

# Lebanon School District

SECTION: PUPILS

TITLE: School Wellness

ADOPTED: October 16, 2017

REVISED:

246 School Wellness	
<p>1. Purpose</p>	<p>Lebanon 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 promotion, 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>2. Authority SC 1422.1 42 U.S.C. Sec. 1758b 7 CFR Sec. 210.31</p>	<p>The Board adopts this policy in accordance with federal and state laws and regulations.</p> <p>To ensure the health and well-being of all students, the Board establishes that the district shall provide to students:</p> <ol style="list-style-type: none"> <li>1. A comprehensive nutrition program consistent with federal and state requirements.</li> <li>2. Access at reasonable cost to foods and beverages that meet established nutrition guidelines.</li> <li>3. Physical education courses and opportunities for developmentally appropriate physical activity during the school day.</li> <li>4. 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.</li> </ol>
<p>3. Delegation of Responsibility 42 U.S.C. Sec. 1758b 7 CFR Sec. 210.31</p>	<p>The Superintendent or designee shall be responsible for the implementation and oversight of this policy to ensure each of the district’s schools, programs and curriculum is compliant with this policy, related policies and established guidelines or administrative regulations.</p>

<p>42 U.S.C. Sec. 1758b 7 CFR Sec. 210.31</p>	<p>The Superintendent or designee shall conduct an assessment at least once every three (3) years on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation. This triennial assessment shall be made available to the public in an accessible and easily understood manner and include:</p> <ol style="list-style-type: none"> <li>1. The extent to which each district school is in compliance with law and policies related to school wellness.</li> <li>2. The extent to which this policy compares to model wellness policies.</li> <li>3. A description of the progress made by the district in attaining the goals of this policy.</li> </ol>
<p>7 CFR Sec. 210.31</p>	<p>At least once every three (3) years, the district shall update or modify this policy as needed, based on the results of the most recent triennial assessment and/or as district and community needs and priorities change; wellness goals are met; new health science, information and technologies emerge; and new federal or state guidance or standards are issued.</p>
<p>42 U.S.C. Sec. 1758b 7 CFR Sec. 210.31</p>	<p>The district 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 district website, student handbooks, and/or other efficient communication methods. This annual notification shall include information on how to access the School Wellness policy; information about the most recent triennial assessment; information on how to participate in the development, implementation and periodic review and update of the School Wellness policy; and a means of contacting the Superintendent or designee responsible for Wellness oversight.</p>
<p>4. Guidelines  7 CFR Sec. 210.15, 210.31</p>	<p><u>Recordkeeping</u></p> <p>The district shall retain records documenting compliance with the requirements of the School Wellness policy, which shall include:</p> <ol style="list-style-type: none"> <li>1. The written School Wellness policy.</li> <li>2. Documentation demonstrating that the district has informed the public, on an annual basis, about the contents of the School Wellness policy and any updates to the policy.</li> <li>3. Documentation of efforts to review and update the School Wellness policy,</li> </ol>

SC 1513  
Pol. 102, 105

including who is involved in the review and methods used by the district 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.

Nutrition Education

Nutrition education will be provided within the sequential, comprehensive health education program in accordance with curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.

Nutrition education lessons and activities shall be age-appropriate.

Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs.

District schools shall promote nutrition through the implementation of Farm to School activities where possible. Activities may include, but not be limited to, the initiation/maintenance of school gardens, taste-testing of local products in the cafeteria and classroom, classroom education about local agriculture and nutrition.

District food service personnel shall encourage consumption of more whole grains, fruits, vegetables and legumes, and to decrease plate waste.

