authority SC 1422.1 42 U.S.C. Sec. 1758b 7 CFR Sec. 210.31

The school adopted this policy based on the recommendations of the Wellness Committee and in accordance with federal and state law regulations. This policy supports the goals of the Student Wellness Committees Comprehensive Plan.

To ensure the health and well-being of all students, the school shall provide to students:

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 grades 6-12 are designed to educate students about proper nutrition and lifelong physical activity, in accordance with State Board of Education curriculum regulations and academic standards.

Section 3. Delegation of Responsibility 42 U.S.C. Sec. 1758b CFR Sec. 210.31

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

Staff members responsible for programs related to student wellness shall report to the Head of School or designee regarding the status of such programs.

The Head of School or designee and the established Wellness Committee conduct an assessment at least once every three years on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation is occurring correctly. This triennial assessment shall be made available to the public in an accessible and easily understood manner and may include:

1. The extent to which the school is following the laws and policies related to school wellness.
2. The extent to which this policy compares to model wellness policies.
3. A description of the progress made by the school in attaining the goals of this policy.
4. Recommendations for policy and/or program revisions.

At least once every three years, the school shall update or modify this policy as needed, based on the results of the most recent triennial assessment and or as a school and community needs and prioritizes change; wellness goals are met; new health science, information and technologies emerge; and new federal and state guidance or standards are issued.

The school 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 school website, school bulletin board/newsletters and other efficient communication methods. The annual notification shall include information on how to access the School Wellness Policy, information about the most recent triennial assessment; periodic review and update of the School Wellness policy; and a means of contacting the Wellness Committee leadership/team.

Section 4. Guidelines 7 CFR Sec 210.12, 210.31

Recordkeeping:

The school shall retain records documenting compliance with the requirements of the School Wellness policy, which shall include:

1. The written School Wellness Policy
2. Documentation demonstrating that the school has informed the public, on an annual basis, about the contents of the School Wellness Policy, and any updates to the policy.
3. Documentation of efforts to review and update the School Wellness Policy including who is involved in the review and methods used by the school to inform the public of their ability to participate in the review.
4. Documentation demonstrating the most recent assessment on the implementation of the school wellness policy and notification of the assessment results to the public.

42 U.S.C Sec. 1758b

Wellness Committee

The school shall establish a Wellness Committee comprised of, but not necessarily limited to, at least one of each of the following: school administrator, school food service rep, student, parent/guardian, school health professional, physical education teacher and member of the public. It shall be the goal that committee membership will reflect the diversity of the community.

7 CFR Sec. 210.31

The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing, implementing, and periodically reviewing and updating a Student Wellness Policy that complies with law to recommend to the Director of Administration for adoption.

SC 1422

Individuals who conduct student medical and dental examinations shall submit to the Advisory Health Council annual reports and later reports on the remedial work accomplished during the year, as required by law.

SC 1513 Pol 102, 105

Nutrition Education

Nutrition education will be provided to assist students and promote healthy eating.

1. 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.
2. Nutrition education should provide students with the knowledge and skills needed to lead healthy lives.
3. Nutrition education lessons and activities shall be age appropriate.
4. Lifelong lifestyle balance shall be reinforced by linking nutrition, education, and physical activity.
5. The staff responsible for supplying nutrition education shall be properly trained and prepared and shall take part in proper professional development. homes, community, and media.
6. Food will not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message (i.e., guest chef, field trip to a farm or farmers market, etc.)

Developmentally Appropriate Physical Activity

1. The Neighborhood Academy shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.
2. Age-appropriate physical activity opportunities, such as recess; before and after school; during lunch; clubs' and interscholastic athletics, shall be supplied to meet the needs and interests of all students, in addition to planned physical education.
3. A physical and social environment that encourages safe and enjoyable activity for all students shall be supported.
4. Physical activity shall not be used as a form of punishment.
5. After-school programs shall supply developmentally appropriate physical activity for participating students.

SC 1512.1 Pol. 102, 105

Physical Education

1. Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.
2. A varied physical instruction that leads to students becoming and remaining physically active for a lifetime shall be available to all students.
3. Students shall be moderately to vigorously active as much time as possible during a physical education instruction class. Documented medical conditions and disabilities shall be accommodated during class.

