



# STUDENT WELLNESS PLAN

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## **Purpose**

Edison Court 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.

The Board adopts this policy based on the recommendations of the Wellness Committee and in accordance with federal and state laws and regulations.

## **Policy**

In order to ensure the health and well-being of all students, Edison Court 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 nutrition guidelines.
3. Physical education courses and opportunities for developmentally appropriate physical activity during the school day.
3. 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.

## **Delegation of Responsibility**

The Director of Quality and Compliance 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.

Personnel responsible for programs related to student wellness shall report to the Director of Quality and Compliance and the Director of Mathom House/Easton Manor regarding compliance in his/her school.

Staff members responsible for programs related to school wellness shall report to the Director of Quality and Compliance and the Director of Mathom House/Easton Manor regarding the status of such programs.

The Director of Mathom House/Easton Manor shall annually report to the Director of Quality 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 Director of Culinary Services/Cooks and Director of Mathom House/Easton Manor.

### **Wellness Committee**

The district shall establish a Wellness Committee comprised of, but not necessarily limited to, at least one (1) of each of the following: School Board member, district administrator, district food service representative, student, parent/guardian, school health professional, physical education teacher and member of the public. It shall be the goal that committee membership will include representatives from each school building and reflect the diversity of the community.

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 School Wellness policy that complies with law to recommend to the Board for adoption.

The Wellness Committee shall review and consider evidence-based strategies and techniques in establishing goals for nutrition education and promotion, physical activity and other school based activities that promote student wellness as part of the policy development and revision process.

The Director of Quality and Compliance and the established Wellness Committee 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:

1. The extent to which each district school is in compliance with law 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 district in attaining the goals of this policy.

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.

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, newsletters, posted notices 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 Wellness Committee leadership.

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: Director, Education Director, Director of Culinary Services, Cook, student/resident, and staff member.

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 Quality 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 Director of Quality and Compliance regarding the status of its work, as required and/or requested.

### **Record Keeping**

The district 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 district 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 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**

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 Edison Court education 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. Nutrition education lessons and activities shall be age appropriate.
  3. Nutrition curriculum shall teach behavior-focused skills, which may include menu planning, reading nutrition labels and media awareness.
  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.
- Consistent nutrition messages shall be disseminated throughout the program.

### **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.

Consistent nutrition messages shall be demonstrated by avoiding use of unhealthy food items in classroom lesson plans and school staff avoiding eating less healthy food items in front of students.

We participate in Farm to School activities such as having a school garden, taste-testing local products, incorporating local foods into school meals, and educating students in the classroom and on field trips about local agriculture.

Food service personnel shall review and implement research-based, behavioral economics techniques in the cafeteria to encourage consumption of more whole grains, fruits, vegetables and legumes, and to decrease plate waste.

We offer health and nutrition resources to parents to help them provide healthy meals for their children.

### **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.

Students shall participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness and performance benefits.

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

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

We contribute to the effort to provide students daily opportunities to accumulate at least sixty minutes of age-appropriate physical activity daily as recommended by the CDC.

In addition to planned physical education, we offer activities such as indoor and outdoor recess, intramurals, and clubs to meet the needs and interests of our students. We partner with parents/guardians and community members and organizations (e.g. YMCA) to offer programs supporting lifelong physical activity.

### **Physical Education**

A sequential physical education program consistent with curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented. All district students must participate in 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 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 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.

A varied and comprehensive curriculum that promotes both team and individual activities and leads to students becoming and remaining physically active for a lifetime shall be provided in the physical education program.

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.

We use local assessment system to track student progress on state standards.

Students are moderately to vigorously active as much time as possible during PE class. Accommodations are made in class for documented medical conditions and disabilities.

We provide safe and adequate equipment, facilities, and resources for PE class.

PE classes have a teacher-student ratio similar to other courses for safe and effective instruction.

### **Other School Based Activities**

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.

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. We provide the nutrition content of school meals to the school community.

Edison Court shall provide adequate space, as defined by the district, for eating and serving school meals. Only authorized staff have access to the food service operation.

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.

Meal periods shall be scheduled at appropriate hours, as required by federal regulations and as defined by the district.

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

We train all staff on the components of the school wellness policy.

School based activities are planned with wellness policy goals in mind. We encourage administrators, teachers, school nutrition professionals, students, parents/guardians, and community members to serve as positive role models through district programs, communications, and outreach. We communicate information to parents/guardians to support their efforts to provide a healthy diet and daily physical activity for their children.

### **Nutrition Guidelines for All Foods/Beverages at School**

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.

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.

### **Competitive Foods**

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.

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.

For purposes 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 purposes of this policy, school day means the period from midnight before school begins until thirty (30) minutes after the end of the official school day.

ECI may impose additional restrictions on competitive foods, provided that the restrictions are not inconsistent with federal requirements.

### **Fundraiser Exemptions**

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.

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

Only foods and beverages that meet or exceed federal nutrition standards (USDA Smart Snacks in School) are permitted to be marketed or promoted to students during the school day.

### **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 district.

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:
  - a) Foods and beverages shall not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message (e.g., guest chef, field trip to a farm or farmers market, etc.).
2. Classroom Parties and Celebrations:
  - a) Only non-food based parties and celebrations shall occur on the school campus during the school day in district schools.
  - b) Classroom parties shall offer a minimal amount of foods (maximum 2-3 items) containing added sugar as the primary ingredient (e.g., cupcakes, cookies) and will provide the following:
    - Fresh fruits/vegetables; and
    - Water, 100 percent juice, 100 percent juice diluted with water, low-fat milk or nonfat milk.
  - c) When possible, foods/beverages for parties and celebrations shall be provided by the food service department to help prevent food safety and allergy concerns.

The district 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 district website, student handbook, newsletters, posted notices and/or other efficient communication methods.



## **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.

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.

## **Management of Food Allergies in District Schools**

Edison Court shall establish Board policy and administrative regulations to address food allergy management in district schools in order 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 a 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.

## **Safe Routes to School**

ECI shall assess and, to the extent possible, implement improvements to make walking to school safer and easier for students.

## **References:**

**School Code – 24 P.S. Sec. 504.1, 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**

**Board Policy – 102, 103, 103.1, 105, 209.1, 229, 808**