Physical Activity

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

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

Other School Based Activities

<p>7 CFR Sec. 210.10, 220.8</p> <p>42 U.S.C. Sec. 1751 et seq, 1773 7 CFR Sec 210.30 Pol. 808</p> <p>7 CFR Sec. 210.10</p> <p>42 U.S.C. Sec. 1751 et seq, 1773 7 CFR Sec. 210.10, 220.8</p>	<p>Drinking water shall be available and accessible to students, without restriction and at no cost to the student, at all meal periods and throughout the school day.</p> <p>Nutrition professionals who meet hiring criteria established by the district and in compliance with federal regulations shall administer the school meals program. Professional development and continuing education shall be provided for district nutrition staff, as required by federal regulations.</p> <p>District schools shall provide adequate space, as defined by the district, for eating and serving school meals.</p> <p>Students shall be provided a clean and safe meal environment.</p> <p>District schools shall implement alternative service models to increase school breakfast participation where possible, such as breakfast served in the classroom, “grab &amp; go breakfast” and breakfast after first period to reinforce the positive educational, behavioral and health impacts of a healthy breakfast.</p> <p>Meal periods shall be scheduled at appropriate hours, as required by federal regulations and as defined by the district.</p> <p>Students shall have access to hand washing or sanitizing before meals and snacks.</p> <p>Nutrition content of school meals shall be available to students and parents/guardians.</p> <p>Students may be involved in menu selections through various means, such as taste testing and surveys.</p> <p><u>Nutrition Guidelines for All Foods/Beverages at School</u></p> <p>All foods and beverages available in district schools during the school day shall be offered to students with consideration for promoting student health and reducing obesity.</p> <p>Foods and beverages provided through the National School Lunch or School Breakfast Programs shall comply with established federal nutrition standards.</p> <p><i>Competitive Foods –</i></p>
---	---

<p>7 CFR Sec. 210.11, 220.12a, 210.31</p>	<p>Competitive foods available for sale shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School). These standards shall apply in all locations and through 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.</p>
<p>7 CFR Sec. 210.11, 210.31</p>	<p><b>Competitive foods</b> 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.</p>
<p>7 CFR Sec. 210.11, 210.31</p>	<p>For purposes of this policy, <b>school campus</b> means any area of property under the jurisdiction of the school that students may access during the school day.</p>
<p>7 CFR Sec. 210.11, 210.31</p>	<p>For purposes of this policy, <b>school day</b> means the period from midnight before school begins until thirty (30) minutes after the end of the official school day.</p>
<p>Pol. 229</p>	<p><i>Fundraiser Exemptions –</i></p> <p>Fundraising activities held 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 Board policy and administrative regulations.</p>
<p>7 CFR Sec. 210.11</p>	<p>The district may allow a limited number of exempt fundraisers as permitted by the Pennsylvania Department of Education each school year: up to five (5) exempt fundraisers in elementary and middle school buildings, and up to ten (10) exempt fundraisers in high school buildings. <b>Exempt fundraisers</b> are fundraisers in which competitive foods are available for sale to students that do not meet the Smart Snacks in School nutrition standards.</p>
<p>7 CFR Sec. 210.11</p>	<p>The district shall establish administrative regulations to implement fundraising activities in district schools, including procedures for requesting a fundraiser exemption.</p>
<p>7 CFR Sec. 210.11</p>	<p><i>Non-Sold Competitive Foods –</i></p> <p>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 district.</p>
<p>7 CFR Sec. 210.11</p>	<p>If the offered competitive foods do not meet or exceed the Smart Snacks in School</p>

<p>7 CFR Sec. 210.11, 210.31</p> <p>SC 504.1</p>	<p>nutrition standards, the following standards shall apply:</p> <p>1. Rewards/Incentives/Celebrations/Shared Classroom Snacks:</p> <p>Monthly classroom parties &amp; celebrations will be encouraged in lieu of shared classroom snacks for individual birthday celebrations.</p> <p><i>Marketing/Contracting –</i></p> <p>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.</p> <p>Exclusive competitive food and/or beverage contracts shall be approved by the Board, in accordance with provisions of law. Existing contracts shall be reviewed and modified to the extent feasible to ensure compliance with established federal nutrition standards, including applicable marketing restrictions.</p>
--	---