7 CFR Sec. 210.10, 220.8

Other School-Based Activities

1. Students shall be provided a clean and safe environment. Students shall have adequate space for eating and serving school meals. Students shall have access to hand washing or sanitizing before meals and snacks.
2. Access to the food service operation shall be limited to authorized staff.
3. Meal periods shall be scheduled at appropriate hours as defined by the school Administrators and Head of School.
4. Drinking water shall be available at all meal periods and throughout the school day with no restrictions and at no cost to students.
5. The Neighborhood Academy shall provide appropriate training for all staff on the components of the Student Wellness Policy.
6. Goals of the Student Wellness Policy shall be considered in planning school-based activities.
7. To the extent possible, The Neighborhood Academy will utilize appropriate available funding and outside programs to enhance student wellness.
8. The Neighborhood Academy shall support the efforts of parent(s) /guardian(s) to provide a healthy diet and daily physical activity for children by communicating relevant information through various school methods.

42 U.S.C. Sec 1751 et seq, 1773

Nutrition Guidelines for All Foods/Beverages at Schools

All foods and beverages available in school during the school day shall be offered to students with considerations for promoting student health and reducing obesity.

7 CFR Sec. 210.10, 220.8

Foods and beverages provided through the National School Lunch or School Breakfast programs shall comply with established federal nutrition standards.

Foods and beverages offered or sold at school-sponsored events outside the school day, such as athletic events and dances shall offer healthy alternatives in addition to more traditional fare.

7CFR Sec. 210.11, 220.12a, 210.31

Competitive Foods – Competitive foods available for sale shall meet or exceed established federal nutrition standards (USDA Smart Snacks in School). These standards shall apply in all locations and to 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.

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 or lunch.

References:

School Code – 24 P.S. Sec. 504.1, 1337.1, 1422, 1422.1, 1422.3, 1512.1, 1513

Child Nutrition and WIC Reauthorization Act Of 2004-42 U.S.C Sec. 1751

For the purpose of this policy, school campus means any area of property under the jurisdiction of the school that students may access during the school day. For the purposes of this policy, school day means the period from midnight before school until thirty minutes after the end of the official school day. The school may impose additional restrictions on competitive foods, provided that the restrictions are not inconsistent with federal requirements.

Pol. 229

Fundraiser Exemptions- Fundraising activities help 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 school policy and administrative regulations.

7 CFR Sec. 210.11

The school may allow a limited number of exempt fundraisers as permitted by the Pennsylvania Department of Education each school year, up to five exempt fundraisers in middle school buildings and up to ten (10) exempt fundraisers in high school buildings. 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.

The school shall establish administrative regulations to implement fundraising activities in schools, including procedures for requesting a fundraiser exemption.

Non-sold Competitive Foods – 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 school.

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:

Foods and beverages shall not be used as reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message.

2. Classroom Parties and Celebrations:

Classroom parties shall offer a minimum number of foods (max 2-3 items) containing added sugar as the primary ingredient (e.g.: cupcakes, cookies) and will provide the following:

- Fresh fruits/vegetables
- Water, 100 % juice diluted with water, low-fat milk, or non-fat milk.

3. Shared Classroom Snacks:

Shared classroom snacks are not permitted in 6-8 at The Neighborhood Academy School, unless denoted as a shared classroom celebration or party snack.

The school 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 school website, any newsletters, posted notices, and/or other effective communication methods.

7 CFR Sec. 210.11, 210.31

Marketing/Contracting

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.

SC 504.1

Exclusive competitive food and/or beverage contracts shall be approved by the Board, in accordance with the provisions of the law. Existing contracts shall be reviewed and modified to the extent feasible to ensure compliance with established federal nutrition standards, including applicable marketing restrictions.

Pol. 209.1

Management of Food Allergies in School

The school shall establish Board policy and administrative regulations to address food allergy management in district schools 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 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 school programs and activities.

References:

School Code – 24P.S. Sec. 504.1, 701, 742, 1337.1, 1422, 1422.1, 1422.3, 1512.1, 1513

National School Lunch Program – 42 U.S.C. Sec 1751 et seq.

School Breakfast Program- 42 U.S.C. Sec. 1773

Healthy, Hunger-Free Kids Act of 2010- P.L. 111-296

National Food Service Programs, Title 7, Code of Federal Regulations – 7 CFR Part 210, Part 220