

## **STATE COLLEGE AREA SCHOOL DISTRICT**

**SECTION:** PROGRAMS  
**TITLE:** COORDINATED SCHOOL HEALTH AND WELLNESS POLICY  
**NUMBER:** 141  
**ADOPTED:** FEBRUARY 13, 2006  
**REVISED:** OCTOBER 28, 2013; AUGUST 28, 2017

### **141. COORDINATED SCHOOL HEALTH AND WELLNESS POLICY**

#### **Purpose**

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:

1. Students, parents/guardians, teachers, food service professionals, physical education teachers, school health professionals, school board members, school administrators, and community members will be invited to join the School Health and Wellness Council to implement, monitor, and review the District's Coordinated School Health and Wellness policy.
2. All students will receive opportunities and encouragement to stay physically active on a regular basis.
3. The District's schools will provide K-12 physical education curricula 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 nurses and social workers.
8. The goals of the Coordinated School Health and Wellness policy will be considered in planning all school-based activities.
9. Families and other caregivers will be engaged through regular communication, outreach and parent education in the support of student health and wellness.
10. Activities and programs that support behavioral, social and emotional health will be conducted, where appropriate, in coordination and collaboration with local agencies and healthcare providers, including nonprofit organizations and county human services.

### **Delegation of Responsibility**

The Superintendent or designee shall monitor District schools, programs, and curricula to ensure compliance with this policy and related policies and to establish guidelines or administrative regulations.

1. Each building principal or designee shall annually report to the Superintendent or designee regarding compliance in her/his school.
2. Staff members responsible for programs related to school wellness shall report to the Superintendent or designee regarding the status of such programs.

The Superintendent or designee will periodically report to the Board on the District's compliance with laws and policies related to student wellness.

### **Guidelines**

#### **Annual Notification of Policy**

The District shall annually inform and update the public about the contents, updates and implementation of this policy via the district website and/or other efficient communication methods. This annual notification shall include information on how to access the Coordinated School Health and Wellness policy; information about the most recent triennial assessment; information on how to participate in the development, implementation and periodic review and update of the Coordinated School Health and Wellness policy; and a means of contacting the School Health and Wellness Council leadership.

## **Assessment**

The Superintendent or designee and the established School Health & Wellness Council shall conduct an assessment at least once every three (3) years on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation. This triennial assessment shall be made available to the public in an accessible and easily understood manner and include:

1. The extent to which each district school is in compliance with law and policies related to school wellness.
2. The extent to which this policy compares to model wellness policies.
3. A description of the progress made by the District in attaining the goals of this policy.

At least once every three (3) years, the District shall review and modify this policy as needed, based on the results of the most recent triennial assessment and/or as District and community needs and priorities change; wellness goals are met; new health science, information and technologies emerge; and new federal or state guidance or standards are issued.

## **School Health and Wellness Council**

A School Health and Wellness Council will be established and will meet quarterly for the purpose of developing, implementing, monitoring and, as necessary, recommending revisions to this policy. The council will encourage membership by at least one each of the following:

- school board member
- district administrator
- district food service representative
- student
- parent/guardian
- school health professional
- physical education teacher
- member of the public.

It shall be the goal that committee membership will include representatives from each school building, reflect the diversity of the community, and will represent the Coordinated School Health Components:

- Nutrition Services

- Health Education
- Physical Education
- Health Services
- Counseling/Mental Health
- Staff Health
- Family/Community
- Environment

Committee members will be recruited via public announcement prior to the start of each school year.

## **School Food Environment**

### School Meals

1. Students will have access to the National School Lunch and Breakfast Programs that meet at least the minimum nutritional requirements established by state and federal regulations.
2. Menus and the nutritional content of school meals will be available to parents/guardians and students on the District's web page.
3. Schools will provide adequate time for students to enjoy healthy foods. (The National Association of School 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. 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.)

The District is committed to ensuring that all foods and beverages available to students on the school campus, during the school day (midnight until 30 minutes after the end of the scheduled day) support healthy eating. The foods and beverages sold and served outside of the school meal programs will meet the USDA Smart Snacks in School nutrition standards, at a minimum. This includes foods sold in the cafeteria, in vending machines, in the school store, or any other in-school outlets.

### Fundraising

Food fundraisers may not take place during the first ½ hour of the school day nor during the time when lunch is being served in the school building.

All food fundraisers that occur on school property during the school day will meet USDA's Smart Snacks standards.

The District does not recognize exempt fundraisers during the school day.

School organizations that engage in fundraising off school property or outside school hours will be encouraged to consider healthy food or non-food related fundraising options.

### Classroom Snacks, Rewards, & Celebrations

Parties and celebrations held in elementary schools should limit foods (maximum 2-3 items) that contain added sugar as the first ingredient and will provide fresh fruits and/or vegetables and water and/or milk as healthier alternatives:

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

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.

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

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

### Nutrition Promotion & Marketing

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs.

The District will promote healthy food and beverage choices for all students throughout the school campus. This promotion will occur through at least:

1. Implementing research-based, behavioral economics techniques in the school cafeterias to promote healthy food choices
2. Ensuring that any foods and beverages marketed or promoted to students on the school campus during the school day shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School).
3. Offering resources about health and nutrition to parents/guardians

Faculty and staff are encouraged to set a positive example for 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 the 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 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 shall 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 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 student 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, conflict mediation, restorative practices and Integrated Mental Health team support.

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 Integrated Mental Health (IMH) 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 State College Area School 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 learning.
5. each person contributing to the operations of each school as well as the care of the physical environment.

## **Recordkeeping**

The District will retain records to document compliance with the requirements of the Coordinated School Health and Wellness policy. The record will include:

1. The Coordinated School Health and Wellness policy.
2. Documentation demonstrating that the District has informed the public, on an annual basis, about the contents of the Coordinated School Health and Wellness policy and any updates to the policy.
3. Documentation of efforts to review and update the Coordinated School Health and Wellness policy, including who is involved in the review and methods used by the District to inform the public of their ability to participate in the review.
4. Documentation demonstrating the most recent assessment on the implementation of the Coordinated School Health and Wellness policy and notification of the assessment results to the public.

**References:**

Healthy, Hunger-Free Kids Act (HHFKA) of 2010

42 USC Section 1758b

7CFR Section 210.31

Board Policies - 112, 209, 209.1, 210, 808, 908