

<p>P.L. 108-265 Sec. 204</p> <p>4. Guidelines</p>	<p>Staff members responsible for programs related to student wellness shall report to the committee chairpersons who will report to the Superintendent regarding the status of such programs.</p> <p>The Wellness Committee chairpersons shall biannually report to the Delaware Valley School Board in regard to the district’s compliance with laws and policies related to student wellness. The report may include:</p> <ol style="list-style-type: none"> 1. An assessment of the school environment regarding wellness issues. 2. An evaluation of food services programs. 3. A review of all foods and beverages sold in schools for compliance with established nutrition guidelines. 4. A list of activities and programs conducted to promote nutrition and physical activity. 5. Recommendations for policy and/or program revisions. 6. Suggestions for improvement in specific areas. 7. Feedback received from district staff members, students, parents/guardians, community members, and the Wellness Committee. <p>The Director of Food Services shall provide an assurance that district guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law annually.</p> <p><u>Wellness Committee</u></p> <p>The Superintendent has appointed Wellness Committee chairpersons for the district. The Delaware Valley School District Wellness Committee is comprised of minimally one staff representative from each school building, the Delaware Valley School District Food Service Director, a representative of the Alliance for a Healthier Generation, community members, parents, and students.</p> <p>The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing and recommending a Student Wellness Policy that complies with the law.</p> <ol style="list-style-type: none"> 1. The Delaware Valley Wellness Committee chairpersons will provide periodic reports to the Superintendent regarding the status of the committee’s work as appropriate.
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Nutrition Education

1. The goal of nutrition education is to teach, encourage, and support healthy eating by students and staff. Promoting student health and nutrition enhances readiness for learning and increases student achievement. Promoting good health and nutrition for staff members leads to increased energy levels throughout the day and reduces teacher illness/absence.
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 to lead healthy lives.
4. Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.
5. The staff members responsible for providing nutrition education shall be properly trained and prepared, and shall participate in appropriate professional development.
6. Consistent nutrition messages shall be disseminated throughout the district schools, classrooms, and cafeterias. Any corresponding information delivered to student homes, community organizations, and the media will be consistent with the goals of this policy and promoting good health.

Physical Activity

1. Delaware Valley schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.
2. In addition to planned physical education, age-appropriate physical activity opportunities. These opportunities exist before, during, and after school.
3. After-school programs shall provide developmentally appropriate physical activity for participating children.
4. The students of the Delaware Valley School District and the community shall have access to physical activity facilities outside school hours.

Physical Education

1. The Delaware Valley Schools offer 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.
2. The Delaware Valley Schools offer a sequential physical education program consistent with State Board of Education curriculum regulations and Health, Safety, and Physical Education academic standards.
3. The Delaware Valley School's 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.
4. The Delaware Valley Schools offer safe and adequate equipment, facilities, and resources shall be provided for physical education courses.
5. Physical education shall be taught by certified health and physical education teachers.
6. Appropriate professional development opportunities are provided for physical education teachers.

Other School Based Activities

1. The Delaware Valley schools provide adequate space for eating and serving school meals.
2. Students shall be provided a clean and safe meal environment.
3. Students shall be provided adequate time to eat: twenty (20) minutes to sit down for lunch.
4. Water is available for students at lunches and throughout the day.
5. Hand washing or sanitizing is available to all students before meals and snacks.
6. A qualified nutrition professional shall administer the schools' meal programs.
7. The district nutrition staff is provided professional development opportunities.
8. The nutritional content of school meals is available to students and parents/guardians upon request.

9. The district shall utilize available funding and outside programs to enhance student wellness, when available.
10. Foods shall not be used as a reward or punishment.
11. Appropriate training shall be provided to all staff concerning the components of the Student Wellness Policy.
12. Goals of the Student Wellness Policy shall be considered in planning all school-based activities.
13. Fundraising projects submitted for approval shall be supportive of healthy eating and student wellness.
14. 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.

Nutrition Guidelines

All foods available in the Delaware Valley School District schools during the school day shall be offered to students with consideration, 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 which are not associated with the National School Lunch or School Breakfast Programs, including a la carte foods, snacks and beverages, vending machine food, fundraisers, classroom parties, and holiday celebrations.

All competitive foods available to students in Delaware Valley School District schools shall comply with the Nutritional Standards for Competitive Foods in Pennsylvania Schools. The nutritional standards shall be implemented as a three-year plan.

All competitive foods available to students in Delaware Valley School District schools shall comply with the established nutrition guidelines, as listed in the student wellness plan.

Safe Routes To School

1. The Delaware Valley School District shall cooperate with local municipalities, public safety agency, police departments, and community organizations to develop and maintain safe routes to school.
2. When appropriate, Delaware Valley School District administrators shall seek and utilize available federal and state funding for safe routes to school.

References:

Child Nutrition and WIC Reauthorization Act of 2004 – P.L. 108-265 Sec. 204