



<p>7 CFR Sec. 210.31</p> <p>42 U.S.C. Sec. 1758b 7 CFR Sec. 210.31</p> <p>4. Guidelines</p> <p>7 CFR Sec. 210.15, 210.31</p>	<ul style="list-style-type: none"> <li>• Evaluation of food services program.</li> <li>• Review of all foods and beverages sold in school for compliance with established nutrition guidelines.</li> <li>• Listing of activities and programs conducted to promote nutrition and physical activity.</li> <li>• Recommendations for policy and/or program revisions.</li> </ul> <p>Suggestions for improvement in specific areas.</p> <p>Feedback from staff, students, parents/guardians, community members and Wellness Committee members.</p> <p>The Principal or designee and the established Wellness Committee shall conduct an assessment at least once every three (3) years on the contents and implementation of this policy as a part of a continuous improvement process to strengthen the policy and ensure the implementation. This triennial assessment shall be made available to the public in an accessible and easily understood manner and include:</p> <ol style="list-style-type: none"> <li>1. The extent to which the school is in compliance with law and policies related to school wellness.</li> <li>2. The extent to which this policy compares to model wellness programs.</li> <li>3. A description of the progress made by the school in attaining the goals of this policy.</li> </ol> <p>At least once every three (3) years, the school shall update or modify this policy as needed, based on the results of the most recent triennial assessment and/or as the school community needs change; wellness goals are met; new health, science, information and technologies emerge; and new federal or state guidelines or standards are issued.</p> <p>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, student handbooks, newsletters, posted notices and/or other efficient communication methods. This annual notification shall include how to access the wellness policy; information about the most recent triennial assessment; information on how to participate in the development, implementation and periodic review and update of the School Wellness policy; and a means of contacting Wellness Committee leadership.</p> <p><u>Recordkeeping</u></p> <p>The school shall retain records documenting compliance with the requirements of the School Wellness policy, which shall include:</p> <ol style="list-style-type: none"> <li>1. The written School Wellness policy.</li> <li>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.</li> </ol>
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<p>42 USC Sec. 1758b</p>	<p>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.</p> <p>4. Documentation demonstrating the most recent assessment on the implementation of the School Wellness policy and notification of the assessment results to the public.</p>
<p>7 CFR Sec. 210.31</p>	<p><u>Wellness Committee:</u> The school shall establish a Wellness Committee comprised of, but not necessarily limited to, at least one (1) of each of the following: School Board member, school administrator, school food service representative, student, parent/guardian, school health professional (if available), physical education teacher and member of the public (if available). It shall be the goal that committee membership will include reflect the diversity of the community.</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 School Wellness policy that complies with law to recommend to the Board for adoption.</p> <p>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 o the policy development and revision process.</p>
<p>SC 1422</p>	<p><u>Advisory Health Council</u></p> <ul style="list-style-type: none"> <li>• An Advisory Health Council may be established by the Principal to study student health issues and to assist in organizing follow-up programs.</li> <li>• The Advisory Health Council may examine related research, assess student needs and the current school environment, review existing Board policies and administrative regulations, and raise awareness about student health issues.</li> <li>• The Advisory Health Council may make policy recommendations to the Board related to other health issues necessary to promote student wellness.</li> <li>• The Advisory Health Council may make survey parents/guardians and/or students; conduct community forums or focus groups; collaborate with appropriate community agencies and organizations; and engage in similar activities, within the budget established for these purposes.</li> <li>• The Advisory Health Council shall provide periodic reports to the Principal or designee regarding the status of its work, as required.</li> </ul>
<p>SC 1422</p>	<p>Individuals who conduct student medical and dental examinations shall submit to the Advisory Health Council designee annual reports and later reports on the remedial work accomplished during the year, as required by law.</p>
<p>SC 1513</p>	

<p>Pol. 102, 105</p>	<p><u>Nutrition Education</u></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, and Safety and Physical Education.</p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.</li> <li>• Nutrition education lessons and/or activities shall be age-appropriate.</li> <li>• Nutrition education shall be integrated into other subjects to complement academic standards based on nutrition education.</li> <li>• Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.</li> <li>• The staff responsible for providing nutrition education shall be properly trained and prepared through participation in appropriate professional development.</li> <li>• Nutrition education shall extend beyond the school environment by engaging and involving families and the community.</li> </ul> <p><u>Nutrition Promotion</u></p> <p>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.</p> <ul style="list-style-type: none"> <li>• Marian High School shall promote nutrition through the implementation of Farm to School activities where possible. Activities may include, but not limited to, the initiation/maintenance of school gardens, taste-testing of local products in the cafeteria and classroom, classroom education about local agriculture and nutrition, field trips to local farms and incorporation of local foods into school meal programs.</li> <li>• School staff shall cooperate with agencies and community organization to provide opportunities for appropriate student projects related to nutrition.</li> <li>• School food service personnel shall review and implement research-based, behavioral economics techniques in the cafeteria to encourage consumption of more whole grains, fruits, vegetables and legumes, and to decrease plate waste.</li> </ul>
<p>Pol. 808</p>	

