

# Forbes Road Career & Technology Center

SECTION: PUPILS  
 TITLE: SCHOOL WELLNESS  
 ADOPTED: June 29, 2006  
 REVISED: 10/26/09, 5/24/12, 10/22/15,  
 6/15/17  
 REPLACES:

## 246. SCHOOL WELLNESS

### 1. Purpose

The Joint Operating Committee (JOC) recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development and readiness to learn. The JOC 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.

### 2. Authority SC 1422.1 Sec. 1758b 7 CFR Sec. 210.31

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

To ensure the health and well-being of all students, the JOC establishes that the center 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.
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's curriculum regulations and academic standards.

3. Delegation  
of  
Responsibility  
42 U.S.C.  
Sec. 1758b  
7 CFR  
Sec. 210.31

The Administrative Director or designee shall be responsible for the implementation and oversight of this policy to ensure the center's programs and curriculum are compliant with this policy, related policies and established guidelines or administrative regulations.

7 CFR  
Sec. 210.31

The Principal or designee shall annually report to the Administrative Director or designee regarding compliance at the center.

Staff members responsible for programs related to school wellness shall report to the Administrative Director or designee regarding the status of such programs.

The Administrative Director or designee shall annually report to the JOC on the center's compliance with law and policies related to school wellness. The report may include:

1. Assessment of center environment regarding wellness issues.
2. Evaluation of food services program.
3. Recommendations for policy and/or program revisions.
4. Suggestions for improvement in specific areas.
5. Feedback received from center staff, students, parents/guardians, community members and the Wellness Committee.

42 U.S.C.  
Sec. 1758b  
7 CFR  
Sec. 210.31

The Administrative Director or designee 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 the center 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 center in attaining the goals of this policy.

246. SCHOOL WELLNESS

7 CFR  
Sec. 210.31

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 center and community needs and priorities change; wellness goals are met; new health science, information and technologies emerge; and federal or state guidance or standards are issued.

42 U.S.C.  
Sec. 1758b  
7CFR  
Sec. 210.31

The center 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 center website, student handbooks, posted notices and/or other efficient communications 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.

4. Guidelines

Recordkeeping

7 CFR  
Sec. 210.15,  
210.31

The center 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 center 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 center 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.

Wellness Committee

42 U.S.C.  
Sec. 1758b

The center shall establish a Wellness Committee comprised of, but not necessarily limited to, at least one (1) of each of the following: JOC member, center administrator, center 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 reflect the diversity of the community.

246. SCHOOL WELLNESS

Page 4

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 JOC for adoption.

7 CFR  
Sec. 210.31

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.

Advisory Health Council

SC 1422

An Advisory Health Council may be established by the Administrative Director to study student health issues and to assist in organizing follow-up programs. The Advisory Health Council may examine related research, assess student needs and the current center environment, review existing JOC policies and administrative regulations, and raise awareness about student health issues. The Advisory Health Council may make policy recommendations to the JOC related to other health issues necessary to promote student wellness.

SC 1422

Individuals who conduct student medical and dental examinations shall submit to the Advisory Health Council annual reports and later reports on the remedial work accomplished during the year, as required by law.

Nutrition Education

SC 1513  
Pol. 105

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 in the center shall teach, model, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement. 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. Nutrition curriculum shall teach behavior-focused skills, which may include menu planning, reading nutrition labels and media awareness. Nutrition education shall be integrated into other subjects such as math, science, language arts and social sciences to complement but not replace academic standards based on nutrition education. 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.

The center 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 center gardens, taste-testing of local products in the cafeteria and classroom, classroom education about local agriculture and nutrition, field trips to local farms and incorporation of local foods into center meal programs. Center staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition. Center 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 to decrease plate waste. Consistent nutrition messages shall be disseminated and displayed throughout the center, classrooms, cafeteria, homes, community and media. 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.

Physical Activity

The center 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. Extended periods of student inactivity, two (2) hours or more, shall be discouraged. Physical activity breaks shall be provided for students during classroom hours.

Physical Education

SC 1512.1  
Pol. 105

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

246. SCHOOL WELLNESS

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. A local assessment system shall be implemented to track student progress on the Health, Safety and Physical Education academic standards. Student 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. Physical education classes shall have a teacher-student ratio comparable to those of other courses for safe and effective instruction. Physical activity shall not be used or withheld solely as a form of punishment.

Other School Based Activities

7 CFR  
Sec. 210.10,  
220.8

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.

42 U.S.C.  
Sec. 1751 et  
seq, 1773  
7CFR  
Sec. 210.30  
Pol. 808

Nutrition professionals who meet hiring criteria established by the center and in compliance with federal regulations shall administer the school meals program. Professional development and continuing educations shall be provided for center nutrition staff, as required by federal regulations. The center shall provide adequate space, as defined by the center, for eating and serving school 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 lunch. Meal periods shall be scheduled at appropriate hours, as required by federal regulations and as defined by the center. Students shall have access to hand washing or sanitizing before meals and snack. 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. To the extent possible, the district shall utilize available funding and outside programs to enhance student wellness.

7 CFR  
Sec. 210.10

Goals of the School Wellness policy shall be considered in planning all center based activities. Administrators, teachers, food service personnel, students, parents/guardians and community members shall be encouraged to serve as positive role models through center programs, communications and outreach efforts.

The center 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. The center shall maintain a healthy school environment, including by not limited to indoor air quality, in accordance with the center’s healthy learning environment program and applicable laws and regulations.

Nutrition Guidelines for All Food/Beverages at the Center

All foods and beverages available at the center during the school day shall be offered to students with consideration for promoting student health and reducing obesity.

Food and beverages provided through the National School Lunch or School Breakfast Programs shall comply with established federal nutrition standards.

42 U.S.C.  
Sec. 1751 et  
seq, 1773  
7 CFR  
Sec. 210.10,  
220.8

*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.

7 CFR  
Sec. 210.11,  
220.12a,  
210.31

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.

7 CFR  
Sec. 210.11,  
210.31

For purposes of this policy, **school campus** means any area of property under the jurisdiction of the center that students may access during the school day.

7 CFR  
Sec. 210.11,  
210.31

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.

7 CFR  
Sec, 210.11

The center 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 JOC policy and administrative regulations.

7 CFR  
Sec. 210.11

The center 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 building, 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 center shall establish administrative regulations to implement fundraising at the center, including procedures for requesting a fundraiser exemption.

*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 incentive, at classroom parties and celebrations, or as shared classroom snacks, shall meet or exceed the standards established by the center.

If the offered competitive foods do not meet or exceed the Smart Snacks in School nutrition standards, the following standards shall apply:

- A. Foods and beverages shall not be used as a reward or incentive at the center.
- B. 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.)

*Classroom Parties and Celebrations:*

- A. Classroom parties/celebration with food/beverages shall be limited to no more than one (1) per month in each classroom.
- B. Parents/Guardians shall be informed through newsletters or other efficient communication methods that foods/beverages should only be brought in when requested for scheduled parties.
- 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.



246. SCHOOL WELLNESS

Page 9

---

*Marketing/Contracting-*

7 CFR  
Sec. 210.11,  
210.31

Any foods and beverages marketed or promoted to students on the center campus during the school day shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School) and comply with established JOC policy and administrative regulations.

SC 504.1

Exclusive competitive food and/or beverage contracts shall be approved by the JOC, 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 at the Center

The center shall establish JOC policy and administrative regulations to address food allergy management at the center 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.

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 Program, Title 7, Code of Federal Regulations-  
7 CFR Part 210, Part 220

Joint Operating Committee Policy- 103, 103.1, 105, 808