

School Wellness Policy

Saint Benedict the Moor School Wellness Policy	Dated for: 08-2022
Section 1: Purpose Saint Benedict the Moor School recognizes that student wellness and proper nutrition are related to students' physical wellbeing, growth, development, and readiness to learn. The wellness board is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education, and promotion of 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 42 U.S.C. Sec. 1758b 7 CFR Sec. 210.31 The school adopted this policy based on the recommendations of the Wellness Committee and in accordance with federal and state law regulations. To ensure the health and well-being of all students, the school shall provide to students: <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 nutrition guidelines.3. Physical education courses and opportunities for developmentally appropriate physical activity during the school day.4. Curriculum and programs for grades K – 8 that are designed to educate students about proper nutrition and lifeline physical activity, in accordance with State Board of Education curriculum regulations and academic standards.	
3. Delegation of Responsibility 42 U.S.C. Sec. 1758b 7 CFR Sec. 210.31 The principal shall be responsible for the implementation and oversight of this policy to ensure that programs and curriculum is compliant with this policy, related policies and established guidelines or administrative regulations. 7 CFR Sec. 1758b	

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Staff members responsible for programs to school wellness shall report to the principal regarding the status of such programs.

The principal or designee and the established Wellness Committee shall conduct an assessment at least once every three years on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation is occurring correctly. 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 school is following the laws 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 years, the school shall update or modify this policy as needed, based on the results of the most recent triennial assessment and or as a school and community needs and prioritizes change; wellness goals are met; new health science, information and technologies emerge; and new federal or state guidance or standards are issued.

The school 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 school website, students handbooks, newsletters, posted notices and other efficient communication methods. The annual notification shall include information on how to access the School Wellness policy, information about the most recent triennial assessment; information of how to participate in the development, implementation and periodic review and update of the School Wellness policy; and a means of contacting the Wellness Committee leadership/team.

4. Guidelines – 7 CFR Sec 210.12, 210.31

Recordkeeping:

The school shall retain records documenting compliance with the requirements of the School Wellness policy, which shall include:

1. The written School Wellness policy.

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2. Documentation demonstrating that the school 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 school 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.

42 U.S.C. Sec. 1758b

Wellness Committee

The school shall establish a Wellness Committee comprised of, but not necessarily limited to, at least one of each of the following: school administrator, school food service rep, 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.

7 CFR Sec. 210.31

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 Diocese 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.

SC 1422

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

SC 1513 Pol 102, 105

Nutrition Education

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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 Consumer Sciences.

Nutrition education in the school 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 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 lifestyles 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.

Physical Activity

The school shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.

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

Age-appropriate physical activity opportunities, such as outdoor and indoor recess, before and afterschool programs, during lunch, clubs, intramurals and interscholastic athletics, shall be provided to meet the needs and interests of all students, in addition to planned physical education.

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

Before and/or after school programs shall provide developmentally appropriate physical activity for participating children.

SC 1512.1 Pol. 102, 105

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 districts 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 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.

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.

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.

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Physical education classes shall have a teacher-student ratio comparable to those of other courses for safe and effective instruction.

7 CFR Sec. 210.10, 220.8

Other School Based Activities

Safe 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

Nutrition professionals who meet hiring criteria established by the school and in compliance with federal regulations shall administer the school meals program. Professional development and continuing education shall be provided for school nutrition staff, as required by federal regulations.

7CFR Sec. 210.30 Pol 808

The school shall provide adequate space, as defined by the school, for eating and serving school meals.

Student shall be provided a clean and safe mean environment.

Students shall be provided adequate time to eat: at least ten minutes sit down time for breakfast; at least twenty minutes sit down time for lunch.

The school shall implement alternative service models to increase school breakfast participation where possible, such as breakfast served in the classroom, and a “Grab and Go” breakfast option to reinforce the positive educational, behavioral, and health impacts of a healthy breakfast.

7CFR Sec. 210.10

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

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

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The school 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 school shall maintain a healthy school environment, to optimize conditions for learning and minimizing potential health risks to students, in accordance with the school's healthy learning environment health programs and applicable laws and regulations.

42 U.S.C. Sec 1751 et seq, 1773

Nutrition Guidelines for All Foods/Beverages at School

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

7 CFR Sec. 210.10, 220.8

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.

7CFR Sec. 210.11, 220.12a, 210.31

Competitive Foods – Competitive foods available for sale shall meet or exceed 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.

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

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

Pol. 229

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.

7 CFR Sec. 210.11

The school may allow a limited number of exempt fundraisers as permitted by the Pennsylvania Department of Education each school year, up to five exempt fundraisers in elementary and middle 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 school shall establish administrative regulations to implement fundraising activities in schools, 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 incentives, at classroom parties and celebrations, or as shared classroom snacks, shall meet or exceed the standards established by the school.

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:

Foods and beverages shall not be used as reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message.

2. Classroom Parties and Celebrations:

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Classroom parties shall offer a minimum number of foods (max 2-3 items) containing added sugar as the primary ingredient (e.g.: cupcakes, cookies) and will provide the following:

- Fresh fruits/vegetables
 - Water, 100 % juice diluted with water, low-fat milk, or non-fat milk.
3. Shared Classroom Snacks:
Shared classroom snacks are not permitted in K-8 at Saint Benedict the Moor School, unless denoted as a shared classroom celebration or party snack.

The school 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, any newsletters, posted notices, on the School App, and/or other effective communication methods.

7 CFR Sec. 210.11, 210.31

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.

SC 504.1

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.

Pol. 209.1

Management of Food Allergies in District Schools

The school shall establish Board policy and administrative regulations to address food allergy management in district schools to:

1. Reduce and/or eliminate the likelihood of severe or potentially life-threatening allergic reactions.

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2. Ensure a rapid and effective response in case of 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 – 24P.S. Sec. 504.1, 701, 742, 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