

# WARRIOR RUN SCHOOL DISTRICT

SECTION: PUPILS

TITLE: STUDENT WELLNESS

ADOPTED: July 24, 2006

REVISED: July 23, 2007  
February 17, 2014  
October 24, 2016

246. STUDENT WELLNESS	
<p>1. Purpose</p>	<p>Warrior Run School District 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. The Warrior Run School District is committed to preparing students to make healthy nutritional and physical activity choices every day in their communities, homes and schools.</p>
<p>2. Authority SC 1422.1 42 U.S.C. Sec. 1758b</p>	<p>The Board 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 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> </ol> <p>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.</p>
<p>3. Delegation of Responsibility 42 U.S.C. Sec. 1758b</p>	<p>The Superintendent or designee shall monitor each of the districts schools, programs, and curricula to ensure compliance with this policy, related policies and established guidelines or administrative regulations.</p> <p>Each building principal or designee shall report to the Superintendent or designee regarding compliance in his/her school.</p> <p>Staff members responsible for programs related to student wellness shall report to the Superintendent or designee regarding the status of such programs.</p>

<p>42 U.S.C. Sec. 1758b</p>	<p>The Superintendent or designee shall report annually to the Board on the district's compliance with laws and policies related to student wellness.</p> <p>The Superintendent 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 district schools are in compliance with law and policies related to student wellness, and shall describe the progress made by the district in attaining the goals of this policy. The assessment shall be made available to the public.</p>
<p>42 U.S.C. Sec. 1758b</p>	<p>The district 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>4. Guidelines</p>	<p><u>Wellness Committee</u></p>
<p>42 U.S.C. Sec. 1758b</p>	<p>The Board shall appoint a Wellness Committee comprised of at least one (1) of each of the following: School Board member, district administrator, district food service representative, student, parent/guardian, and member of the public.</p> <p>The district shall be required to permit physical education teachers and school health professionals to participate on the Wellness Committee.</p>
<p>SC 1422</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 Board for adoption.</p> <p>An Advisory Health Council may be established by the Superintendent to study student health issues and to assist in organizing follow-up programs.</p>
<p>SC 1513 Pol. 102, 105</p>	<p>Individuals who conduct student medical and dental examinations shall submit to the Advisory Health Council annual reports and later reports on the remedial work accomplished during the year, as required by law.</p> <p><u>Nutrition Education</u></p>
<p>SC 1513 Pol. 102, 105</p>	<p>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 and Consumer Sciences.</p> <p>The goal of nutrition education is to teach, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.</p>

<p>SC 1512.1 Pol. 102, 105</p> <p>7 CFR Sec. 210.10, 220.8</p> <p>42 U.S.C. Sec. 1751 et seq, 1773</p>	<p><u>Nutrition Promotion</u></p> <p>The district aims to teach, encourage, and support healthful eating by students. District schools shall promote nutrition by providing appropriate nutrition education in accordance with the Student Wellness Policy.</p> <p><u>Physical Activity</u></p> <p>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.</p> <p><u>Physical Education</u></p> <p>A sequential physical education program consistent with curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented. All district students must participate in physical education.</p> <p>The physical education curricula shall be taught by certified health and physical education teachers.</p> <p>Physical activity shall not be used as a form of punishment.</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>Fundraising projects submitted for approval shall be supportive of healthy eating and student wellness.</p> <p>Food shall not be used in the schools as a reward or punishment.</p> <p>The District will provide a list of healthy snacks that parents can provide for shared classroom snacks.</p> <p>No more than two food items at classroom parties will have sugar as the first ingredient.</p> <p><u>Nutrition Standards/Guidelines</u></p> <p>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.</p>
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<p>7 CFR Sec. 210.10, 220.8</p>	<p>Foods provided through the National School Lunch or School Breakfast Programs shall comply with established federal nutrition standards.</p>
<p>7 CFR Sec. 210.11, 220.12a</p>	<p>Competitive foods available for sale to students in district schools outside of school meal programs shall comply with established federal nutrition standards.</p>
<p>7 CFR Sec. 210.11</p>	<p>The district may impose additional restrictions on competitive foods, provided that the restrictions are not inconsistent with federal requirements.</p>
<p>SC 504.1</p>	<p>Exclusive competitive food and/or beverage contracts shall be approved by the Board, in accordance with provisions of law.</p>
<p>Pol. 209.1</p>	<p><u>Management Of Food Allergies In District Schools</u></p> <p>The district shall establish Board policy and administrative regulations to address food allergy management in district schools in order to:</p> <ol style="list-style-type: none"> <li>1. Reduce and/or eliminate the likelihood of severe or potentially life-threatening allergic reactions.</li> <li>2. Ensure a rapid and effective response in case of a severe or potentially life-threatening allergic reaction.</li> <li>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.</li> </ol> <p>References:</p> <p>School Code – 24 P.S. Sec. 504.1, 1337.1, 1422, 1422.1, 1422.3, 1512.1, 1513</p> <p>National School Lunch Program – 42 U.S.C. Sec. 1751 et seq.</p> <p>School Breakfast Program – 42 U.S.C. Sec. 1773</p> <p>Healthy, Hunger-Free Kids Act of 2010 – P.L. 111-296</p> <p>National Food Service Programs, Title 7, Code of Federal Regulations – 7 CFR Part 210, Part 220</p> <p>Board Policy – 000, 102, 103, 103.1, 105, 209.1, 808</p>