

ADMINISTRATIVE REGULATION

APPROVED: December 9, 2014

REVISED:

CENTENNIAL SCHOOL DISTRICT

246-AR-1 STUDENT WELLNESS

1. To promote the health and well-being of all students, the Board establishes that the district shall provide to students:
 - a. A comprehensive nutrition program consistent with federal and state requirements.
 - b. Access at reasonable cost to foods and beverages that meet established nutritional guidelines.
 - c. Physical education courses and opportunities for developmentally appropriate physical activity during the school day.
 - d. Curriculum and programs for grades K-12 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.
2. The Superintendent shall annually report to the Board on the district's compliance with law and policies related to student wellness. The report may include:
 - a. Assessment of school environment regarding student wellness issues.
 - b. Evaluation of food services program.
 - c. Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.
 - d. Listing of activities and programs conducted to promote nutrition and physical activity.
 - e. Recommendations for policy and/or program revisions.
 - f. Suggestions for improvement in specific areas.
 - g. Feedback received from district staff, students, parents/guardians, community members and the Wellness Committee.

3. In addition to the members required to participate on the Wellness Committee, members of the Wellness Committee may include:
 - a. Teacher
 - b. School nurse
 - c. School counselor
 - d. Coach
 - e. Support staff
 - f. Dietician
 - g. Health professional
 - h. Representative of local or county agency
 - i. Representative of community organization
 - j. Food vendor
 - k. Other individuals chosen by the Board

4. The Centennial School District may promote healthy eating by students by providing appropriate nutrition education in accordance with the Student Wellness Policy.
 - a. 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.
 - b. Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.
 - c. Nutrition education will be provided in school cafeterias, as well as in the classroom, with coordination between the food service staff and teachers.
 - d. Nutrition education lessons and activities shall be age-appropriate.
 - e. Nutrition education will be interactive and will provide students with the knowledge and skills needed to adopt healthy eating behaviors that will last a lifetime.
 - f. Nutrition curriculum shall focus on making healthy decisions.
 - g. School food service and nutrition education classes shall cooperate to create a learning laboratory.

- h. Nutrition education shall be integrated into other subjects to complement but not replace academic standards based on nutrition education.
 - i. Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.
 - j. Designated instructional staff will integrate nutrition education in to the district's sequential, comprehensive health education program. The program will be reviewed and updated, as appropriate.
 - k. 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."
 - l. Staff and students will be educated yearly regarding food allergies. This may be done via assemblies, in-service trainings or handouts.
5. Principals shall promote nutrition by providing appropriate nutrition education in accordance with the Student Wellness Policy.
- a. District staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition for all grade levels. The Pennsylvania Department of Education (PDE) Interdisciplinary K-12 Nutrition Curriculum is available to assist staff in implementing nutrition education lessons.
 - b. Consistent nutrition messages shall be demonstrated by avoiding use of unhealthy food items in classroom lesson plans and school staff avoiding eating less healthy food items in front of students.
 - c. Principals shall encourage parents/guardians to provide healthy meals for their children through newsletter articles, take-home materials, or other means.
 - d. Instructional staff will be directed to integrate nutritional themes into daily lessons and activities to complement the academic standards based on nutrition education.
6. Principals shall promote physical education.
- a. Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.
 - b. 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.
 - c. 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.

- d. 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.
- e. 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.
- f. A local assessment system shall be implemented to track student progress on the Health, Safety and Physical Education academic standards.
- g. 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.
- h. Safe and adequate equipment, facilities and resources shall be provided for physical education courses.
- i. Physical activity shall not be used as a form of punishment.

7. Principals shall promote physical activity.

- a. Principals shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.
- b. Age-appropriate physical activity opportunities, such as recess; before and after school; during lunch; clubs; intramurals; and interscholastic athletics, shall be provided to meet the needs and interests of all students, in addition to planned physical education.
- c. After-school programs shall provide developmentally appropriate physical activity for participating children.
- d. Principals shall partner with parents/guardians and community members to institute programs that support physical activity.

8. Other School Based Activities:

- a. Principals shall provide adequate space, as defined by the district, for eating and serving school meals.
- b. Students shall be provided a clean and safe meal environment.
- c. Meal periods shall be scheduled at appropriate hours, as defined by the district.
- d. Students shall have access to hand washing or sanitizing before meals and snacks.

- e. Nutrition professionals who meet criteria established by the district shall administer the school meals program.
 - f. Professional development shall be provided for district nutrition staff.
 - g. Access to the food service operation shall be limited to authorized staff.
 - h. Nutrition content of school meals shall be available to students and parents/guardians.
 - i. Students and parents/guardians may be involved in menu selections through various means.
 - j. To the extent possible, the district shall utilize available funding and outside programs to enhance student wellness.
 - k. The district shall provide appropriate training to all staff on the components of the Student Wellness Policy.
 - l. Goals of the Student Wellness Policy shall be considered in planning all school based activities.
 - m. Administrators, teachers, food service personnel, students, parents/guardians, and community members shall be encouraged to serve as positive role models through district programs, communications and outreach efforts.
 - n. The district 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.
9. Goals established by the Board in the Student Wellness Policy will be implemented in action plans for nutrition education and promotion.

