

STUDENT WELLNESS

Policy

Edison Court, Inc. recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. The organization 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.

In order to ensure the health and well-being of all students, Edison Court shall provide to students:

- ❖ A comprehensive nutrition program consistent with federal and state requirements.
- ❖ Physical education courses and opportunities for developmentally appropriate physical activity during the school day.
- ❖ Curriculum and programs for grades 7th-12th 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.

Procedure

Delegation of Responsibility

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

Personnel responsible for programs related to student wellness shall report to the Director of Education and Deputy Director of Regulatory Compliance regarding the status of such programs.

The Deputy Director of Regulatory Compliance shall annually report to the Director of Program Services and Compliance on the program's compliance with law and policies related to student wellness. The report may include the following:

1. Assessment of school environment regarding student wellness issues
2. Evaluation of food services program
3. Review of all foods and beverages offered for compliance with established nutrition 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
7. Feedback received from staff, students, parents/guardians, and the Wellness Committee

An assurance that 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 Kitchen Manager and Deputy Director of Regulatory Compliance.

Wellness Committee

The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for reviewing the Student Wellness Policy to ensure compliance with applicable laws and regulations.

The committee is comprised of *at least* one of the following: Deputy Director of Regulatory Compliance, Education Director, Kitchen Manager, Cook, student/resident, and Child Care Worker.

The committee may examine related research and laws, assess student needs and the current school environment, reviewing existing wellness policies and administrative regulations, and raise awareness about student health issues. The Wellness Committee may make policy recommendations to the Director of Program Services and Compliance related to other health issues necessary to promote student wellness.

The Wellness Committee is encouraged to survey parents/guardians and/or students, and engage in similar activities within the budget allotted for these purposes.

The committee shall provide periodic reports to the ECI Administrative Team regarding the status of its work, as required and/or requested.

Nutrition Education

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.

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

The following guidelines will serve at the foundation for ECI's nutrition education program:

1. Nutrition education shall provide all students with the knowledge and skills necessary to lead healthy lives.
2. Lessons and activities shall be developmentally appropriate.
3. Curriculum shall be behavior focused.
4. School food service and nutrition education classes shall collaborate to create a learning laboratory.
5. Nutrition education shall be integrated into other subjects to complement but not replace academic standards based on nutrition education.
6. Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.
7. Personnel responsible for providing nutrition education shall be properly trained and prepared and shall participate in appropriate professional development.
8. Consistent nutrition messages shall be disseminated throughout the program.

Physical Activity

ECI 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.

The following guidelines will serve at the foundation for ECI's physical activity program:

1. The program shall provide students opportunities to accumulate at least sixty (60) minutes of age-appropriate physical activity on all or most days of the week.
2. Students shall participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits.
3. Students shall not be permitted to exceed two (2) hours of media time (computers, video games, television, etc.) in a day.
4. Extended periods of student inactivity, two (2) hours or more, shall be discouraged.
5. After-school programs shall provide developmentally appropriate physical activity.
6. Physical activity shall never be used as a form of punishment.
7. Students shall have access to physical activity facilities outside school hours.

Physical Education

Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided. Physical education classes, along with daily instruction from Child Care Workers, shall be the primary means through which all students learn, practice and are assessed on developmentally appropriate skills and knowledge necessary for lifelong, health-enhancing physical activity.

Physical education will be provided within the sequential, comprehensive physical education program in accordance with Central Bucks School District curriculum regulations and the academic standards for Health, Safety, and Physical Education.

The following guidelines will serve at the foundation for ECI's physical education program:

1. Education will focus on providing students the skills, knowledge and confidence to participate in lifelong, health-enhancing physical activity.
2. The curriculum shall be varied and comprehensive which encourages students to become and remain physically active for a lifetime.
3. Adequate amounts of planned instruction shall be provided in order for students to achieve the proficient level for the Health, Safety, and Physical Education academic standards.
4. A local assessment system shall be implemented to track student progress on the Health, Safety, and Physical Education academic standards.

5. 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.
6. Safe and adequate equipment, facilities, and resources shall be provided for physical education courses.
7. Physical education shall be taught by certified health and physical education teachers.
8. Physical activity may never be used as a form of punishment.

Other School Based Guidelines

- ✓ Edison Court shall provide adequate space for eating and serving school lunch meals.
- ✓ Students shall be provided a clean and safe meal environment.
- ✓ Students shall be provided adequate time to eat: twenty (20) minutes sit down time for breakfast and forty-five (45) minutes sit down time for lunch.
- ✓ Meal periods shall be scheduled at appropriate hours.
- ✓ Fresh 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.
- ✓ Qualified nutrition professionals shall administer the school meals program.
- ✓ Professional development shall be provided to kitchen/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 upon request.
- ✓ Students and parents/guardians may be involved in menu selections through various means.
- ✓ Food shall not be used in classes as a reward or punishment.
- ✓ ECI shall provide appropriate training to all staff on the components of this Student Wellness Policy.
- ✓ Goals of the Student Wellness Policy shall be considered in planning for all school based activities.
- ✓ Fundraising projects submitted for approval shall be supportive of healthy eating and student wellness.
- ✓ Administrators, teachers, kitchen personnel, students, program staff, and parents/ guardians shall be encouraged to serve as positive role models.

Nutrition Guidelines

All foods available in the program 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, fundraisers, classroom parties, holiday celebrations and food provided from home.

All competitive food available to students shall comply with the Nutritional Standards for Competitive Foods in Pennsylvania Schools.