

STATE COLLEGE
 AREA
 SCHOOL DISTRICT

SECTION: PUPILS
 TITLE: COORDINATED SCHOOL HEALTH POLICY
 ADOPTED: February 13, 2006
 REVISED: October 28, 2013

<p>1. Purpose P.L. 108-265 Sec. 204</p>	<p style="text-align: center;">246. COORDINATED SCHOOL HEALTH POLICY</p> <p>The State College Area School District is committed to connecting health with education as described by the Centers for Disease Control’s Coordinated School Health Model. Therefore, it is the policy of the State College Area School District that:</p> <ol style="list-style-type: none"> 1. Students, parents/guardians, teachers, food service professionals, health professionals, and community members will jointly implement, monitor, and review the district’s Coordinated School Health Policy. 2. All students and staff will receive opportunities and encouragement to stay physically active on a regular basis. 3. The District’s schools will provide K-12 physical education, curricular and nutritional education opportunities during the school day, as well as other opportunities for developmentally appropriate activities aimed at fostering lifelong habits for health. 4. Food and beverages sold or served at school are consistent with a healthy lifestyle. 5. The school environment, including physical and aesthetic surroundings and the psychosocial climate and culture of the school, will support student/staff health and wellness. 6. Physical health and behavioral health services will support the needs of all students/staff. 7. The mental, emotional, and social health of students and staff will be supported by the professional leadership of certified school counselors, psychologists, certified school nurse and social workers. 8. The goals of the Coordinated School Health policy will be considered in planning all school-based activities.
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<p>2. Delegation of Responsibility Pol. 808</p>	<p>The Superintendent or designee will monitor District schools, programs, and curricula to ensure compliance with this policy and related policies and to establish guidelines or administrative regulations.</p> <p>The Superintendent or designee will periodically report to the Board on the District’s compliance with laws and policies related to student wellness.</p>
<p>3. Guidelines</p>	<p><u>School Health and Wellness Council</u></p> <p>A School Health and Wellness Council will be established and will meet quarterly for the purpose of implementing, monitoring and, as necessary, revising this policy. The council will be comprised of representatives from the community and each building, and will represent the Coordinated School Health Components:</p> <ul style="list-style-type: none"> • Nutrition Services • Health Education • Physical Education • Health Services • Counseling/Mental Health • Staff Health • Family/Community • Environment <p><u>Nutrition Services</u></p> <p>School Meals –</p> <ol style="list-style-type: none"> 1. Students will have access to the National School Lunch and Breakfast Programs that meet the minimum nutritional requirements established by state and federal regulations. 2. Information about the nutritional content of school meals will be available to parents/guardians and students. 3. Schools will provide adequate time for students to enjoy healthy foods. (The National Association of State Boards of Education recommends at least ten (10) minutes for breakfast and twenty (20) minutes for lunch calculated from the time the student is seated.) 4. Dining areas will be pleasant, with enough space to comfortably seat all students.

5. High school students will be strongly encouraged to schedule a free lunch period.
6. Students will be involved in menu planning through regularly scheduled meetings and taste testing.

Competitive Foods (foods offered at school other than through the National School Lunch or School Breakfast Programs that include a la carte, vending, school store sales, fundraisers, booster club sales, classroom parties, and holiday celebrations) –

1. The School Health and Wellness Council and the food service department will jointly establish nutrient standards for all competitive foods sold in the school cafeterias. These standards may set limits on, but are not restricted to: portion size calorie content, fat content, added sugar, and sodium content.
2. Given young children’s limited nutrition skills, elementary students will require parent/guardian approval to make purchases of items that are not part of the reimbursable school meal.
3. Vending, School Stores, and Other In-School Sales Outlets:
 - a. All foods and beverages available for sale on the school campus will meet the nutrient standards for competitive foods sold in the school cafeterias.
4. Fundraising:
 - a. Organizations that engage in fundraising during school hours will follow nutrient standards established by the School Health and Wellness Council. The administration will enforce these standards and may set limits on, but are not restricted to: portion size calorie content, fat content, added sugar, sodium content and time of day.
 - b. School organizations that engage in fundraising off school property or outside school hours will be encouraged to consider health food or non-food related fundraising options.
5. Classroom Snacks, Rewards and Celebrations:
 - a. Parties and celebrations held in elementary schools will limit foods (maximum 2-3 items) that contain added sugar as the first ingredient and will provide the following as healthier alternatives:
 - Fresh Fruits and vegetables

- Water, 100% fruit juice or milk

b. Food will not be used as a reward for elementary classroom or school activities unless the reward is an activity that promotes a positive nutrition message.

c. Parents/Guardians and teachers at the middle school and high school level will be made aware of the District's commitment to wellness and will be encouraged to provide healthy snacks. Non-food rewards and celebrations will be encouraged.

6. School-Sponsored Events (such as, but not limited to, athletic events, dances, performances, or ceremonies):

- a. Coordinators of these events will be made aware of the District's commitment to wellness and will be encouraged to provide healthy options.

