

MIDLAND BOROUGH SCHOOL DISTRICT WELLNESS POLICY

Background

Public Law 108-265, Section 204, requires that all Local Education Agencies (LEA) participating in the National School Lunch Program develop Local Wellness Policies by the first day of school after July 1, 2006. The law requires that each LEA develop nutrition guidelines for all foods available on the school grounds during the school day; goals for nutrition education, physical activity and other school-based activities; a plan to measure implementation; and oversight responsibilities to be assigned to one or more people. Parents, students, at least one representative of the school food authority, school administrators, school board members, and the public must participate in the development of the policy

The Midland Borough School District recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. Our district 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 Midland Borough School District recognizes the need for promoting student health and reducing childhood obesity with these objectives as a focus the district will be using the Nutrition Guidelines for Competitive Foods in Pennsylvania Schools as a "voluntary" guideline for following the plan "A Better Place to Start". These nutrition guidelines are a compilation of nutrition standards being implemented in other states, recommendations from the 2005 Dietary Guidelines for Americans, and position statements from the American Academy of Pediatrics and the American Dietetic Association. The nutrition standards are organized and will be phased in over time.

The district will ensure the health and well-being of all students and provide to students:

- A comprehensive nutrition program consistent with federal and state requirements.
- Access at reasonable cost to foods and beverages that meet established nutritional guidelines.
- Physical education courses and opportunities for developmentally appropriate physical activity during the school day.
- Curriculum and programs for K-8 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.

The Superintendent or designee shall ensure that the meals offered by the district's food service program meet all legal requirements for participation in the National School Lunch and School Breakfast Programs.

To the extent permitted under the National School Lunch and School Breakfast Programs, students in all grades shall be allowed to decline a certain number of meal items that they do not intend to consume.

The Superintendent or designee shall develop strategies designed to encourage the participation of students and parents/guardians in the selection of foods of good nutritional quality for school menus. Parents/guardians are encouraged to support the district's nutrition education efforts by considering nutritional quality when selecting any snacks that they may donate for occasional class parties.

The Board shall establish and sustain Wellness Policy Committee to discuss nutrition and physical activity related topics of concern in the school community, and to develop school district policies on nutrition and physical activity for recommendation to and approval by the Board

Wellness Policy Committee

Wellness Policy Committee shall consist of the following members: Superintendent, Administrator(s), Food Service Manager, School Nurse, Teacher(s), Parent/Guardian(s), and community partner/member(s).

The Wellness Policy Committee shall serve as an advisory committee regarding student health issues and shall be responsible for updating/maintaining the Districts Wellness Policy that complies with Public Law 108-265, Section 204; and other governing laws and make such recommendations to the School Board for approval.

- District Wellness Policy will be reviewed and updated annually at a minimum.

Goals for Nutrition Education

- Nutrition education will occur sequentially from preschool through grade 8.
- Nutrition education will be provided within the sequential, comprehensive health education program as established by the State Board of Education Curriculum Regulations and the Academic Standards for Health, Safety and Physical Education and Family and Consumer Sciences.
- Nutrition education will provide children with the knowledge and skills needed to lead healthy lives.
- Nutrition education lessons and activities will be age appropriate.
- Nutrition education will be integrated into other subjects to complement, but not replace, standards-based nutrition education

- Lifelong lifestyle balance will be reinforced by linking nutrition education and physical activity.
- Nutrition curriculum will be behavior focused (interactive/skills based).
- Coordination between school food service and nutrition education classes will occur to create a learning laboratory.
- Consistent nutrition messages will be provided throughout the school, classroom and cafeteria.
 1. Teachers of Math, English and Science will receive professional development on how to incorporate additional health and fitness related lessons.
 2. Teachers will be asked to share assessment/lesson results with the Wellness Committee.
- The staff responsible for providing nutrition education will be adequately prepared and participate in appropriate professional development.
- Nutrition education will extend beyond the school environment by sharing information with and involving families and communities.
 1. Annual Health Fairs
 2. Parents and Community Members served on Wellness Policy Committee
 3. Newsletters and Brochures
 4. Postings on District Website

- **Goals for Physical Activity**

Recommendations for Physical Activity

- Schools will contribute to providing children the opportunity to accumulate at least 60 minutes and up to several hours, of age-appropriate physical activity on all, or most days of the week. (The 60 minutes also includes physical activity opportunities outside of the school environment, such as outdoor playtime prior to dinner, etc.)
- Children will participate in several bouts of physical activity lasting 15 minutes or more to contribute to achieving the 60-minute recommendation.
- Children will participate each day in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness and performance benefits.

- Extended periods of inactivity, periods of two hours or more, will be discouraged for children.
- Organized, age-appropriate physical activity opportunities such as recess, after-school events, during lunch and interscholastic athletic activities, will be provided for all students in addition to planned physical education.
- Physical activity opportunities and developmentally appropriate activities will be provided for all students to include special needs students.