The district will provide appropriate education and training to the staff responsible for providing nutrition education that focuses on strategies for promoting healthy eating behaviors of students.

Consistent nutrition messages will be disseminated throughout the district, schools, classrooms, cafeterias, homes and community in the following manner:

- a. Handouts
- b. Posters and bulletin boards
- c. Postings on the district's website
- d. Articles and information provided in district or school newsletters
- e. Presentations that focus on nutritional value and healthy lifestyles

- f. Special programs that highlight aspects of nutrition education
 - g. News media
10. In order to promote family and community involvement in supporting and reinforcing nutrition education in the schools, the Superintendent will be responsible for the promotion of:
- a. Nutrition education materials and cafeteria menus are sent home with students, posted in school buildings, and made available on the district's website.
 - b. Parents/Guardians are encouraged to send healthy snacks/meals to school.
 - c. Families are invited to attend exhibitions of student nutrition projects or health fairs.
 - d. Nutrition education workshops and screening services are offered.
 - e. Links with nutrition service providers (e.g., qualified public health and nutrition professionals) are established to inform families about supplemental nutritional services available in the community.
 - f. Nutrition education curriculum includes homework that students can do with their families, such as:
 - i. Reading and interpreting food labels
 - ii. Reading nutrition-related articles
 - iii. Preparing healthy recipes
 - g. School staff will be encouraged to cooperate with other agencies and community groups to provide opportunities for student projects related to nutrition, as appropriate.

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CENTENNIAL SCHOOL DISTRICT

246-AR-4. LETTER TO PARENTS/GUARDIANS IN-SCHOOL BIRTHDAY AND OTHER CELEBRATIONS

(Date)

Dear Parents/Guardians:

The District's Wellness Committee has been discussing ways in which parents/guardians can have a positive effect on our children's nutrition and eating habits while they are in school. Although we appreciate your wish to recognize your child's birthday by bringing treats to school, please be aware of the following guidelines in regard to birthday and other celebrations:

1. Treats should only be brought in when requested for scheduled parties and will be limited to foods suggested by the District. Suggested foods may vary from classroom to classroom based upon students' health issues and/or legal requirements.
2. Scheduled parties will be announced through teacher's newsletters or letters sent home.
3. Treats will be served after the lunch period or at the end of the day, when possible.

Food sent to school must be clearly and fully labeled, sealed in its original packaging, and follow Nutrition Standards for Competitive Foods in Pennsylvania. Some suggestions are as follows:

- Pre-cut fruit and veggies
- Soft pretzels (small sized) or regular pretzels
- Baked chips, whole wheat crackers, animal crackers, or graham crackers
- Non-food treats, such as pencils, erasers, notebooks or small toys
- Recommendations from the CDC on the back of this letter
- More information about healthy snacks can be found online at:
<http://www.cdc.gov/healthyyouth/nutrition/standards.htm>

You are also encouraged to ask your child's teacher to consider hosting a fun activity that does not involve food, such as reading a special book to students or playing a special game with students. Please check with your child's teacher regarding food allergies for students prior to providing a snack for the classroom students.