Faculty and staff are encouraged to set a positive example for the students. Students are not likely to believe that nutrition policies are beneficial if they see faculty and/or staff consuming foods and beverages that do not align with District policy.

Health Education

The goal of Health Education is to provide students with opportunities to acquire the knowledge, attitudes, and skills necessary for making health-promoting decisions, achieving health literacy and adopting health-enhancing behaviors. Comprehensive K-12 health education courses address a variety of topics such as drug and alcohol use and abuse, healthy eating and nutrition, mental and emotional health, personal health and wellness, physical activity, safety and injury prevention, sexual health, tobacco use, and violence prevention.

A qualified teacher who has been trained in Health Education (with the assistance of the certified elementary education teacher) will teach Health Education at the elementary level. A certified health educator will teach the middle and high school health classes.

The Health Education curriculum will be a sequential, comprehensive Health Education program in accordance with State Board of Education curriculum regulations and the national academic standards for Health, Safety and Physical Education and Family and Consumer Sciences.

Physical Education

The goal of K-12 Physical Education is to provide students with opportunities to acquire knowledge and skills to allow for participation in a wide variety of lifetime health enhancing physical activities. Active participation in Physical Education classes will also increase the level of the student's overall fitness and well-being.

Comprehensive K-12 Physical Education courses will be the means through which all students learn, practice and are assessed on the developmentally-appropriate skills and knowledge that are needed to sustain lifelong, health-enhancing physical activity.

Certified health and physical education teachers will teach the Physical Education curriculum.

The physical education curricula will be a sequential, comprehensive program in accordance with State Board of Education curriculum regulations and the academic standards for Health, Safety and Physical Education.

Physical Activity

In addition to planned Physical Education, age-appropriate physical activity opportunities will be provided to meet the needs of all students. These may include recess, activities before and after school and during lunch, clubs, intramurals, and interscholastic athletics.

Health Services

School Health Services, a division of Learning Enrichment and Student Services, provides for the health needs of the school child in accordance with the School Laws of Pennsylvania. Included among these services are: health screenings, physical examinations, health appraisals and counseling, first aid and emergency care in case of injury and sudden illness, referral of detected health problems and education for wellness promotion, disease prevention and control.

The goal of School Health Services is to help students attain and maintain an optimum health status so that they may receive maximum benefit from the educational experience. School Health Services will promote the development of positive health attitudes and practices, and integrate the school health program with other health service delivery systems.

In addition, as noted in Policy 209.1 – Severe Allergy and Policy 210 – Medication: students will be provided with nursing services during the school day to accommodate special needs.

Counseling/Mental Health

A planned program of school counseling is an integral part of the educational program of the schools. It includes academic, career and personal social counseling.

A program of school counseling will be offered to all students and will involve the coordinated efforts of all staff members under the professional leadership of certificated school counseling personnel as noted in Policy 112 School Counseling.

The District will provide a comprehensive system of mental health supports to include universal, targeted and intensive interventions.

Universal - Interventions that apply to all students and create a positive environment for learning. Interventions may include positive behavior interventions and support, school-wide social skills building, anti-bullying initiatives, and conflict mediation.

Targeted – Interventions that apply to those students whose social and/or emotional needs pose a barrier to learning. Interventions may include mentoring, specialized classroom intervention, Student Assistance Program (SAP) referral, and psycho-educational and/or specific counseling groups.

Intensive – Individualized interventions that apply to those students with chronic and/or severe social, emotional, or behavioral problems. Interventions include School-Based Mental Health (SBMH) referral, student behavior plans (behavior, Truancy Elimination Plan), specific accommodations for the student (504, IEP), school counselor interventions, and school psychologist interventions.

Staff Health

The Board recognizes that employees are a valuable resource.

The School Health and Wellness Council will create staff wellness programs that include worksite health promotion programs, and employee wellness programs to improve health and overall wellness. These programs may be building specific or have a District-wide focus and will also include physical activity opportunities and mental health options for improvement of overall health.

Family/Community

The District is committed to the belief that all students can learn and acknowledges that parents/guardians and the community share in the District's commitment to the educational success of children.

The Board recognizes that the responsibility of each student's education is shared by the schools, the family and community and acknowledges that schools, families and community members must work as knowledgeable partners to effectively educate all students.

The Board supports the development, implementation and continuing evaluation of a parent and family involvement program that involves parents at all grades levels in a variety of roles as noted in Policy 908: Parent/Family Teacher involvement.

Environment

The Board is committed to establishing a healthy and safe school environment in each of the District schools.

Through programs and services each school will strive to develop a positive school climate that includes norms, values, and expectations that support:

1. People feeling socially, emotionally, and physically safe.
2. People feeling engaged and respected.
3. Students, families and educators working together to develop, live and contribute to a shared school vision.
4. Educators modeling and nurturing an attitude that emphasizes the benefits of leaning.
5. Each person contributing to the operations of each schools as well as the care of the physical environment.

References:

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

Board Policy - 808