

SUN AREA TECHNICAL INSTITUTE

SECTION: PUPILS

TITLE: STUDENT WELLNESS

ADOPTED: June 15, 2006

REVISED: June 19, 2014

	246. STUDENT WELLNESS
1. Purpose	<p>The SUN Area Technical Institute Joint Operating Committee recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. The Joint Operating Committee 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.</p>
2. Authority SC 1422.1 42 U.S.C. Sec. 1758b	<p>The Joint Operating Committee adopts the Student Wellness Policy based on the recommendations of the appointed Wellness Committee and in accordance with federal and state laws.</p> <p>To ensure the health and well-being of all students, the Joint Operating Committee establishes that the school shall provide to students:</p> <ol style="list-style-type: none"> 1. A comprehensive nutrition program consistent with federal and state requirements. 2. Access at reasonable cost to foods and beverages that meet established nutritional guidelines. 3. Opportunities and encouragement to stay physically active on a regular basis. 4. Opportunities for developmentally appropriate activities aimed at fostering lifelong habits for health and wellness.
3. Delegation of Responsibility 42 U.S.C. Sec. 1758b	<p>The Administrative Director or designee shall be responsible to monitor the school's program, and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations.</p>

<p>42 U.S.C. Sec. 1758b</p> <p>42 U.S.C. Sec. 1758b</p> <p>4. Guidelines</p> <p>42 U.S.C. Sec. 1758b</p>	<p>Staff members responsible for programs related to student wellness shall report to the Administrative Director or designee regarding the status of such programs.</p> <p>The Administrative Director or designee shall make available, information to the Joint Operating Committee on the school's compliance with law and policies related to student wellness. The report may include:</p> <ol style="list-style-type: none"> 1. Assessment of school environment regarding student wellness issues. 2. Evaluation of food services program. 3. Review of all foods and beverages sold in the school for compliance with established nutrition guidelines. 4. Recommendations for policy and/or program revisions. 5. Suggestion for improvement in specific areas. 6. Feedback received from school staff, students, parents/guardians, community members and the Wellness Committee. <p>The Administrative Director or designee and the appointed Wellness Committee shall periodically conduct an assessment on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation. The assessment shall include the extent to which the school is in compliance with law and policies related to student wellness, and shall describe the progress made by the school in attaining the goals of this policy. The assessment shall be made available to the public.</p> <p>The school shall inform and update the public, including parents/guardians, students, and others in the community, about the contents and implementation of this policy.</p> <p><u>Wellness Committee</u></p> <p>The Joint Operating Committee shall appoint a Wellness Committee comprised of at least one (1) of each of the following: Joint Operating Committee member, school administrator, food service representative, student, parent/guardian, and member of the public. Other members of the Wellness Committee may include: teacher, the First Aid Safety Officer and support staff.</p> <p>The school shall be required to permit physical education teachers and school health professionals to participate on the Wellness Committee.</p>
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<p>7 CFR Sec. 210.10, 220.8</p>	<p>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 Student Wellness Policy that complies with law to recommend to the Joint Operating Committee for adoption.</p> <p><u>Nutrition Promotion</u></p> <p>The school aims to teach, encourage, and support healthful eating by students. The school shall promote nutrition by providing appropriate nutrition education in accordance with the Student Wellness Policy.</p> <p>School staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.</p> <p>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.</p> <p><u>Other School Based Activities</u></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>The school shall provide adequate space, as defined by the school, for eating and serving school meals.</p> <p>Students shall be provided a clean and safe meal environment.</p> <p>Students shall be provided adequate time to eat: twenty (20) minutes' sit down time for lunch.</p> <p>Meal periods shall be scheduled at appropriate hours, as defined by the school.</p> <p>Students shall have access to hand washing or sanitizing before meals and snacks.</p> <p>Nutrition professionals who meet criteria established by the school shall administer the school meals program.</p> <p>Access to the food service operation shall be limited to authorized staff.</p> <p>To the extent possible, the school shall utilize available funding and outside programs to enhance student wellness.</p>
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<p>42 U.S.C. Sec. 1751 et seq, 1773</p> <p>7 CFR Sec. 210.10, 220.8</p> <p>7 CFR Sec. 210.11, 220.12a</p> <p>7 CFR Sec. 210.11</p> <p>SC 504.1</p> <p>Pol. 209.1</p>	<p>Food shall not be used in the school as a reward or punishment.</p> <p>Goals of the Student Wellness Policy shall be considered in planning all school based activities.</p> <p>Fundraising projects submitted for approval shall be supportive of healthy eating and student wellness.</p> <p><u>Nutrition Standards/Guidelines</u></p> <p>All foods available in the school during the school day shall be offered to students with consideration for promoting student health and reducing obesity.</p> <p>Foods provided through the National School Lunch or School Breakfast Programs shall comply with established federal nutrition standards.</p> <p>Competitive foods available to students in the school outside of school meal programs shall comply with established federal nutrition standards and the Nutrition Standards for Competitive Foods in Pennsylvania Schools, as applicable.</p> <p>The school may impose additional restrictions on competitive foods, provided that the restrictions are not inconsistent with federal requirements.</p> <p>Exclusive competitive food and/or beverage contracts shall be approved by the Joint Operating Committee, in accordance with provisions of law.</p> <p><u>Management Of Food Allergies In The School</u></p> <p>The school shall establish Joint Operating Committee policy and administrative regulations to address food allergy management in the school in order to:</p> <ol style="list-style-type: none"> 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.
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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, 1850.1

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

Joint Operating Committee Policy – 000, 102, 103, 103.1, 105, 209.1 , 808