- Consistent nutrition messages shall be disseminated and displayed throughout the school, classrooms, cafeteria, homes, community and media.
- Consistent nutrition messages shall be demonstrated by avoiding use of unhealthy foods in classroom lesson plans and school staff avoiding eating less healthy food items in front of students.
- The school shall offer resources about health and nutrition to encourage parents/guardians to provide healthy meals for their children.

Physical Activity:

- School shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.
- School shall contribute to the effort to provide students opportunities to accumulate at least sixty (60) minutes of age appropriate physical activity daily, as recommended by the Centers for Disease Control and Prevention Opportunities offered at school will augment physical activity outside the school environment, such as outdoor play at home, sports, etc.
- Students shall participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness and performance.
- Age-appropriate physical activity opportunities, such as outdoor and indoor recess, before and after school programs, during lunch, intramural and interscholastic athletics, shall be provided to meet the needs and interests of all students, in addition to planned physical activity.
- A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.
- Extended periods of student inactivity, two-hours or more, shall be discouraged.
- Physical activity breaks shall be provided for students during classroom hours.
- Before and/or after-school programs shall be provided for students during classroom hours.
- School shall partner with parents/guardians and community members and organizations, such as CYO, local and state parks, hospitals, etc. to institute programs that support lifelong physical activity.
- Physical activity shall not be used or withheld as a form of punishment.

SC 1512.1  
Pol. 102, 105

- Students and their families shall be encouraged to utilize school-owned physical activity facilities, such as playing fields, outside school hours in accordance with established school rules.

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 students must participate in physical education unless a physician note is presented to school personnel.

- 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, participate and are assessed on developmentally appropriate skills and knowledge necessary for lifelong, health-enhancing physical activity.
- A comprehensive physical education course 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 promoted 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.
- A local assessment system shall be implemented to track student progress 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.
- Certified health and physical education teachers shall teach physical education.
- Appropriate professional development shall be provided for physical education staff.
- Physical education classes shall have a teacher-student ratio comparable to those of other courses for safe and effective instruction.

