



Book	Policy Manual
Section	200 Pupils
Title	Student Wellness
Number	246
Status	Active
Adopted	April 19, 2010
Last Revised	April 20, 2015

Purpose

Altoona Area 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. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

Authority

The Board adopts the Student Wellness Policy based on the recommendations of the appointed Wellness Committee and in accordance with federal and state laws. The policy shall be included in the district's Strategic Plan. [\[1\]](#)[\[3\]](#)[\[7\]](#)

To ensure the health and well-being of all students, the Board establishes that the district shall provide to students:

1. A comprehensive nutrition program consistent with federal and state requirements.
2. Physical education courses and opportunities for developmentally appropriate physical activity during the school day.
3. Curriculum and programs for grades K-12 that are designed to educate students and families about proper nutrition and lifelong physical activity, in accordance with State Board of Education curriculum regulations and academic standards.

Delegation of Responsibility

The Superintendent or designee shall be responsible to monitor district schools, programs, and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations. [\[4\]](#)[\[7\]](#)

Each building principal or designee shall report to the Superintendent or designee regarding compliance in his/her school.

Staff members responsible for programs related to student wellness shall report to the Superintendent or designee regarding the status of such programs.

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.[\[7\]](#)

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.[\[7\]](#)

Guidelines

Wellness Committee

The Superintendent or designee shall appoint a Wellness Committee comprised of at least one (1) of each of the following: district administrator, School Board member, district food service representative, parent/guardian, student, member of the public, and other individuals as chosen by the Superintendent or designee.

The district shall be required to permit physical education teachers and school health professionals to participate on the Wellness Committee.[\[7\]](#)

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.

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

Nutrition Education

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 Consumer Sciences.[\[8\]](#)[\[9\]](#)[\[10\]](#)

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.

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

Nutrition curriculum shall be behavior focused.

School food service and nutrition education classes shall cooperate to create a learning laboratory.

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

Linking nutrition education and physical activity shall reinforce lifelong lifestyle balance.

The staff responsible for providing nutrition education shall be properly trained and prepared and shall participate in appropriate professional development. Criteria shall be developed to measure "properly" and "appropriate."

District staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.

Consistent nutrition messages shall be disseminated throughout the district, schools, classrooms, cafeterias, homes, community and media.

Nutrition education shall extend beyond the school environment by engaging and involving families and communities.

Physical Activity

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

District schools shall partner with parents/guardians and community members to institute programs that support physical activity, such as intramural sports programs like elementary flag football and basketball programs.

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

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 district students must participate in physical education.[9][10][11]

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.

Health and physical education and elementary classroom teachers shall make physical education a part of the curriculum.

Appropriate professional development shall be provided for physical education staff.

Other School Based Activities

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. [12][13]

District schools shall provide adequate space, as defined by the district, for eating and serving school meals.

Students shall be provided a clean and safe meal environment.

Meal periods shall be scheduled at appropriate hours, as defined by the district.

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

Nutrition professionals who meet criteria established by the district shall administer the school meals program.

Professional development shall be provided for district nutrition staff.

Access to the food service operation shall be limited to authorized staff.

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

Students and parents/guardians may be involved in menu selections through various means.

Nutrition Standards/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 established federal nutrition standards.[\[6\]](#)[\[12\]](#)[\[13\]](#)[\[14\]](#)

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; fundraisers during school day; classroom parties; or school stores.

Competitive foods available to students in district schools outside of school meal programs shall comply with established federal nutrition standards and the Nutrition Standards for Competitive Foods in Pennsylvania Schools.[\[15\]](#)[\[16\]](#)

The district may impose additional restrictions on competitive foods, provided that the restrictions are not inconsistent with federal requirements.[\[15\]](#)

Exclusive competitive food and/or beverage contracts shall be approved by the Board, in accordance with provisions of law.[\[17\]](#)

Legal

- [1. 24 P.S. 1422.1](#)
- 3. Pol. 100
- 4. Pol. 808
- [5. 24 P.S. 1337.1](#)
- [6. 42 U.S.C. 1751 et seq](#)
- [7. 42 U.S.C. 1758b](#)
- [8. 24 P.S. 1513](#)
- 9. Pol. 102
- 10. Pol. 105
- [11. 24 P.S. 1512.1](#)
- [12. 7 CFR 210.10](#)
- [13. 7 CFR 220.8](#)
- [14. 42 U.S.C. 1773](#)
- [15. 7 CFR 210.11](#)
- [16. 7 CFR 220.12a](#)
- [17. 24 P.S. 504.1](#)
- [7 CFR Part 210](#)
- [7 CFR Part 220](#)
- [24 P.S. 1337.1](#)
- [24 P.S. 1422](#)
- [24 P.S. 1422.3](#)
- [P.L. 111-296](#)
- Pol. 000
- Pol. 103
- Pol. 103.1