

**Families United Network, Inc.
Residential Manual**

Policy: **Student Wellness**
Date Issued: **June 1, 2006**
Date Revised: **9/2010, 12/2015, 1/2016**

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I. Purpose

Families United Network, Inc. recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. The Wellness/Nutrition Panel, Administration and Board of Directors is committed to providing a school environment 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.

II. Authority

To ensure the health and well-being of all students, the Wellness/Nutrition Panel, Administration and Board of Directors establishes that the residential program shall provide to students:

A comprehensive nutrition program consistent with federal and state requirements.

No cost access to foods and beverages that meet established nutritional guidelines.

Physical education courses and opportunities for developmentally appropriate physical activity during the school day. The students walk the campus each morning from 7:40 a.m. to 8:00 a.m. prior to eating breakfast. Physical education classes are held every other day from 2:00 p.m. to 2:40 p.m.

Curriculum and programs for grades 8-12 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.

III. Delegation of Responsibility

The Wellness/Nutrition Panel or designee shall be responsible to monitor the school, programs, and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations. The Wellness/Nutrition Panel will meet quarterly.

The teachers or designee shall report to the Wellness/Nutrition Panel regarding compliance in her school at the regularly scheduled meeting.

Staff members responsible for programs related to student wellness shall report to the Wellness/Nutrition Panel regarding the status of such programs. This will be done through the Residential Services Director as a Panel member.

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The Wellness/Nutrition Panel or designee shall annually report to the Board of Directors on the district's compliance with law and policies related to student wellness. The report may include:

Assessment of school environment regarding student wellness issues. The campus playground and exercise equipment will be periodically checked for safety compliance. The classroom and school building are checked for safety compliance.

Evaluation of food services program in conjunction with the National School Lunch Program, Pennsylvania Department of Public Welfare, Pennsylvania Department of Agriculture, and the Wellness/Nutrition Panel.

Review of all foods and beverages distributed in the school for compliance with established nutrition guidelines. All foods and beverages meet or exceed the requirements of the National School Lunch Program and utilization of all USDA commodities.

Listing of activities and programs conducted to promote nutrition and physical activity.

- 20 minute walk each morning prior to breakfast.
- Regular recreational activities and physical exercise.
- Intramurals on a weekly basis (volleyball)
- In the summer months, regular Life Skills sessions on the dangers of smoking, drug & alcohol use/abuse, healthy eating, etc.
- In the summer months, swimming, basketball and outdoor volleyball on a daily basis.
- Hikes and walks (weather permitting).
- Exercise equipment in lower Activity Center for resident use.

The Wellness Committee will review recommendations for policy and/or program revisions concerning physical activity each month. The resident that is on the Wellness Panel will coordinate the resident requests to participate in an activity.

An assurance that 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.

IV. Guidelines

The Families United Network, Inc. President & CEO shall appoint a Wellness/Nutrition Panel comprised of at least one (1) of each of the following: administrator, food service representative, student, member of the public, teacher, classified staff.

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The Wellness/Nutrition Panel shall serve as an advisory committee regarding student health issues and shall be responsible for developing a Student Wellness Policy that complies with law to recommend to Families United Network, Inc. President & CEO and the Board of Directors for adoption.

The Wellness/Nutrition Panel may examine related research and laws, assess student needs and the current school environment, review existing Board policies and administrative regulations, and raise awareness about student health issues. The Wellness/Nutrition Panel may make policy recommendations to the President & CEO related to other health issues necessary to promote student wellness.

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

The Wellness/Nutrition Panel shall provide periodic reports to the President & CEO or designee regarding the status of its work, as required.

Nutrition Education

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.

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.

Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives. The school studies eating disorders, digestion process, caloric intake, recipe creations, and exercise factors vs. calories burned during each school year.

Nutrition education lessons and activities shall be age appropriate.

The food service and nutrition education classes shall cooperate to create a learning laboratory whenever possible.

Nutrition education shall be integrated into other subjects to complement, but not replace, academic standards based on nutrition education. This can be accomplished through math classes calculating the nutritional factors of food choices, science class incorporates a digestion lesson in

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the biology unit, health class incorporates nutrition into 25 of the lessons, and a semester of life skills for each food group and its nutritional content.

Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity. Discussions of what activities burn what amount of calories are reviewed along with discussion of proper physical exercise in a program similar to the Presidential Physical Fitness Award.

Staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.

Consistent nutrition messages shall be disseminated throughout the school, classroom, cafeteria, community and media. Posters containing nutritional value of breakfast food selections, information on balanced diet, exercise tips with activities highlighted with the number of calories burned are hung in the dining room. The food service line is consistent with portion control, and the nutritional content is available for the lunch and snack menu. The residential counselors offer opportunity for exercise in the evenings (see listing of activities). The school is consistent in their nutritional messages.

Nutrition education shall extend beyond the school environment by engaging and involving the community. Residential staff will encourage nutrition education within the Ashler Manor community and throughout the school system. A resident on the Wellness/Nutrition Panel keeps the residential community informed about activities of the student panel. Life Skills speakers are invited to speak on campus

Physical Activity

The residential program shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.

The school shall determine how they will contribute to the effort to provide students opportunities to accumulate at least thirty (30) minutes of age-appropriate physical activity on all or most days of the week. That time will include physical activity outside the school environment, such as outdoor play at home, sports, etc. The students walk each morning before breakfast for a total of 20 minutes. Physical education class is held every other day. See list of activities for more information.

A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.

The Wellness/Nutrition Panel shall partner with community members to institute programs that support physical activity.

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Students shall have access to physical activity facilities outside school hours. See list of activities.

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.

A sequential physical education program consistent with State Board of Education curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented.

Students shall be moderately to vigorously active for as much time as possible during a physical education class. Documented medical conditions and disabilities shall be accommodated during class.

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

Other School Based Activities

Students shall be provided adequate time to eat; thirty (30) minutes sit down time for breakfast; thirty – thirty-five (30 - 35) minutes sit down time for lunch.

Meal periods shall be scheduled at appropriate hours. Breakfast is served at 8:00 a.m., lunch at 12:00 noon. dinner at 4:45 p.m. Snacks are served at 2:40 and 8:00 p.m.

Access to the food preparation facilities shall be limited to authorized staff.

Nutritional content of school meals shall be available to students.

Students may be involved in menu selections. They are able to request menu selections through a posting on the cafeteria bulletin board. The students participate in food preparation for the dinner meal and week-end menus.

To the extent possible, Families United Network, Inc. shall utilize available funding and outside programs to enhance student wellness.

Food shall not be used in the schools as a reward or punishment.

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The Wellness/Nutrition Panel shall communicate to staff on the components of the Student Wellness Policy.

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

Administrators, teachers, food service personnel, students and community members shall be encouraged to serve as positive role models through programs, communication and outreach efforts.

Nutrition Guidelines

All foods available in the school 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 other than through the National School Lunch or School Breakfast Programs and include snacks and beverages, classroom parties and holiday celebrations. No food or snacks are permitted in the classroom. Holiday parties are conducted after school hours in a separate building.

All competitive foods available to students in the school shall comply with the Nutritional Standards for Competitive Foods in Pennsylvania Schools. The nutritional standards shall be implemented as a

- one year plan
- two year plan
- three year plan

All competitive foods available to students in the school shall comply with the established nutrition guidelines as listed in the Student Wellness Plan.

V. Authorization

Wellness/Nutrition Panel Representative

Date

President & CEO

Date