

ORGANIZATION: MHY Family Services
DEPARTMENT: Longmore Academy
APPROVAL DATE:
SUBJECT: STUDENT WELLNESS

POLICY STUDENT WELLNESS

1. PURPOSE

MHY Family Services (MHY) recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. MHY is committed to providing a school environment within Longmore Academy that promotes student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

2. AUTHORITY

To ensure the health and well-being of all students, MHY establishes that the school shall provide to students a comprehensive nutrition program consistent with federal and state requirements, access at reasonable cost to foods and beverages that meet established nutritional guidelines, and a curriculum and programs for grades 1-12 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. P.L. 108-265, Sec. 204

3. DELEGATION OF RESPONSIBILITY

The Director of Education or designee shall be responsible to monitor Longmore Academy, programs, and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations. Pol. 808

Staff members responsible for programs related to student wellness shall report to the Director of Education or designee regarding the status of such programs.

The Director of Education or designee shall annually report to the Executive Director and the Program Committee of the Board of Director on the school compliance with law and policies related to student wellness. The report may include:

- Assessment of school environment regarding student wellness issues
- Evaluation of food services program
- Listing of activities and programs conducted to promote nutrition and physical activity

- Recommendations for policy and/or program revisions based on the triennial assessment and/or other needs
- Suggestions for improvement in specific areas
- Feedback received from the school staff, students, parents/guardians, community members and the Wellness Committee

An assurance that MHY guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law shall be provided annually by the Food Service Director, Director of Finance and Facilities, and Director of Education. P.L. 108-265, Sec 204

4. Guidelines

Recordkeeping

The school shall retain records documenting compliance with the requirements of the School Wellness policy, which shall include:

- The written School Wellness policy
- Documentation demonstrating that the district has informed the public, on an annual basis, about the contents of the School Wellness policy and any updates to the policy
- Documentation of efforts to review and update the School Wellness policy, including who is involved in the review and methods used by the school to inform the stakeholders of their ability to participate in the review
- Documentation demonstrating the most recent assessment on the implementation of the School Wellness policy and notification of the assessment results to our stakeholders

Wellness Committee

MHY shall appoint a Wellness Committee comprised of at least one (1) of each of the following: MHY Board member, Agency administrator, food service representative, student, parent/guardian, member of the public, physical education teacher, health professional, and classified staff.

The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing, implementing and periodically reviewing a School Wellness Policy that complies with the law to recommend to MHY Leadership Team for adoption. The Leadership Team may offer feedback and will submit the proposed policy revisions to the Board of Directors for approval.

The Wellness Committee may survey parents/guardians and/or students; conduct community or stakeholder forums or focus groups; collaborate with appropriate community agencies and organizations; and engage in similar activities, within the budget established for these purposes.

Nutrition Education and Promotion

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 teach, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.

Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives. Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.

Nutrition education shall be integrated into other subjects such as math, science, language, arts and social sciences to complement but not replace academic standards based on nutrition education.

Nutrition education shall extend beyond the school environment by engaging and involving families and communities.

The staff responsible for providing nutrition education shall be properly trained and prepared and shall participate in appropriate professional development. MHY Family Services shall develop standards for such training and professional development.

Physical Activities

Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided. 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.

Youth will create a learning day that provides opportunities to accumulate at least 60 minutes of age-appropriate physical activity daily. It can be indoor or outdoor during class and between classes. These activities shall be age-appropriate and designed to achieve optimal health, wellness, fitness, and performance benefits.

Safety will be a priority for all activities.

Extended period of student inactivity, two hours or more, shall be discouraged.

MHY Family Services will partner with stakeholders and community organizations to institute programs that support lifelong physical activity.

Physical activity may not be used or withheld as a form of punishment.

