

SC 1513
Pol. 102, 105

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.

Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.

Nutrition education lessons and activities shall be age-appropriate.

Nutrition curriculum shall be behavior focused.

Physical Activity

District schools shall strive to provide opportunities for developmentally appropriate physical activity as part of the curriculum for all students.

Coordinated School Health Committee (CSHC) is a multi-disciplinary approach to promote health of students, staff and community. CSHC develops action plans to address deficient areas in the Center of Disease Control and Prevention's school health index.

The school districts' Coordinated School Health Committee shall partner with parents/guardians and community members to institute programs that support physical activity.

Physical activity shall not be used as a form of punishment.

Students and the community shall have access to physical activity facilities outside school hours.

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.

SC 1512.1
Pol. 102, 105

A sequential physical education program consistent with curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented. All district students must participate in physical education.

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.

A local assessment system 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 courses.

Physical education shall be taught by certified health and physical education teachers.

Appropriate professional development shall be provided for physical education staff.

Physical education classes shall have a teacher-student ratio comparable to those of other courses.

Other School Based Activities

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 and snacks.

Access to the food service operation shall be limited to authorized staff.

Nutrition content of school meals shall be available to students and parents/guardians.

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

Goals of the Student Wellness Policy shall be considered in planning all school based activities.

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.

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.

Nutrition Guidelines

All foods available in district schools during the school 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 are defined as foods offered at school during school hours other than through the National School Lunch or School Breakfast Programs and include a la carte foods, vending food, school store food, rewards, snacks and beverages; fundraisers; classroom parties; holiday celebrations; and food from home.

All competitive foods available to students in district schools shall comply with the Nutritional Standards for Competitive Foods in Pennsylvania Schools. The nutritional standards shall be implemented as a three (3) year plan.

Safe Routes To School

The district shall cooperate with local municipalities, public safety agency, police departments, and community organizations to develop and maintain safe routes to school and to address any concerns.

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 – 000, 100, 102, 105, 808