**Purpose**

Donegal 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. Students will also be encouraged to develop self-responsibility for lifelong wellness practices.

**Authority**

To accomplish these goals, the Board establishes that the district shall provide to the students:[1]

1. Child Nutrition Programs that comply with federal, state and local requirements. Child Nutrition Programs shall be accessible to all children.

2. Physical education courses and opportunities for developmentally appropriate physical activity during the school day.

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

**Delegation of Responsibility**

The Superintendent or designee shall be responsible for monitoring district schools, programs, and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations.[2]

Each building principal or designee shall report to the Superintendent or designee regarding compliance in his/her school.

Staff members responsible for programs related to student wellness shall report to the Superintendent or designee regarding the status of such programs.
The Superintendent or designee shall annually report to the Board on the district’s compliance with law and policies related to student wellness. The report may include, but is not limited to:

1. Assessment of school environment regarding student wellness issues.
2. Evaluation of food services program.
3. Review of foods and beverages sold in schools for compliance with established wellness guidelines.
4. Listing of activities and programs conducted to promote nutrition and physical activity.
5. Recommendations for policy and/or program revisions.
6. Suggestions for improvement in specific areas.

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 Food Service Director.[1]

Guidelines

Wellness Committee

The Board shall appoint a Wellness Committee comprised of at least one (1) of each of the following: School Board member, district administrator, district food service representative, student, parent/guardian, and member of the public.

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.

The Wellness Committee may examine related research and laws, assess student needs and the current school environment, review existing Board policies and administrative regulations, and raise awareness about student health issues. The Wellness Committee may make policy recommendations to the Board related to other health issues necessary to promote student wellness.

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.

The Wellness Committee shall provide periodic reports to the Superintendent or designee regarding the status of its work, as required.

Nutrition Education

The goal of nutrition education is to teach, encourage and support healthy eating by students.

Nutrition education will be provided 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 and Consumer Sciences.

Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.

Nutrition education lessons and activities shall be age-appropriate.

School food service and nutrition education classes shall cooperate when opportunities arise.
Nutrition education shall be integrated into other subjects when appropriate.

The relationship between health, nutrition and physical activity will be emphasized in Health and Physical Education classes.

The staff responsible for providing nutrition education shall be encouraged to participate in related training opportunities.

District staff will take advantage of opportunities to work with agencies and community organizations for appropriate student projects.

Consistent nutrition messages shall be disseminated throughout the district via newsletters, Internet, menus and other resources.

Nutrition education shall extend beyond the school environment by engaging and involving families and communities.

Physical Activity

District schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.

District schools will promote the effort to provide student opportunities to accumulate at least sixty (60) minutes of age-appropriate physical activity on all or most days of the week. That time will include physical activity outside the school environment, such as outdoor play at home, sports, etc.

Students’ daily participation in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefit will be encouraged.

Age-appropriate physical activity opportunities, such as recess; before and after school; clubs; intramurals; and interscholastic athletics, shall be provided to meet the needs and interests of all students, in addition to planned physical education.

A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.

Extended periods of student inactivity, two (2) hours or more, shall be discouraged.

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

District schools shall partner with parents/guardians and community members to promote programs that support physical activity.

Physical activity shall not be used as a form of punishment.

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

Physical Education

A comprehensive physical education course of study that focuses on providing students the skills, knowledge and confidence to participate in lifelong, health-enhancing physical activity shall be implemented.

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.
A sequential physical education program consistent with State Board of Education curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented.

The district will explore resources to expand increasing the frequency of physical education classes at the elementary level.

A local assessment system shall be implemented to track student progress on the Health, Safety and Physical Education academic standards.

Students shall be moderately to vigorously active as much time as possible during a physical education class. Documented medical conditions and disabilities shall be accommodated during class.

Safe and adequate equipment, facilities and resources shall be provided for physical education courses.

Physical education shall be taught by certified health and physical education teachers.

Appropriate professional development shall be available for physical education staff.

Physical education classes shall have a teacher-student ratio comparable to those of other courses whenever possible.

Physical activity shall not be used as a form of punishment.

Other School-Based Activities

District schools shall provide adequate space, as defined by the district, for eating and serving school meals.

Students shall be provided a clean and safe meal environment.

Students shall be provided adequate time to eat: ten (10) minutes sit down time for breakfast; twenty (20) minutes sit down time for lunch.

Meals shall be scheduled at appropriate hours, as defined by the district.

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

Students shall have access to hand washing or sanitizing before meals and snacks.

Nutrition professionals who meet criteria established by the district shall administer the school meals program.

Professional development shall be provided for district nutrition staff.

Access to the food service operation shall be limited to authorized staff.

Nutrition content of school meals shall be available to students and parents/guardians.

Students and parents/guardians may be involved in menu selections through various means.

To the extent possible, the district shall utilize available funding and outside programs to enhance student wellness.

The district shall provide appropriate training to all staff on the components of the Student Wellness Policy.
Administrators, teachers, food service personnel, students, parents/guardians and community members shall be encouraged to serve as positive role models through district programs, communications and outreach efforts.

The district shall support the efforts of parents/guardians to provide a healthy diet and daily physical activity for children by communicating relevant information through various methods.

**Nutrition Guidelines**

Foods available in district schools during the school day shall be offered to students with consideration for promoting student health and reducing childhood obesity.

Foods provided through the National School Lunch Program or School Breakfast Programs shall comply with federal nutrition standards under the School Meals Initiative.

**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.

Competitive foods sold in the cafeteria, available at secondary schools only, will meet criteria of the three-year plan of Nutritional Standards for Competitive Foods in Pennsylvania Schools (modified in year three (3)).

**Other competitive foods during the school day** –

Vending:

All vending machines, except those in faculty rooms, will be on electronic timers and “timed-out” during the school hours of respective schools. A variety of beverage and snack choices, including nutrient-dense foods, will be offered.

Fundraising:

Fundraising activity incorporating food or beverages is not permitted during the school day.

Classroom Activities:

Teachers and parents/guardians will be encouraged to provide healthy snacks and nonfood choices in the classroom. Healthy choice lists and guidance (such as the Nutritional Standards for Competitive Foods in Pennsylvania Schools) will be promoted via newsletters, Internet, menus and other resources.