

# WEST ALLEGHENY SCHOOL DISTRICT

SECTION: 6680

TITLE: Wellness Policy

ADOPTED:

REVISED:

<p>1. Purpose</p>	<p>The West Allegheny School District recognizes that student wellness and proper nutrition are related to student’s physical well-being, growth, development and readiness to learn. The Board of School Directors and District are committed to providing a school environment that promotes student wellness, proper nutrition and nutrition education as well as reduces time spent on sedentary activities and advocates for 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.</p> <ol style="list-style-type: none"><li>1. Physical activity has shown to improve the health and well-being of all individuals who engage in regular exercise. Research supports that a positive health and fitness model improves attendance and academic achievement in all students.</li><li>2. Lifelong healthy habits are established in the developmental years through education, modeling and participation.</li><li>3. Obesity rates have doubled in children and tripled in adolescents. Research supports that physical inactivity and excessive calorie intake are the predominate causes of obesity.</li><li>4. Students at all grade levels need access to healthful foods and opportunities to be physically active, on a regular basis, in order to grow, learn and thrive.</li><li>5. Community participation is essential to the development and implementation of successful school wellness policies.</li></ol> <p>The West Allegheny School district is committed to establishing guidelines that provide school environments that promote and protect our children’s health, well-being, and ability to learn by supporting healthy eating and physical activity.</p>
<p>2. Authority</p>	<p>The Board adopts the Wellness Policy based on the recommendations of the Wellness Committee and in accordance with federal and state laws.</p> <p>To ensure the health and well-being of all students, the Board establishes that the District shall:</p> <ol style="list-style-type: none"><li>1. Maintain a District Wellness Committee to engage students, parents/guardians, teachers, food service professionals, health professionals, and other community members in developing, implementing, monitoring, and reviewing District-wide nutrition and physical activity policies.</li><li>2. Provide all students in grades K-12 with opportunities, support, and encouragement to be physically active on a regular basis.</li><li>3. Provide food and beverages, at a reasonable cost, that meet or exceed the nutritional recommendations set forth by federal and state requirements.</li><li>4. Ensure all schools in our District participate in available federal school meal programs (including the School Breakfast Program and the National School Lunch Program) to the maximum extent practicable.</li><li>5. Provide planned instruction in physical education that is aligned with the state’s academic standards for health and physical education in addition to opportunities for developmentally appropriate physical activity during the school day.</li></ol>

<p>3. Guidelines</p>	<p>6. Provide curriculum and programs for nutrition and physical education to foster lifelong habits of healthy eating and physical activity, and establish linkages between health education, school meal programs, and related community services.</p> <p>The District shall appoint a Wellness Committee comprised of at least (1) of each of the following: School Board Member, District administrator, teacher, District food service professional, health professional, student, and parent/guardian.</p> <p>The Wellness Committee shall serve as an advisory committee to promote awareness relevant to student and staff health issues.</p> <p>The Wellness Committee shall be responsible for developing a Wellness Policy that complies with federal and state regulations to recommend to the Board for adoption.</p> <p>The Wellness Committee will make policy recommendations to the Board related to other health issues necessary to promote student/staff wellness.</p> <p>Students and parents/guardians may be involved in providing recommendations for menu selections that fit within the federal guidelines.</p> <p>The District aims to teach, encourage, and support healthy eating by students. District schools shall promote nutrition by providing appropriate education in accordance with the Wellness Policy.</p> <p>Foods provided through the National School Breakfast and Lunch Program shall comply with established federal nutrition standards.</p> <p>Competitive foods available to students in the District schools, outside of school meal programs, shall comply with established Smart Snack regulations and the Nutrition Standards for Competitive Foods in Pennsylvania Schools, as applicable. Organizations will not compete with the school breakfast and lunch program.</p> <p>The District shall establish Board policy and administrative regulations to address food allergy management in District schools in order to:</p> <ol style="list-style-type: none"><li>1. Reduce and/or eliminate the likelihood of severe or potentially life-threatening allergic reactions.<ol style="list-style-type: none"><li>a. Manage foods that may be restricted on a case by case basis.</li></ol></li><li>2. Ensure a rapid and effective response in case of a severe or potentially life-threatening allergic reaction.</li><li>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.</li></ol> <p>Celebrations: Abide by pre-approved party snack list and guidelines.</p> <p><u>Physical Education:</u></p> <p>All students in grades K-12, including students with disabilities and special health-care needs, will receive developmentally appropriate physical education opportunities each school year.</p>
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The standard based health and physical education curriculum will emphasize participation in fitness based modalities and enable students to develop the physical literacy needed to adopt and maintain physically active lifestyles.

Physical education courses shall be the means through which all students learn and practice developmentally appropriate skills and gain the knowledge necessary for achieving a healthy lifestyle.

A varied and comprehensive curriculum that promotes students to become and remain physically active throughout their lifetime shall be provided in the physical education program.

Consistent with the Pennsylvania state standards for physical education; adequate planned instruction shall be provided for all students at all grade levels.

Students will achieve moderate to vigorous levels of activity as part of the planned instruction during their 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 classes.

Student involvement in other activities (e.g. interscholastic or intramural) will not be substituted for meeting the physical education requirement.

Health and physical education curriculum will be reviewed and updated as appropriate.

Physical Activity:

In addition to physical education, District schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students

Age-appropriate physical activity opportunities (e.g. before and after school programs, recess, and interscholastic athletics) shall be provided to meet the needs and interests of all students. These activities will not take the place of a structured or planned physical education course.

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

District schools shall partner with parents/guardians and community members to institute extra-curricular and community education programs that support physical activity.

4. Delegation of Responsibility

The Superintendent or his/her designee shall be responsible to monitor District schools, programs, and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations.

The Superintendent or his/her designee shall annually report to the Board on the District's compliance with law and policies related to student/staff wellness. The report may include:

- Assessment of school environment regarding student wellness issues.
- Evaluation of the food services program.
- Evaluation of applicable curriculum.
- Review of foods and beverages sold in schools for compliance with established nutrition guidelines.
- Examples of activities and programs conducted to promote nutritional and physical activity.
- Recommendations for policy and/or program revisions.
- Suggestions for improvement in specific areas.
- Feedback received from District staff, students, parents/guardians, community members and Wellness Committee.

School food service staff, at the school or District level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Superintendent (or if done at the school level, to the school principal). In addition, the District will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes.

The Superintendent or his/her designee will develop a summary report every three (3) years on District-wide compliance with the District's established nutrition and physical activity wellness policies, based on input from schools within the District. That report will be provided to the Board and also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the District.

Each building principal is required to organize three Youth Advisory Council (YAC) meetings and three Parent Advisory Council (PAC) meetings per year. The YAC meeting must include two students from each grade level. Meetings must be documented with an agenda and sign-in sheet. These records must be kept on site for three years plus the current year.

The District shall inform and update the public, including parents/guardians, students and others in the community, about the contents and implementation of this policy.