

FAIRVIEW SCHOOL DISTRICT

SECTION: PROGRAMS

TITLE: WELLNESS

ADOPTED: May 24, 2006

REVISED: March 31, 2008

246. WELLNESS	
<p>1. Purpose SC 1422.1 42 U.S.C. Sec. 1751 nt Pol. 100</p>	<p>The Child Nutrition and WIC Reauthorization Act was signed as Public Law 108-265 on June 30, 2004. The law contains several provisions that impact the School Nutrition Programs. Section 204 of the Act, local wellness policy, requires school districts that participate in the National School Lunch or School Breakfast Programs to develop and implement a local wellness policy.</p>
<p>2. Authority</p>	<p>The Fairview School District Wellness Policy Committee, composed of representatives from the student body, professional staff, food service staff, support staff, administration, and School Board, convened for numerous meetings beginning in the fall of 2005.</p> <p>After a review of the current status of the food service program, nutrition education within the classroom, and physical activity available to our students, the committee developed a survey to collect the opinions of the school community.</p> <p>Using the results of the survey combined with the suggestions from the Pennsylvania Department of Education, the committee makes the following recommendations concerning food service, nutrition education, and physical activity for the students of the Fairview School District.</p>
<p>3. Delegation of Responsibility Pol. 808</p>	<p>Responsibility for ensuring that the local wellness policy is being implemented and enforced shall be the responsibility of the Director of Curriculum and the Director of Student Services, in coordination with the Assistant Controller, Food Service Coordinator, and all building level principals.</p>
<p>4. Guidelines</p>	<p><u>Goals For Nutrition Education</u></p> <p>Nutrition education will be provided within the sequential, comprehensive health education program at every grade level, and as established by the State Board of Education Curriculum Regulations and the Academic Standards for Health, Safety, and Physical Education and Family and Consumer Sciences.</p>

Measure: Comparison to, and continued alignment of the State Board of Education Curriculum Regulations and the Academic Standards with the Fairview School District K-12 curriculum in the areas of Health, Safety, Physical Education, and Consumer Sciences.

Nutrition education lessons and activities will be age-appropriate.

Measure: Comparison to, and continued alignment of the State Board of Education Curriculum Regulations and the Academic Standards with the Fairview School District K-12 curriculum in the areas of Health, Safety, Physical Education, and Consumer Sciences.

Consistent nutrition messages will be provided throughout the school, classroom, and cafeteria.

Measure: Posters, signs, and announcements will be evident throughout the school (classrooms, cafeterias, and serving areas) and school district.

Nutrition education will extend beyond the school environment by sharing information with and involving families and communities.

Measure: Monthly building level newsletters and other school-to-home communications will include articles, notices, information, and suggestions pertaining to nutrition education. This information will be provided through a collaboration of the Food Service Coordinator and school nurses, as well as through the delivery of curriculum and FHS Food and Nutrition classes.

Goals For Physical Activity

Extended periods of inactivity, periods of two (2) hours or more, will be discouraged for children.

Measure: Building level principals will develop a plan that encourages activity and/or movement by students throughout the school day, eliminating extended periods of inactivity.

Organized, age-appropriate physical activity opportunities such as during recess, after-school, and interscholastic athletic activities, will be provided for all students in addition to planned physical education.

Measure: Building level principals will conduct an annual review of the Fairview School District planned course offerings of physical education (revisions due 2007-2008), extracurricular offerings and elementary recess schedule. The annual review will also include programs offered by the Fairview Recreation Authority.

Physical activity opportunities and developmentally appropriate activities will be provided for all students.

Measure: Building level principals will conduct an annual review of the Fairview School District planned course offerings, of physical education (revisions due 2007-2008), extracurricular offerings and elementary recess schedule. The annual review will also include programs offered by the Fairview Recreation Authority.

Physical education courses will be the environment through which all children learn, practice, and are assessed on the developmentally appropriate skills and knowledge necessary for participation in lifelong, health-enhancing physical activity.

Measure: Physical Education Planned Course of Study.

Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation will be provided.

Measure: Planned Course of Study.

Physical education will be provided by certified health and physical education teachers (K-12).

Measure: The Fairview School District will maintain the commitment to hiring highly qualified, appropriately certified teachers.

Physical education classes will have a teacher-to-student ratio comparable with those of other classes.

Measure: Building level principals will submit a physical education class size report to the Director of Curriculum annually.

Safe and adequate equipment, facilities, and resources will be provided.

Measure: The Fairview School District is committed to providing necessary teaching supplies, equipment, resources, and facilities, i.e. middle school fitness room, auxiliary HS gym, and HS weight room.

After-school programs will provide developmentally appropriate physical activity for participating children.

Measure: Building level principals will conduct an annual review of the Fairview School District planned extracurricular offerings and elementary recess schedule and programs offered by the Fairview Recreation Authority. (Additional programs may include an exploratory elementary after-school program.)

Other Goals Of The Policy

Food will not be used as a reward or punishment.

Drinking water will be available at all meal periods and throughout the school day.

Students will have access to and be encouraged to wash or sanitize hands before meals and snacks.

Local wellness policy goals will be considered in planning all school-day activities.

Students and the community will continue to have access to physical activity facilities outside school hours.

Nutrition analysis of school menus and/or nutrient content of foods will be available to parents/guardians and students. Food service personnel will develop posters detailing nutritional content of a la carte food options (July 2007).

Students (grades 5-12) will be involved in menu selections.

Students will be provided a clean and safe meal environment.

Students will be provided adequate time to eat (minimum of ten (10) minutes of sit-down time for breakfast, fifteen (15) minutes of sit-down time for lunch).

Meal periods will be scheduled at appropriate hours.

Schools will provide adequate space for eating and serving school meals.

Professional Development

Schools will provide appropriate professional development for all child nutrition, and food service personnel. Professional development should be provided appropriately according to job responsibilities.

Measure: The Food Service Coordinator, in conjunction with the Assistant Controller and Curriculum Coordinator, will provide annual (at a minimum) training for all food service employees.

Schools will provide appropriate in-service training to all staff on components of the local wellness policy.

Measure: Building level principals in coordination with the Director of Curriculum, the Food Service Coordinator, and the Director of Student Services, will provide annual (at a minimum) inservice training to all school district personnel (First Day Inservice).

Nutrition Guidelines For Competitive Foods

Competitive foods are defined as foods offered at school other than through the National School Lunch or Breakfast Programs and include a la carte foods, snack and beverages; vending food, snack and beverages; school store food, snack and beverages; fundraising; classroom parties; holiday celebrations; and food from home.

All competitive foods available to students in district schools shall comply with the Nutrition Standards for Competitive Foods in Fairview School District.

References:

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

Child Nutrition and WIC Reauthorization Act of 2004 – 42 U.S.C. Sec. 1751 notes

Board Policy – 100, 102, 105, 808