Sincerely,

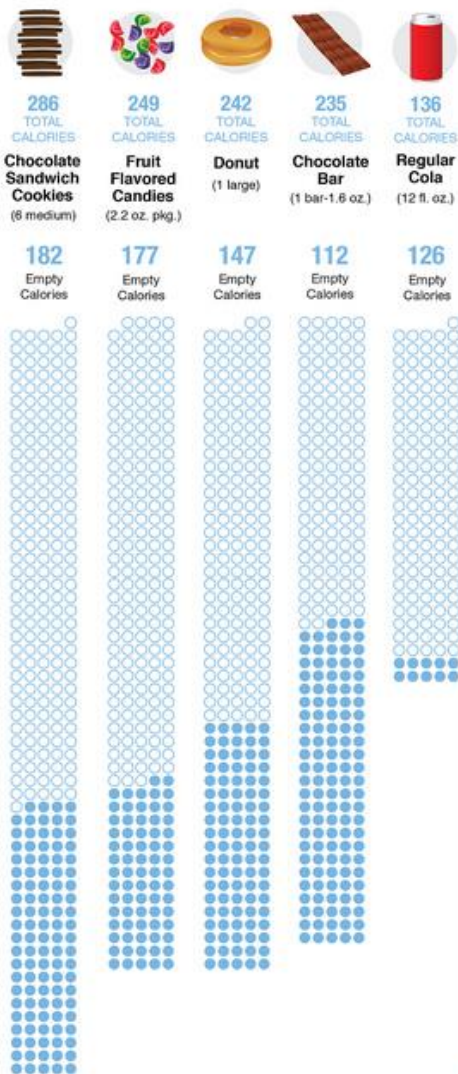
Building Principal

SMART SNACKS IN SCHOOL

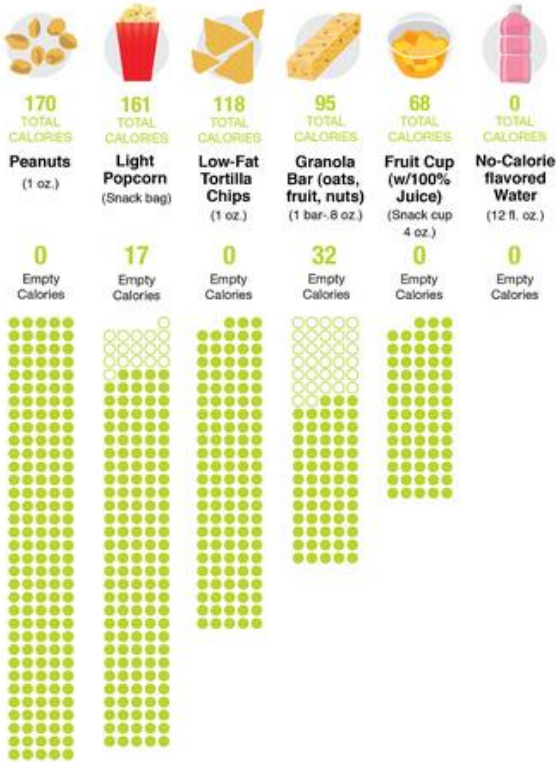
The Healthy, Hunger-Free Kids Act of 2010 requires USDA to establish nutrition standards for all foods sold in schools—beyond the federally-supported meals programs. This new rule carefully balances science-based nutrition guidelines with practical and flexible solutions to promote healthier eating on campus. The rule draws on recommendations from the Institute of Medicine, existing voluntary standards already implemented by thousands of schools around the country, and healthy food and beverage offerings already available in the marketplace.

● Equals 1 calorie ○ Shows empty calories*

Before the New Standards



After the New Standards



*Calories from food components such as added sugars and solid fats that provide little nutritional value. Empty calories are part of total calories.

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246-AR-7. HEALTHY SCHOOL ENVIRONMENT

A healthy school environment is conducive to learning and good for the health of everyone at school. A healthy learning environment plan will be developed, implemented and monitored, and will be designed to optimize conditions for learning and minimize exposure to indoor and outdoor hazardous chemicals, allergens, irritants, and pollutants. The plan will address the following elements:

1. Assessment of environmental factors that can enhance or detract from student learning and comfort, including lighting, ventilation, temperature, noise, availability of drinking water, and sanitation facilities.
2. Assessment of environmental factors that are potentially harmful to the health of students, including tobacco smoke and/or tobacco products, pests, mold, pollen, dust mites, animal dander, chalk dust, cleaning agents, scented and unscented personal care products, volatile organic chemicals (VOCs), laboratory chemicals, unvented fumes, vehicle exhaust, asbestos, lead and other substances in drinking water, arsenic-treated lumber, radon, and excessive exposure to direct sunlight.
3. Procedures for daily monitoring of outdoor air quality and for providing indoor alternatives for student physical activity on days with poor air quality.

Instructional Program

An instructional program that promotes a healthy school environment will be offered to assist students in making decisions in matters of personal, family and community health and safety and will:

1. Use active, participatory instructional strategies to engage all students.
2. Address social and media influences on student behavior and help students identify healthy alternatives to specific high-risk behavior.
3. Emphasize critical knowledge and skills that students need in order to obtain, understand and use basic health information and services in ways that enhance healthy living.

4. Focus on high-risk behaviors as they relate to the health of students, both short-term and long-term consequences, including those related to nutrition; physical activity; violence and injury; controlled substance abuse; tobacco use; and sexual behaviors that lead to HIV infection, sexually transmitted disease, or unintended pregnancy.
5. Include accurate and up-to-date information that is developmentally appropriate for students.

Topics in the instructional program may include, but not be limited to, the following:

- a. Use of health care services and products.
- b. Mental and emotional health and development.
- c. Abuse of controlled substances and tobacco, in accordance with Board policy.
- d. Oral health, vision and hearing.
- e. Proper general nutrition practices, along with related topics such as obesity, diabetes prevention, and recognizing and reacting to food allergies.
- f. Exercise, rest, and posture.
- g. Environmental health and safety.
- h. Injury prevention and safety.