

# NORTHERN TIER CAREER CENTER

SECTION: PUPILS

TITLE: STUDENT WELLNESS

ADOPTED: June 28, 2012

REVISED:

246. STUDENT WELLNESS	
<p>1. Purpose</p>	<p>The Northern Tier Career Center recognizes that student wellness and proper nutrition are related to students’ physical well-being, growth, development, and readiness to learn. The Joint Operating Committee 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.</p>
<p>2. Authority SC 1422.1 42 U.S.C. Sec. 1751 nt Pol. 100</p>	<p>The Joint Operating Committee adopts the Student Wellness Policy based on the recommendations of the appointed Wellness Committee and in accordance with federal and state laws. The policy shall be included in the Strategic Plan.</p> <p>To ensure the health and well-being of all students, the Joint Operating Committee establishes that the center shall provide to students:</p> <ol style="list-style-type: none"> <li>1. A comprehensive nutrition program consistent with federal and state requirements.</li> <li>2. Access at reasonable cost to foods and beverages that meet established nutritional guidelines.</li> <li>3. 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.</li> </ol>
<p>3. Delegation of Responsibility Pol. 808</p>	<p>The Administrative Director or designee shall be responsible to monitor the center’s programs, and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations.</p> <p>Staff members responsible for programs related to student wellness shall report to the Administrative Director or designee regarding the status of such programs.</p>

<p>42 U.S.C. Sec. 1751 nt</p>	<p>The Administrative Director or designee shall report to the Joint Operating Committee on the center's compliance with law and policies related to student wellness. The report may include:</p> <ol style="list-style-type: none"><li>1. Assessment of school environment regarding student wellness issues.</li><li>2. Review of all foods and beverages sold in the center for compliance with established nutrition guidelines.</li><li>3. Recommendations for policy and/or program revisions.</li><li>4. Feedback received from center staff, students, parents/guardians, community members and Wellness Committee.</li></ol> <p>An assurance that center guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for the center in accordance with federal law shall be provided by the Administrative Director.</p> <p><u>School Based Activities</u></p> <p>Drinking water shall be available at all meal periods and throughout the school day.</p> <p>Students shall have access to hand washing or sanitizing.</p> <p>Food shall not be used in the center as a reward or punishment.</p> <p>Goals of the Student Wellness Policy shall be considered in planning all school based activities such as center events, field trips, and assemblies.</p> <p>Fundraising projects submitted for approval shall be supportive of healthy eating and student wellness.</p> <p><u>Nutrition Guidelines</u></p> <p>All foods available in the center during the school day shall be offered to students with consideration for promoting student health and reducing obesity.</p> <p>Foods provided through the National School Lunch or School Breakfast Programs shall comply with federal nutrition standards under the School Meals Initiative.</p>
-----------------------------------	--

<p>SC 504.1</p> <p>SC 1337.1</p>	<p><u>Competitive Foods/Beverages</u></p> <p><b>Competitive foods and beverages</b> are defined as any food or beverage offered or sold at school in competition with reimbursable meals served through the National School Lunch or School Breakfast programs.</p> <p>All competitive foods and beverages available to students in the center shall comply with the Nutrition Standards for Competitive Foods in Pennsylvania Schools.</p> <p>References:</p> <p>School Code – 24 P.S. Sec. 504.1, 1337.1, 1422, 1422.1, 1512.1, 1513, 1850.1</p> <p>Child Nutrition and WIC Reauthorization Act of 2004 – 42 U.S.C. Sec. 1751 notes.</p> <p>Joint Operating Committee Policy – 000, 100, 102, 105, 808</p>
----------------------------------	--