



SCHOOL WELLNESS

<p>3. Delegation of Responsibility</p>	<ul style="list-style-type: none"> • The wellness committees also will serve as resources to school sites for implementing building health and wellness practices. <p>The Director of Pupil Services in coordination with the district Wellness Advisory Council and each school’s Principal shall be responsible to monitor district schools, programs, and curricula to ensure compliance with this policy and administrative regulations and guidelines. The Director of Pupil Services shall annually report to the Board on compliance and progress towards established goals.</p> <p><u>Communication with Parents</u></p> <ul style="list-style-type: none"> • The district/school will support parents’/guardians’ efforts to provide healthy diets and daily physical activities for their children by providing information and educational opportunities for parents. • Schools will encourage parents to pack healthy lunches and snacks and to refrain from including beverages and food that do not meet the district nutrition standards for individual foods and beverages. <p><u>Physical Education</u></p> <p>Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided. A sequential physical education program that is consistent with state Board of Education curriculum regulations and Health, Safety and Physical Education academic standards shall be implemented. All students are required to take physical education. Physicians will be asked to provide recommendations for alternate physical activities when excusing students from regular physical education.</p> <p><u>Nutrition Education and Promotion</u></p> <p>West Chester Area School District aims to teach, encourage, and support healthy eating by students. Each school will provide nutrition education and engage in nutrition promotion that:</p> <ul style="list-style-type: none"> • Is offered at each grade level as part of a sequential, comprehensive, standard-based program designed to provide students with the knowledge and skills necessary to promote and protect their health. • Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise). • Includes materials and resources for teachers and other staff, utilizing available community resources when available. <p><u>Physical Activity at School</u></p> <p>District schools shall strive to provide opportunities for physical activity and/or movement during the school day for all students. That time will include physical activity outside the school environment such as: outdoor play at</p>
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home, sports, and activities within school including recess, physical activity during lunch, intramurals, clubs and interscholastic activities.

Nutrition Guidelines

- Qualified Food Service professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; in compliance with National School Breakfast and School Lunch Program.
- To the maximum extent practical, all schools in our district will participate in available federal school meal programs (including the School Breakfast Program and National School Lunch Program).
- Food service and all outside programs run for students within school buildings will comply with the standards within this policy.

Meal Scheduling

- When tutoring, club or meeting occurs at lunch the opportunity will be made to allow student to eat.

Hygiene

- Schools will provide students' opportunities and means to perform hand washing or hand sanitizing before they eat meals and/or snacks.

Beverage Standards for both Food Service and Individually Sold Drinks

- Portion Sizes- No limit on water, 8 fluid ounce maximum size for elementary school, 16 fluid ounce maximum size for middle school, and 20 fluid ounce maximum size for high schools.

Not Allowed for All Students:

- Soda

Not Allowed for Elementary and Middle School Students:

- Sport drinks
- Beverages containing caffeine (excluding chocolate milk)

Allowed for Elementary and Middle School Students:

- Water
- Seltzer water without added caloric sweeteners,
- 100% fruit and vegetable juice,
- Unflavored and flavored low-fat or fat-free milk and nutritionally-equivalent nondairy beverages (to be defined by USDA)
- Flavored waters

Allowed for High Schools:

- All beverages allowed for lower levels



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- Sports drinks

Food Standards for a la carte items

- Will have no more than 35% of its calories from fat (excluding nuts, seeds, nut butters and cheeses)
- Will have less than 10% of calories from saturated fats and trans fats
- Of the first three listed ingredients, no more than two should be added sugars (excludes those naturally occurring in fruits and dairy products).
- 50% of grains offered will be whole grains by Sept. 2007.

Food portion sizes will be limited to those listed below per “Dietary Guidelines for Americans 2010” by USDA

- Portion sizes will not exceed the serving size of food served in the National School Lunch or School Breakfast Program and packaged items will be single serving size.
- One and one-quarter ounces maximum for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, or dried fruits.
- No limit for fruits and non-fried vegetables.
- Cookies – 1.33 ounces maximum
- Two ounces maximum for cereal/granola bars and bakery items.
- Middle schools only - Portion size of a la carte side dishes, including potatoes, will not be greater than 4 ounces.
- Fried foods will not exceed 4 ounces.
- Individual school wellness committees will develop guidelines regarding the number of snack items sold to an individual student per lunch.

Fundraising Activities Policy (applies to those activities occurring before, during and immediately after the school day)

- Fundraising activities that promote physical activity are encouraged.
- Each individual School Wellness Committee will develop guidelines for the nutritional content of foods sold for fundraising purposes. The School Wellness Committees will work towards a goal of reducing, by the end of the 2013-14 school year, to no more than 10 percent, foods and beverages sold as part of fundraising that do not meet portion size and nutritional standards for Food Items Sold Individually.

Snacks Outside of Cafeteria

Each school principal, with input from the school wellness committee, will assess if and when to offer snacks based on timing of school meals and children’s nutritional needs. These “necessary snacks” served during the school day will make a positive contribution to children’s nutritional status and



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health. Emphasis is on serving fruits, vegetables and dairy products as the primary snacks, and water or milk as the primary beverages. The district will disseminate a list of healthful snack items to teachers, after-school personnel and parents.

Rewards

Schools, teachers and after school personnel will not use foods or beverages that do not meet the WCASD Food Standards (above) as rewards for academic performance or good behavior, and will not withhold snacks or meals as a punishment.

Food Marketing

Marketing promotions for fundraising purposes will be consistent with the nutrition education, physical activity and nutrition and beverage standards above. Promotions of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products are encouraged.

This policy created to reflect current law and new guidelines.

West Chester Area School District, West Chester, Pa