

**LUZERNE  
INTERMEDIATE  
UNIT #18**

**SECTION: PUPILS  
TITLE: STUDENT WELLNESS  
ADOPTED: JANUARY 23, 2013  
REVISED: MARCH 27, 2013**

246. STUDENT WELLNESS	
1. Purpose	<p>The Executive Director recognizes that student wellness and proper nutrition are related to students’ physical well-being, growth, development, and readiness to learn. The Board 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 health school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.</p>
2. Authority P.L. 108-265 Sec. 204	<p>To ensure the health and well-being of all students, the Board establishes that the district shall provide to students:</p> <ol style="list-style-type: none"> <li>1. A comprehensive nutrition program consistent with federal and state requirements.</li> <li>2. Access at reasonable cost to foods and beverages that meet established nutritional guidelines.</li> <li>3. Physical education courses and opportunities for developmentally appropriate physical activity during the school day.</li> <li>4. Curriculum and programs for grades K-12 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.</li> </ol>
3. Delegation of Responsibility Po. 808	<p>The Executive Director or designee shall be responsible to monitor LIU 18 programs, and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations.</p> <p>Each LIU 18 Program Director or designee shall report to the Executive Director or designee regarding compliance in his/her school/classroom.</p> <p>Staff members responsible for programs related to student wellness shall report to the Executive Director or designee regarding the status of such programs.</p>

<p>P.L. 108-265 Sec. 204</p> <p>4. Guidelines</p>	<p>The Executive Director or designee shall annually report to the Board on the district’s compliance with law and policies related to student wellness. The report may include:</p> <ol style="list-style-type: none"> <li>1. Assessment of school program environment regarding student wellness issues.</li> <li>2. Evaluation of food services program.</li> <li>3. Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.</li> <li>4. Listing of activities and programs conducted to promote nutrition and physical activity.</li> <li>5. Recommendations for policy and/or program revisions.</li> <li>6. Suggestions for improvement in specific areas.</li> <li>7. Feedback received from district staff, students, parents/ guardians, community members and Wellness Committee.</li> </ol> <p>An assurance that LIU 18 guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law shall be provided annually by the Executive Director.</p> <p><u>Wellness Committee</u></p> <p>The Board shall appoint a Wellness Committee comprised of at least one (1) of each of the following: LIU 18 Board member, administrator, student, parent/guardian, member of the public, teacher, school nurse, representative of community organization (CEO) and Social worker.</p> <p>The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing a Student Wellness Policy that complies with law to recommend to the Board for adoption.</p> <p>The Wellness Committee may examine related research and laws, assess student needs and the current school environment, review existing Board policies and administrative regulations, and raise awareness about student health issues. The Wellness Committee may make policy recommendations to the Board related to other health issues necessary to promote student wellness.</p>
---	---

The Wellness Committee shall provide periodic reports to the Executive Director or designee regarding the status of its work, as required.

#### Nutrition Education

The goal of nutrition education is to teach, encourage and support health eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.

Nutrition education will be provided within the sequential, comprehensive health education program in accordance with State Board of Education curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.

Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.

Nutrition education lessons and activities shall be age-appropriate.

Nutrition education shall be integrated into other subjects to complement but not replace academic standards based on nutrition education.

Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.

#### Physical Activity

LIU 18 programs shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.

LIU 18 programs shall contribute to the effort to provide students opportunities to accumulate at least sixty (60) minutes of age-appropriate physical activity on all or most days of the week. That time will include physical activity outside the school environment, such as outdoor play at home, sports, etc.

Age-appropriate physical activity opportunities, such as recess; before and after school; 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.

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

Physical activity breaks shall be provided for elementary student during

Classroom hours.

Physical activity shall not be used as a form of punishment.

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 physical education course of study that focuses on providing students the skills, knowledge and confidence to participate in lifelong, health-enhancing physical activity shall be implemented.

A varied and comprehensive curriculum that leads to students becoming and remaining physically active for a lifetime shall be provided in the physical education program.

A sequential physical education program consistent with State Board of Education curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented.

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.

A local assessment system shall be implemented to track student progress on the Health, Safety and Physical Education academic standards.

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.

Appropriate professional development shall be provided for physical education staff. Physical activity shall not be used as a form of punishment.

In keeping with the mission of LIU 18, all students, regardless of disability will be provided with the opportunity for appropriate physical outlets. This will include the Annual Field Day program for all Special Education students served by LIU 18.

Other School-based Activities/Services

District schools and educational sites shall provide adequate space for eating and serving school meals.

Students shall be provided a clean and safe meal environment.

Students shall be provided adequate time to eat: ten (10) minutes to sit down time for breakfast; fifteen to twenty (15-20) minutes sit down time for lunch.

Program Staff responsible for obtaining and serving the food will monitor the integrity of packaging on a daily basis (i.e. observe that seals are not broken, verify compliance with expiration dates).

Meal periods shall be scheduled at appropriate hours.

Drinking water shall be available at all meal periods and throughout the school day.

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

Qualified nutrition professionals shall administer the school meals program.

Nutrition content of school meals shall be available to students and parents/guardians.

Food shall not be used in the schools as a reward or punishment.

LIU 18 shall provide appropriate training to all staff on the components of the Student Wellness Policy.

Fundraising projects involving food conducted during the school day shall be supportive of healthy eating and student wellness.

Administrators, teachers, students, parents/guardians, and community members shall be encouraged to serve as positive role models through district programs, communications and outreach efforts.

Related in-services will be utilized to, not only train staff as providers of service to students, but to promote understanding and positive control of their individual health pursuits (i.e. appropriate physical outlets,

Information on smoking cessation programs, maintaining appropriate weight)

LIU 18 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.

All LIU 18 students will be provided with a BMI completed by a nurse and shared with the parent/custodian along with general information related to the LIU 18's Wellness policy.

Nutrition Guidelines

All foods available in district schools during the school day shall be offered to students with consideration for promoting student health and reducing childhood obesity.

Foods provided through the National School Lunch or School Breakfast Programs shall comply with federal nutrition standards under the School Meals Initiative.

**Competitive foods** are defined as foods offered at school other than through the National School Lunch or School Breakfast Programs and include a la carte foods, snacks and beverages; vending food, snacks and beverages; school store food, snacks and beverages; fundraisers; classroom parties; holiday celebrations; and food from home.

All competitive foods available to students in district schools shall comply with the Nutritional Standards for Competitive Foods in Pennsylvania Schools. The nutritional standards shall be implemented as one (1) year plan.

When meal choices are made available for older students in sites such as a college cafeteria, nutritionally trained staff will use this as an opportunity to teach them how to make healthy selections. Nutritional Standards for Competitive Foods in Pennsylvania Schools will be used as a basis for this training and careful tracking of student selections will be maintained according to National Food Lunch guidelines. Students will be taught and encouraged to use the skills to make healthy choices in both food and general life style (i.e. physical exercise; avoidance of smoking) when they are no longer under the auspice of the educational environment.

Safe Routes to School

The district shall cooperate with local municipalities, public safety agency, police departments and community organizations to develop and maintain safe route to school.

References:

Child Nutrition and WIC Reauthorization Act of 2004 – P.L. 108-265 Sec. 204