

# UPPER BUCKS COUNTY AREA VOCATIONAL TECHNICAL SCHOOL

SECTION: PUPILS

TITLE: STUDENT WELLNESS

ADOPTED: February 21, 2008

REVISED:

246. STUDENT WELLNESS	
1. Purpose	<p>The Upper Bucks County Area Vocational Technical School recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. The Joint Operating Committee 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.</p>
2. Authority P.L. 108-265 Sec. 204	<p>To ensure the health and well-being of all students, the Joint Operating Committee establishes that the school 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>
3. Delegation of Responsibility	<p>The Administrative Director or designee shall be responsible to monitor the school's programs, and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations.</p> <p>The Administrative Director or designee shall periodically report to the Joint Operating Committee on the school's compliance with law and policies related to student wellness. The report may include:</p> <ol style="list-style-type: none"> <li>1. Evaluation of food services program.</li> <li>2. Summary of activities and programs conducted to promote nutrition and physical activity.</li> </ol>

<p>P.L. 108-265 Sec. 204</p>	<p>An assurance that administrative regulations for reimbursable meals are not less restrictive than regulations and guidelines issued for the school in accordance with federal law shall be provided periodically by the Administrative Director or designee.</p>
<p>4. Guidelines</p>	<p><u>Wellness Committee</u></p> <p>The Administrator Director or designee shall appoint a Wellness Committee comprised of at least one (1) of each of the following: Joint Operating Committee member, school administrator, Cafeteria Manager, student, parent/guardian, community representative, teacher and Health Care Services Specialist.</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 Joint Operating Committee for adoption.</p> <p>The Wellness Committee may examine related research and laws, assess student needs and the current school environment, review existing Joint Operating Committee policies and administrative regulations, and raise awareness about student health issues. The Wellness Committee may make policy recommendations to the Joint Operating Committee related to other health issues necessary to promote student wellness.</p> <p><u>Nutrition Education</u></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>Nutrition education will be provided within the Health Careers, Culinary Arts, and Baking, Pastry, Gourmet Cuisine Programs. The Health Careers Program contains a unit on nutrition and patient feeding within the approved career and technical curriculum. Within the school's Culinary Arts Program, students and patrons will be offered visually appealing fruits and vegetables to encourage consumption of these nutritional items. The Baking, Pastry and Gourmet Cuisine Program will promote nutrition by trying to provide a whole grain item at least once per week.</p> <p>Consistent nutrition messages shall be disseminated throughout the school, classrooms, cafeterias, participating school districts, homes, community and media.</p>

Physical Activity

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

Other School Based Activities

Students shall be provided a clean and safe meal environment.

Students shall be provided adequate time to eat: fifteen (15) minutes sit down time for lunch.

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.

Upper Bucks County Area Vocational Technical School may implement other activities to promote health and wellness.

Nutrition Guidelines

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

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

Nutrition standards for foods and beverages sold within the cafeteria at Upper Bucks County Area Vocational Technical School shall comply with The Guidelines for Competitive Foods in PA Schools, A Place to Start.

**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; fundraisers; classroom parties; holiday celebrations; and products offered through the school's Culinary Arts Program and Baking, Pastry and Gourmet Cuisine Program.

Professional development shall be provided for school nutrition staff.

Food shall not be used in the school as punishment and discretion and good judgment should be used when using food as a reward (UBCAVTS recognizes that using food as a reward can encourage excess consumption of calories and unhealthy relationships with food as a "soother" instead of fuel.)

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.

References:

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