Physical Education

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

Physical education shall

- Promote lifelong physical activity and provides instructions in the skills and knowledge necessary for lifelong participation
- Learn, practice and are assessed on developmentally appropriate skills and knowledge necessary for lifelong, health-enhancing physical activity.
- Use curriculum that promotes both team and individual activities and leads to students becoming and remaining physically active for a lifetime
- Use adequate amounts of planned instruction in order for youth to become proficient
- Use an assessment system to track student progress on the Health, Safety and Physical Education academic standards.
- Use moderately to vigorously active time in the classroom time as much as possible including meeting the needs of youth who need accommodations for medical conditions and disabilities
- Use safe and adequate equipment, facilities and resources
- Taught by a certified health and physical education teachers

Physical education staff shall engage in professional development.

Classroom teacher – student ratios will be safe and effective for instruction.

Other School Based Activities

MHY shall provide adequate space, as defined by the Longmore Academy, for eating and serving school meals.

Students shall be provided a clean and safe meal environment.

Meal periods shall be scheduled at appropriate hours, as defined by MHY and shall be scheduled in such a way as to provide adequate time to eat.

Nutrition professional who meet criteria established by the Longmore Academy shall administer the school meals program. Students and parents and/or guardians may be involved in menu selection. This may be done by taste testing, surveys or other means.

MHY Family Services and Longmore Academy shall provide appropriate training to all staff on the components of the School Wellness Policy.

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

MHY 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.

Students shall have access to handwashing 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 and/or guardians.

Drinking water shall be available at all meals periods and throughout the school day.

MHY Family Services will maintain a healthy school environment, including but not limited to indoor air quality, in accordance with agency policies and applicable laws and regulations.

The Wellness Committee on behalf of MHY Family Services will provide annual notification to the public on the content of the wellness policy and any updates on the wellness policy on an annual basis, at a minimum. The Wellness Committee also notifies the public as to the findings of the triennial assessment.

Nutrition Guidelines for All Food and Beverages at School

All food available in school during the school day shall be offered to students with consideration for promoting student health and reducing childhood obesity.

Food provided through the National School Lunch or School Breakfast programs shall comply with established federal nutrition standards.

We will not serve food items where the first ingredient is sugar.
No marketing of food/beverages is permitted.

Competitive foods available for sale shall comply with established federal nutrition standard known as Smart Snacks in School.

Competitive foods that are offered or available to students throughout the school day shall comply with the applicable sections of the Nutrition standards for Competitive Foods in Pennsylvania Schools.

Competitive foods are defined as foods offered at school other than through the National School Lunch or School Breakfast Programs and include a la carte foods, snacks and beverages; vending food, snacks and beverages; school store food, snacks and beverages; classroom parties; holiday celebrations; and food from home.

Vending Machines will not be available to students during the school day.

Non-Sold Competitive Foods

Non-sold competitive foods available to students, which may include but are not limited to foods and beverages offered as rewards and incentives, at classroom parties and celebrations, or as shared classroom snacks, shall meet or exceed the standards established by the district.

Rewards and Incentives

Foods and beverages shall not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message.

Classroom Parties and Celebrations

Classroom parties or celebrations with food and/or beverages shall be limited to no more than 1 per month in each classroom.

Management of Food Allergies

MHY Family Services and Longmore Academy are committed to reduce and/or eliminate the likelihood of severe or potentially life-threatening allergic reactions and ensure a rapid and effective response in case of a severe or potentially life-threatening allergic reaction. MHY Family Services Longmore Academy is committed to protect the rights of students by providing them, through necessary accommodations when required, the opportunity to participate fully in all programs and activities.

Safe Routes to School

MHY Family Services Longmore Academy shall work with sending school districts to identify safe transportation to school. MHY will work cooperative with local

municipalities, public safety agencies, police and other community organizations to maintain safe routes to school.

Triennial Assessment

The Wellness Committee conducts an assessment of the wellness policy every three years at a minimum.

This assessment includes the following components:

- compliance of Longmore participating with the wellness policy**
- how well the wellness policy compares to the model wellness policies**
- progress made in attaining the goals of the wellness policy**

A copy of the most recent triennial assessment is kept on file.

References:

Healthy, Hunger-Free Kids Act of 2010

Pennsylvania School Board Association No 246 School Wellness