



STONE VALLEY COMMUNITY CHARTER SCHOOL

Address:
13006 Greenwood Road
Huntingdon, PA 16652

Phone; (814) 667-2705
E-mail: admin@svccs.net

POLICY OF THE BOARD OF TRUSTEES

Title: Student Wellness
Policy Number: 246
Adopted: Feb 9, 2023
Revised:

PURPOSE

Stone Valley Community Charter School 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

24 P.S. §§1422.1, 1513, 1512.1

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

- Physical education courses and opportunities for developmentally appropriate activity during the school day
- Curriculum and programs for grades K-5 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

DELEGATION OF RESPONSIBILITY

The Director of Education shall be responsible for monitoring programs and curriculum to ensure compliance with this policy.

Additionally, the Director of Education 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 part of a continuous improvement process to strengthen the policy and ensure implementation.

At least every three (3) years, SVCCS shall update or modify this policy as needed, based on the results of the assessment and/or community needs, wellness goals, new health science, the emergence of new technologies, and the issuance of new federal and/or state guidance or standards.

SVCCS 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 communication methods. This notification shall include information on how to access the School Wellness policy; 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.

GUIDELINES

Wellness Committee

SVCCS shall establish a Wellness Committee comprised of at least one (1) of each of the following: School Board member, administrator, food service representative, parent/guardian, school health professional, and physical/health education teacher.

The Wellness Committee will serve as an advisory committee regarding student health issues and be responsible for developing, implementing and periodically reviewing and updating a School Wellness policy that complies with law.

The Wellness Committee will 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 of the policy development and revision process.

Nutrition Education

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 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. The nutrition education curriculum shall consist of behavior-focused, developmentally appropriate lesson and activities that are designed to equip students with the knowledge and skills needed to lead healthy lives.

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

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthful nutrition choices and encourage participation in school meal programs.

SVCCS will promote nutrition through the implementation of Farm to School activities, when possible. Activities may include, but are 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.

SVCCS will cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.

Consistent nutrition messages shall be disseminated and displayed throughout the school, in classrooms, cafeteria, homes, community, and media.

Consistent nutrition messages shall be demonstrated by avoiding the use of unhealthy food items in the classroom lesson plans and school staff avoiding eating less healthful items in front of students.

Physical Activity

SVCCS shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students. A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained. Students shall participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits. Age-appropriate physical activity opportunities, such as recess, after school, and clubs shall be provided to meet the needs and interests of all students, in addition to planned physical education.

Extended periods of student inactivity shall be discouraged and physical activity breaks during classroom instruction shall be encouraged.

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 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.

Adequate amounts of planned instruction shall be implemented to track student progress on 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.

Other School Based Activities

The school shall provide adequate space for eating and serving meals and a clean and safe meal environment.

Students shall be provided at least twenty (20) minutes sit down time for lunch scheduled at appropriate lunchtime hours.

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

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

To the extent possible, the school shall utilize available funding and outside programs to enhance student wellness.

Fundraising projects submitted for approval shall be supportive of healthy eating and student wellness.

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.

Nutrition Guidelines

The following are guidelines established to encourage healthy nutritional habits during school hours.

Snacks

A healthy snack will be allowed at morning break every day. Snacks are parent provided. Unhealthy snacks, such as chips, cookies, or other empty calorie foods are strongly discouraged.

When snacks are planned, portion control should be considered.

Lunch

Parents should consider the following guidelines when sending lunches to school with their children. Each lunch should contain at least one fruit or vegetable and at least one protein or dairy component. Parents are discouraged from sending sweets or unhealthy snacks in school lunches. Drinks containing sugar or caffeine may not be a part of a student's lunch.

Foods and beverages provided through the National School Lunch or School Breakfast Programs shall comply with established federal nutrition standards.

Management of Food Allergies

Due to the risk of allergic reaction or dietary limitations, students are not permitted to share or trade lunch items.

SVCCS will establish Board policy and administrative regulations to address food allergy management in school in order to:

1. Reduce and/or eliminate the likelihood of severe or potentially life-threatening allergic reactions.
2. Ensure a rapid and effective response in case of a severe or potentially life-threatening allergic reaction.
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.

Other guidelines

Food will not be used as rewards for school accomplishments, but may be used as part of a lesson when educationally justified.

The nutritional value of food being sent in for classroom celebrations will be taken into consideration. No more than three sweet snacks and only water, milk, or 100% fruit juice shall be offered.

Parents will be required to sign acknowledgement of the nutritional guidelines contained in this policy when enrolling their child(ren) at SVCCS.

President—Board of Trustees

Secretary—Board of Trustees§