

# SOUTHERN TIOGA SCHOOL DISTRICT

SECTION: PUPILS

TITLE: WELLNESS, PHYSICAL  
EDUCATION, PHYSICAL  
ACTIVITY AND NUTRITION

ADOPTED: October 12, 2009

REVISED:

<p>1. Purpose 42 U.S.C. Sec. 1751 nt</p> <p>2. Delegation of Responsibility Pol. 808</p>	<p style="text-align: center;">246. WELLNESS, PHYSICAL EDUCATION, PHYSICAL ACTIVITY AND NUTRITION</p> <p>The Southern Tioga School District is committed to preparing students to make healthy nutritional and physical activity choices every day - in their communities, homes, and schools. Therefore, it is the policy of the Southern Tioga School District that:</p> <ol style="list-style-type: none"> <li>1. Students, parents/guardians, teachers, food service professionals, health professionals, and community members will jointly implement, monitor, and review the district’s nutrition and physical activity policies.</li> <li>2. The district’s schools will provide K-12 physical education curricula and nutrition education opportunities during the school day, as well as other opportunities for developmentally appropriate activities aimed at fostering lifelong habits for health.</li> <li>3. All students will receive opportunities and encouragement to stay physically active on a regular basis.</li> <li>4. Food and beverages sold or served at school will contribute to a healthy lifestyle.</li> <li>5. The goals of the student wellness policy shall be considered in planning all school-based activities.</li> </ol> <p>The Superintendent or designee shall monitor district schools, programs, and curricula to ensure compliance with this policy, related policies and to establish guidelines or administrative regulations.</p> <p>The Superintendent or designee shall report to the Board on the district’s compliance with laws and policies related to student wellness.</p>
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<p>3. Guidelines</p>	<p><u>School Health Council</u></p> <p>A School Health Council will be established in each building and will meet quarterly for the purpose of implementing and monitoring the school wellness policies. The Council may be comprised of:</p> <ol style="list-style-type: none"><li>1. Students.</li><li>2. Parents/Guardians.</li><li>3. Teachers.</li><li>4. Food service professionals.</li><li>5. Health professionals.</li><li>6. Community members.</li></ol> <p>A School Health Council representative from each building will report regularly to the Wellness Committee chairs to monitor the progress of the policy.</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 in accordance with the State Board of Education curriculum regulations and the academic standards for Health, Safety, and Physical Education and Family and Consumer Sciences.</p> <p>Nutrition education lessons and activities shall be age-appropriate.</p> <p><u>Physical Education</u></p> <p>Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.</p> <p>Physical education shall be taught by appropriate health and physical education teachers.</p>
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Physical Activity

In addition to planned physical education, age-appropriate physical activity opportunities shall be provided. These may include:

1. Recess.
2. Activities before and after school.
3. Activities during lunch.
4. Clubs.
5. Intramurals and interscholastic activities.

Nutrition Guidelines

All foods available in district schools during the 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 federal nutrition standards under the School Meals Initiative.

**Competitive Foods** - foods offered at school other than through the National School Lunch or School Breakfast Programs.

All competitive foods available to students in district school shall comply with the established nutrition guidelines as listed in the Nutritional Standards for Competitive Foods in Pennsylvania Schools.

Elementary School A La Carte Foods And Snacks

Given young children's limited nutrition skills, items for individual sale will be restricted to bottled water and those food items offered on the school menu as part of the daily meal.

Junior/Senior High School A La Carte Foods And Snacks

*Vending Beverages And Snacks –*

Beverage vending operated by food services shall comply with the Nutritional Standards for Competitive Foods in Pennsylvania Schools.

	<p>All other in-school vending beverages and snacks:</p> <ol style="list-style-type: none"><li>1. Will not be available to students until after school hours.</li><li>2. Will provide only approved products as listed in the Nutritional Standards for Competitive Foods in Pennsylvania Schools.</li></ol> <p><i>School Stores And Other In-School Sales Outlets –</i></p> <p>All foods and beverages available for sale during school hours on the school campus will comply with the Nutritional Standards for Competitive Foods in Pennsylvania Schools.</p> <p>No foods will be available until after school meals have been served.</p> <p><u>Fundraising/Booster Club Sales</u></p> <p>Organizations that engage in fundraising in school will comply with the Nutritional Standards for Competitive Foods in Pennsylvania Schools.</p> <p>School organizations that engage in fundraising off school property or outside school hours will be encouraged to consider healthy food or nonfood-related fundraising options.</p> <p><u>Classroom Parties, Snacks, Rewards And Celebrations</u></p> <p>Parents/Guardians and teachers will be made aware of the district’s commitment to wellness and will be encouraged to provide healthy snacks. Healthy food or nonfood rewards and celebrations will be encouraged.</p> <p><u>School-Sponsored Events</u></p> <p>Coordinators of school-sponsored events, such as, but not limited to, athletic events, dances, performances, or ceremonies, will be made aware of the district’s commitment to wellness and will be encouraged to provide healthy options.</p>
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References:

School Code – 24 P.S. Sec. 504.1, 1337.1, 1422, 1422.1, 1512.1, 1513

Child Nutrition and WIC Reauthorization Act of 2004 – 42 U.S.C. Sec. 1751 notes.

Board Policy – 100, 105, 808