B. Physical Activity During the School Day Through Physical Education

- Physical education will be the environment through which all children learn, practice, and are assessed on the developmentally appropriate skills and knowledge necessary for participation in lifelong, health-enhancing physical activity.
- Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation will be provided.
- The physical education program will follow the National Association for Sport and Physical Education appropriate practices and the Centers for Disease Control guidelines.
- Adequate amounts of planned instruction and time will be provided in order for students to be able to achieve the proficient level for the Pennsylvania Health, Safety and Physical Education standards.
- A local assessment system will be implemented to track student progress on the Health, Safety and Physical Education standards.
- A sequential physical education program consistent with the Pennsylvania State Board of Education Curriculum Regulations and the Academic Standards for Health, Safety and Physical Education will be developed and implemented.
- Physical education will be provided by certified Health and Physical Education teachers.
- Physical education classes will have a teacher-to-student ratio comparable with those of other classes.
- A comprehensive physical education course of study that focuses on providing students the skills, knowledge and confidence to participate in life-long, health-enhancing physical activity will be implemented.

- Students will be moderately to vigorously active as much time as possible within the physical education class or as physically active within the physical education class as a documented medical condition or disability will allow.
- A physical and social environment that encourages safe and enjoyable activity for all students will be provided.
- A varied and comprehensive curriculum that leads to becoming and remaining physically active for a lifetime will be provided in the physical education program.
- Safe and adequate equipment, facilities and resources will be provided.
- Appropriate professional development for staff will be provided.
- Physical activity will not be used as a form of punishment.
- Physical Activity During the School Day Beyond Physical Education
- Physical activity breaks will be provided during classroom hours.
- Schools will offer organized before-school and after-school intramural programs, physical activity clubs and interscholastic activities that meet the needs and interests of all students that promote physical activity.
- Schools will partner with parents and community members to institute programs that support physical activity.
 1. Health Fair attendance and event participation is documented through sign-in sheets and surveys.
 2. Professional development provided by community partnerships such as American Heart Association, Penn State Agricultural Extension, Beaver County Cancer Society is assessed through survey sheets.
- After-school programs will provide developmentally appropriate physical activity for participating children.

Goals for Other School-Based Activities

A. School Environment

- Physical activity will not be used as a form of punishment.
- Food will not be used as a reward or punishment.
- Recess will be scheduled before lunch when possible (age-appropriate).

- Drinking water will be available at all meal periods and throughout the school day.
- Students will have access to hand washing or hand sanitizing before meals and snacks.
- Fundraising will be supportive of healthy eating.
- Parents, teachers, administrators, students, foodservice professionals, and community members will be encouraged to serve as appropriate role models through staff wellness programs, and parent and community outreach.
- Local Wellness Policy goals will be considered in planning all school-based activities (school events, field trips, dances, etc.).

B. Family and Community

- Schools will partner with parents and community members to institute programs that support nutrition education and physical activity.
 1. Health Fair attendance and event participation is documented through sign-in sheets and surveys.
 2. Professional development provided by community partnerships such as American Heart Association, Penn State Agricultural Extension, Beaver County Cancer Society is assessed through survey sheets.
- Students and the community will have access to physical activity facilities outside school hours.
 1. Wellness Center located within the district's gymnasium.
 2. Wellness Center is open to community and students during evening hours.
- Nutrition analysis of school meals and/or nutrient content of foods will be available to parents and students.
- Students and parents will be involved in menu selections.
 1. Students and parents are surveyed on menu items likes and dislikes.
 2. Students participate in food tasting events to ensure a variety of food items.
 3. School nurse provides information to both students and parents relating to healthy eating habits and nutrition guidelines.

C. Nutrition Services

- Students will be provided a clean and safe meal environment.

- Students will be provided adequate time to eat (10 minutes of sit-down time for breakfast, 20 minutes of sit-down time for lunch).
- Meal periods will be scheduled at appropriate hours (i.e. lunch is scheduled between 11-1).
- Schools will provide adequate space for eating and serving school meals.
- Access to the food service operation will be limited to child nutrition staff and authorized personnel.
- Schools will make use of available funding and programs through the school foodservice program to enhance student health (School Breakfast Program, After school Snack Program, and Summer Food Service Program)
- Schools will apply for available grant funds to enhance the nutrition and nutrition education environment (i.e., PDE/Project PA, Dairy Council, Action for Healthy Kids, PANA).
 1. District is a current member of PANA

D. Professional Development

- Qualified nutrition professionals will administer the school meals program.
- Schools will provide appropriate professional development for all child nutrition staff. Professional development should be provided appropriately according to job responsibilities.
- Schools will provide appropriate in-service training to all staff on components of Local Wellness Policy.

E. Health Promotion for Staff

- Staff will be provided with health education/wellness programs.
- Staff will be encouraged to participate in health education/wellness programs.

IT IS HEREBY APPROVED that the School District of the Borough of Midland adopts the Midland Borough School District Wellness Policy effective this **eighth** day of

May, 2006.

Marvin Bahm, School Board President
Midland Borough School District

Samuel Sallis, School Board Secretary
Midland Borough School District