

SCHOOL WELLNESS POLICY

Effective Date: 4/20/2017

Revised: 6/19/2017

POLICY

Glade Run Lutheran Services/ St. Stephens Lutheran Academy (hereto referred to as St. Stephens) recognizes that wellness and proper nutrition are related to physical well-being, growth, development, and readiness to learn. St. Stephens is committed to providing an environment that promotes wellness, proper nutrition, nutritional education, and regular physical activity as part of a total learning experience. In a healthy environment, students will learn about and participate in positive dietary and lifestyle practices that can improve achievement and cultivate success. This School Wellness Policy supports and operates in conjunction with Glade Run Lutheran Services' policy on Wellness.

PROCEDURE

PRIMARY PURPOSE

To ensure the health and well-being of all students, St. Stephens 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.
3. Curriculum and programs that are designed to educate students about proper nutrition and lifelong physical activity.

DELEGATION OF RESPONSIBILITY

1. A Wellness Committee shall be established to monitor the program to ensure compliance with this policy, related policies and established guidelines or administrative regulations. The Director of Nutritional Services shall be responsible for the implementation and oversight of this policy to ensure compliance in the school.
2. Staff members responsible for programs related to school wellness shall report to the Wellness Committee regarding the status of such program.
3. The Nutritional Services Department Director or his/her designee shall provide an assurance that agency guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued in accordance with federal law annually.
4. The Wellness Committee shall complete an assessment at least once every three years on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation. This triennial assessment shall include:
 - a) The extent to which St. Stephens is in compliance with laws and policies related to school wellness.
 - b) The extent to which the policy compares to model wellness policies.
 - c) A description of the progress made by St. Stephens in attaining the goals of this policy.

5. This triennial assessment will be presented to the Chief Operating Officer. Recommendations for policy updates and modifications will be made as needed, based on the results of this assessment and/or as school and community needs and priorities change; wellness goals are met; new health science, information and technologies emerge; and new federal or state guidance or standards are issued. Upon approval by the Chief Operating Officer, recommendations are implemented and the policy is updated accordingly.
6. St. Stephens 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 student handbook and the school website. This annual notification shall include information on 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 Wellness policy; and a means of contacting Wellness Committee leadership.

GUIDELINES OF THE WELLNESS COMMITTEE

1. The Wellness Committee may be comprised of but not limited to the following: Board members, administrators, food service representatives, students, parents/guardians, school health professionals, physical education teachers, and members of the public.
2. 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 Chief Operating Officer for adoption.
 - a) The Wellness Committee may examine related research and laws, assess student needs and the current environment, review existing policies and administrative regulations, and raise awareness about student health issues.
 - b) The Wellness Committee may 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.
 - c) The Wellness Committee shall provide periodic reports to the President/CEO or his/her designee regarding the status of its work, as required.

NUTRITION EDUCATION

1. 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.
2. Nutrition education will be provided within the sequential, comprehensive health education program in accordance with State Board of Education curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.
3. Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.
4. Nutrition education lessons and activities shall be age-appropriate.
5. Nutrition curriculum shall be behavior focused.
6. Nutrition education shall be integrated into other subjects and programs to complement but not replace academic standards based on nutrition education.
7. Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.

8. The staff responsible for providing nutrition education shall be properly trained and prepared and participate in appropriate professional development.
9. Nutrition education shall extend beyond the school environment by engaging and involving families and communities.

NUTRITION PROMOTION

1. Consistent nutrition messages shall be disseminated throughout the school.
2. 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.

NUTRITION GUIDELINES

1. All foods and beverages available at the school during the school day shall be offered to students with consideration for promoting student health and reducing childhood obesity.
2. Foods and beverages provided through the National School Lunch or School Breakfast Programs shall comply with established federal nutrition standards.
3. Competitive Foods are defined as foods and beverages offered at the school throughout the school day other than through the cafeteria meals and include a la carte foods, snacks, and beverages; vending food, snacks and beverages; school store food, snacks and beverages; fundraisers; and classroom parties/celebrations/snacks.

The following guidelines will apply to competitive foods:

- Competitive foods available for sale shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School).
- Vending machines are not accessible to students
- Classroom parties/celebrations will be limited to one per month and will offer a minimal amount of foods (maximum 2-3 items) that contain added sugar as the first ingredient.

The following will be provided:

- Fresh fruits and /or vegetables
- Water, 100% fruit juice, or low fat or nonfat milk
- The majority of foods offered through the school store (not sold) or as classroom snacks will be single-serve items and contain less than 250 calories. Sugary beverages will not be offered.
- Fundraisers will follow the ‘Smart Snacks in School’ nutrition standards. The school may allow ten exempt fundraisers throughout the school year, as permitted by the Pennsylvania Department of Education. Exempt fundraisers are fundraisers in which competitive foods are available for sale that do not meet the ‘Smart Snacks in School’ nutrition standards.

4. Any foods and beverages marketed or promoted to students on the school campus during the school day shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School) and comply with established agency policy and administrative regulations.

PHYSICAL ACTIVITY

1. The school shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.
2. Students shall participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits.

3. A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.
4. Extended periods of student inactivity, two (2) hours or more, shall be discouraged.
5. Physical activity breaks shall be provided for elementary students during classroom hours.
6. The school shall partner with parents/guardians and community members to institute programs that support physical activity.
7. Physical activity shall not be used as a form of punishment.

PHYSICAL EDUCATION

1. Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.
2. 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.
3. 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.
4. A varied and comprehensive curriculum that leads to students becoming and remaining physically active for a lifetime shall be provided in the physical education program.
5. A sequential physical education program consistent with State Board of Education Curriculum regulations and Health, Safety, and Physical Education academic standards shall be developed and implemented.
6. 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.
7. An assessment system shall be implemented to track student progress on the Health, Safety and Physical Education academic standards.
8. 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.
9. Safe and adequate equipment, facilities and resources shall be provided for physical education courses.
10. Certified health and physical education teachers shall teach physical education.
11. Appropriate professional development shall be provided for physical education staff.
12. Physical education classes shall have a teacher-student ratio comparable to those of other courses.
13. Physical activity shall not be used as a form of punishment.

OTHER RELATED ACTIVITIES

1. Students shall be provided adequate space for eating and serving meals.
2. Students shall be provided a clean and safe meal environment.
3. Students shall be provided adequate time to eat: a minimum of ten (10) minutes sit down time for breakfast; a minimum of twenty (20) minutes sit down time for lunch.
4. Meal times shall be scheduled at appropriate hours.
5. Drinking water shall be available at all meal periods and throughout the day.
6. Students shall have access to hand washing or sanitizing before meals and snacks.
7. Qualified nutritional professionals shall administer the meal programs.
8. Professional development shall be provided for nutrition staff.

9. Access to food service operation shall be limited to authorized personnel only.
10. Nutrition content of meals shall be available to students and parents/guardians.
11. Students and parents/guardians may be involved in menu selections through various means.
12. To the extent possible, the school shall utilize available funding and outside programs to enhance student wellness.
13. The school shall provide appropriate training to all staff on the components of the Wellness Policy.
14. Goals of the Wellness Policy shall be considered in planning all school- based activities.
15. Fundraising projects, special events, and programs shall be supportive of healthy eating and student wellness.
16. Administrators, staff, students, parents/guardians, volunteers, and community members shall be encouraged to serve as positive role models.
17. St. Stephens shall support the efforts of parents/guardians to provide a healthy diet and daily physical activity for students by communicating relevant information through various methods.

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