<p>7 CFR Sec. 210.10, 220.8 SC 701, 742</p> <p>42 U.S.C. Sec. 1751 et seq, 1773 7 CFR Sec. 210.30 Pol. 808</p> <p>7 CFR Sec. 210.10</p>	<ul style="list-style-type: none"> <li>• Physical activity shall not be used or withheld solely as a form of punishment.</li> </ul> <p><u>Other School Board Activities:</u></p> <p>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.</p> <p>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.</p> <ul style="list-style-type: none"> <li>• School shall provide adequate space for eating and serving meals.</li> <li>• Students shall be provided a clean and safe meal environment.</li> <li>• Students shall be provided adequate time to eat: twenty minutes sit down time for lunch.</li> <li>• Meal periods shall be scheduled at appropriate hours, as required by federal regulations and as defined by the school.</li> <li>• Student shall have access to hand washing or sanitizing before meals or snacks.</li> <li>• Access to food service operation shall be limited to authorized staff.</li> <li>• Nutrition content of school meals shall be available to students and parents/guardians.</li> <li>• Students and parents/guardians may be involved in menu selections through various means, such as taste testing and surveys.</li> <li>• To the extent possible, the school shall utilize available funding and outside programs to enhance student wellness.</li> <li>• The school shall provide appropriate training to all staff on the components of the School Wellness policy.</li> <li>• Goals of the School Wellness policy shall be considered in planning all school based activities.</li> <li>• Fundraising projects submitted for approval shall be supportive of healthy eating and student wellness.</li> <li>• Administrators, teachers, food service personnel, students, parents or guardians ad community members shall be encouraged to serve as positive role models through school programs, communications and outreach efforts.</li> </ul>
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<p>42 U.S.C. Sec. 1751 et seq. 1773 7 CFR Sec. 210.10, 220.8</p> <p>7 CFR Sec. 210.11, 220.12, 210.31</p> <p>7 CFR Sec. 210.11, 210.31</p> <p>7 CFR Sec. 210.11, 201.31</p> <p>7 CFR Sec. 210.11</p> <p>Pol. 229</p> <p>7 CFR Sec. 210.11</p>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• The school shall maintain a healthy school environment, to optimize conditions for learning and minimize potential health risks to students, in accordance with the school’s environmental health program and applicable laws and regulations.</li> </ul> <p><u>Nutrition Guidelines for ALL Foods/Beverages at School</u></p> <p>All foods and beverages available in school during the school day shall be offered to students with consideration for promoting student health and reducing obesity.</p> <p>Foods and beverages provided through the National School Lunch Program shall comply with established federal nutrition standards.</p> <p>Foods and beverages offered or sold at school at school-sponsored events outside the school day, such as athletic events and dances, shall offer healthy alternatives in addition to more traditional fare.</p> <p><i>Competitive Foods –</i></p> <p>Competitive foods available for sale shall meet or exceed the 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 the cafeteria, vending machines, school store, snack carts and fundraisers.</p> <p>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 lunch.</p> <p>For purposes of this policy, <b>school campus</b> means any area of property under the jurisdiction of the school that students may access during the school day.</p> <p>For purposes of this policy, <b>school day</b> means the period from midnight before school begins until thirty (30) minutes after the end of the official school day.</p> <p>The school may impose additional restrictions on competitive foods, provided that the restrictions are not inconsistent with federal requirements.</p> <p><i>Fundraiser Exemptions –</i></p> <p>Fundraiser 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.</p> <p>The school may allow a limited number of exempt fundraisers as permitted by the Pennsylvania Department of Education each school year: Up to ten</p>
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<p>7 CFR Sec. 210.11 210.31</p> <p>SC 504.1</p> <p>Pol. 209.1</p>	<p>(10) exempt fundraisers in this high school. <b>Exempt fundraisers</b> are fundraisers in which competitive foods are available for sale to students that do not meet the Smart Snacks in School nutrition standards.</p> <p>The school shall establish administrative regulations to implement fundraising activities, including procedures for requesting a fundraiser exemption.</p> <p><i>Non-sold Competitive Foods –</i></p> <p>Non-sold competitive foods available to students, which many 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.</p> <p>If the offered competitive foods do not meet or exceed the Smart Snacks in School nutrition standards, the following standards shall apply:</p> <ol style="list-style-type: none"> <li>1. Rewards and Incentives:       <ol style="list-style-type: none"> <li>a. Foods and beverages shall not be used as a reward for classroom or school activity unless the reward is an activity that promotes positive nutrition message.</li> </ol> </li> <li>2. Classroom Parties and Celebrations:       <ol style="list-style-type: none"> <li>a. Classroom parties/celebrations with food/beverages shall be limited to no more than one (1) per month in each classroom.</li> <li>b. Classroom parties shall offer a minimal amount of foods (maximum 2-3 items) containing sugar as a primary ingredient (e.g., cupcakes, cookies) and will provide the following:           <ul style="list-style-type: none"> <li>* Fresh fruits/vegetables;</li> <li>* Water, 100 % juice, 100% juice diluted with water, low-fat milk or nonfat milk.</li> </ul> </li> </ol> </li> <li>3. Shared Classroom Snacks:       <ol style="list-style-type: none"> <li>a. Shared classroom snacks are not encouraged in this high school setting.</li> </ol> </li> </ol> <p><i>Marketing/Contracting –</i></p> <p>Any foods and beverages marketed or promoted to students on campus during the school day shall meet or exceed the established federal nutrition standards (USD Smart Snacks in School) and comply with established Board policy and administrative regulations.</p> <p>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.</p> <p><u>Management of Food Allergies in School:</u></p> <p>The school shall establish Board policy and administrative regulations to address food allergy management in order to:</p>
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	<ol style="list-style-type: none"> <li>1. Reduce and/or eliminate the likelihood of severe or potential 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><u>Safe Routes to School</u></p> <ul style="list-style-type: none"> <li>• The school shall assess and, to the extent possible, implement improvements to make walking and biking to school safer and easier for students.</li> <li>• The school shall cooperate with local municipalities, public safety agency, police department and community organizations to develop and maintain safe routes to school.</li> <li>• School administrators shall seek and utilize available federal and state funding for safe routes to school, when appropriate.</li> </ul>
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<p>References:</p> <p>School Code – 24 P.S. Sec. 504.1, 701, 742, 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 – 102, 103, 103.1, 105, 209.1, 229, 808</p>
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