



## 134. WELLNESS

- Each school building in the district will establish a wellness committee that will develop and implement guidelines relevant to nutrition and fitness according to this policy.
- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, all schools in our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program).
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

### **To achieve these goals:**

#### School Wellness Committees:

The school district and/or individual schools within the district will create, strengthen, or work within established school wellness committees to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies, including fundraisers and school parties/snacks. The committees also will serve as resources to school sites for implementing those policies. (The school district's wellness committee consists of a group of individuals representing the school and community, and should include parents, students, and representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public. Individual school wellness committees will be comprised of staff and principals.)

#### School meals will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and

134. WELLNESS

federal statutes and regulations;

- offer a variety of fruits and vegetables;
- serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- ensure that whole grain products are offered daily.

The Bethel Park School District through its Food Service agent will engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, the district's food service will share information about the nutritional content of meals with parents and students. Such information will be made available on menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials.

**Breakfast.**

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- Schools will, to the extent possible, operate the School Breakfast Program.
- Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, "grab-and-go" breakfast, or breakfast during morning break or recess.
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
- Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

**Free and Reduced-priced Meals.**

Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Toward this end, schools will utilize electronic identification and payment systems; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals, such as "grab-and-go" or classroom breakfast.

**Meal Times and Scheduling.**

Schools:

- will provide students with time as needed to eat for breakfast and for lunch;
- should schedule meal periods at appropriate times;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will provide recess in conjunction with lunch periods (to the extent possible) in the elementary schools (K-6) to promote opportunities for healthful exercise;
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- will provide opportunities to accommodate the tooth-brushing regimens of students with special oral health needs (*e.g.*, orthodontia or high tooth decay risk).

**Qualifications of School Food Service Staff.**

Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to federal mandates and their levels of responsibility.

**Sharing of Foods and Beverages.**

Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets

**Food and Beverages Sold Individually**

Items sold a la carte, in snack lines, vending machines, school stores, will also comply with the following:

**Elementary Schools.** The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutritional knowledge, children will be encouraged to make healthy food choices. When available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables

**Middle and High Schools.** In middle and high schools, all foods and beverages sold

## 134. WELLNESS

individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards:

- **Beverages**

- Allowed: water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 25% fruit juice and that do not contain additional caloric sweeteners; sports drinks; iced teas; unflavored or flavored low-fat or fat-free milk and nutritionally-equivalent nondairy beverages (to be defined by USDA)
- Not allowed: soft drinks containing caloric sweeteners; fruit-based drinks that contain less than 25% real fruit juice or that contain additional caloric sweeteners

- **Foods**

- A food item sold individually:
  - will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined;
  - will have no more than 35% of its *weight* from added sugars;
  - will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats, and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.
- A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).

- **Portion Sizes**

- Limit portion sizes of foods and beverages sold individually to those listed below:
  - One and one-quarter ounces for chips, crackers, popcorn, cereal,

## 134. WELLNESS

trail mix, nuts, seeds, or dried fruit;

- One ounce for cookies;
- Two ounces for cereal bars, granola bars, pastries, muffins, bagels, vitamin- enriched doughnuts, and other bakery items;
- Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
- Eight ounces for non-frozen yogurt;
- Sixteen fluid ounces for beverages, excluding water; and
- The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

**Fundraising Activities.** To support children's health and school nutrition-education efforts, school fundraising activities will limit unhealthy food and beverage sales. Schools will encourage fundraising activities that promote physical activity. Each school, through its wellness committee, will develop specific guidelines for healthful fundraising activities. The school district must approve all fundraisers as per Bethel Park School District Board Policy #229.

**Snacks.** Snacks, when served during the school day or for after-school activities/programs, will make a positive contribution to children's diets and health. Low-fat, low-sugar, low-sodium snacks, fruits, and vegetables and water as the primary beverage are encouraged. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The district will disseminate a suggestion list of healthful snack items to teachers, after-school program personnel, and parents

**Rewards.** Schools will limit foods or beverages, (especially those that do not meet the nutrition standards for foods and beverages sold individually as listed above), as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

**Celebrations.** School parties should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (above). The district wellness committee will create and disseminate a list of healthy party ideas to parents and teachers.

### **Nutrition and Physical Activity Promotion and Food Marketing:**

The Bethel Park School District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition

## 134. WELLNESS

	<p>promotion that:</p> <ul style="list-style-type: none"><li>• is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;</li><li>• is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;</li><li>• includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and/or school gardens;</li><li>• promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;</li><li>• emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);</li><li>• links with school meal programs, other school foods, and nutrition-related community services;</li><li>• teaches media literacy with an emphasis on food marketing; and</li><li>• includes training for teachers and other staff.</li></ul> <p><b>Integrating Physical Activity into the Classroom Setting.</b> For students to participate in the nationally-recommended amount of daily physical activity (at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:</p> <ul style="list-style-type: none"><li>• classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;</li><li>• opportunities for physical activity will be incorporated into other subject lessons; and</li><li>• classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.</li></ul> <p><b>Communications with Parents.</b> The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district and food services will offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of</p>
--	---

## 134. WELLNESS

school menus. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The district/school will provide parents information on foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the district wellness committee will provide opportunities for parents to share their healthy food practices with others in the school community through Community Day and Open House through information booths about nutrition and physical activity.

The district/school will provide information about physical education and other school-based physical activity opportunities before, during, and/or after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

**Food Marketing in Schools.** School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (above). School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

**Staff Wellness.** The Bethel Park School District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The district will establish and maintain a wellness committee composed of faculty members, school health staff, dietitian or other health professional, union representative, and employee benefits specialist. The staff wellness committee will be a subcommittee of the District Wellness Committee.

The committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. The staff wellness committee shall annually distribute its plan to the school district wellness committee.

### **Physical Activity and Physical Education:**

**Physical Education (P.E.) K-12.** All students in grades K-12, including students with disabilities, and special health-care needs, will receive physical education each school year. All physical education will be taught by a certified physical education teacher. Student involvement in other activities involving physical activity (*e.g.*, interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education

class time participating in moderate to vigorous physical activity.

**Daily Recess.** All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment. Schools should discourage extended periods (*i.e.*, periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

**Physical Activity Opportunities Before and After School.** All elementary, middle, and high schools will be encouraged to offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools, and middle schools as appropriate, will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

**Physical Activity and Punishment.** School staff will not use physical activity (*e.g.*, running laps, pushups) as a punishment; and should limit withholding opportunities for physical activity as a punishment during the school day. However, it should be recognized that physical activity can and may be used as an outlet for stress management, release of frustration, and/or to help a child expend excess energy. This is acceptable when used in a positive manner.

**Safe Routes to School.** The Wellness Committee will discuss with municipal authorities, the viability of pursuing "*safe routes to school*" funds (administered by the state department of transportation) to support the financing of walkways and bike routes to/from schools.

**Use of School Facilities Outside of School Hours.** School spaces and facilities will be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations by following the *district facilities' usage* policies. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

**Monitoring and Policy Review:**

**Monitoring.** The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee.

School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to

## 134. WELLNESS

the superintendent (or if done at the school level, to the school principal). In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the district has not received a SMI review from the state agency within the past five years, the district will request from the state agency that a SMI review be scheduled as soon as possible.

The superintendent or designee will develop a summary report every three years on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district. That report will be provided to the school board and also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the district.

**Policy Review.** Each school in the district, through its Wellness Committee, will develop priorities to address health, safety and wellness of staff and students. The building level reports will be compiled at the district level to identify and prioritize district-wide needs.

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.