

Policy : 207 Student Wellness

Administrative Regulations

1. Required goals for student wellness

a. Nutrition Education

- i. Nutrition education in the district shall teach, model, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.
- ii. The staff responsible for providing nutrition education shall be properly trained and prepared and shall participate in appropriate professional development.

b. Nutrition Promotion

- i. District schools shall promote nutrition through the implementation of Farm to School activities where possible. Activities may include, but not be limited to, the initiation/maintenance of school gardens, taste-testing of local products in the cafeteria and classroom, classroom education about local agriculture and nutrition, field trips to local farms and incorporation of local foods into school meal programs.
- ii. For purposes of these administrative regulations, local products are defined as any items that are grown in Pennsylvania or within 100 miles of the school district if produced out of state. The food service department will continue to seek opportunities to incorporate and promote local food into the program whenever possible.
- iii. District schools shall offer resources about health and nutrition to encourage parents/guardians to provide healthy meals for their children.

c. Physical Education

- i. Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.
- ii. Students shall be moderately to vigorously active as much time as possible during a physical education class. Documented medical conditions and disabilities shall be accommodated during class.
- iii. Safe and adequate equipment, facilities and resources shall be provided for physical education courses.
- iv. Physical education shall be taught by certified health and physical education teachers.
- v. Physical activity shall not be used or withheld solely as a form of punishment.

d. Other School Based Activities

- i. Drinking water shall be available and accessible to students, without restriction and at no cost to the student, at all meal periods and throughout the school day.

- ii. Nutrition professionals who meet hiring criteria established by the district and in compliance with federal regulations shall administer the school meals program. Professional development and continuing education shall be provided for district nutrition staff, as required by federal regulations.
- iii. Students shall be provided a clean and safe meal environment.
- iv. District schools shall implement alternative service models to increase school breakfast participation where possible, such as breakfast served in the classroom, “grab & go breakfast” and breakfast after first period to reinforce the positive educational, behavioral and health impacts of a healthy breakfast.
- v. Students shall have access to hand washing or sanitizing before meals and snacks.
- vi. The district shall maintain a healthy school environment, including but not limited to indoor air quality, in accordance with the district’s healthy learning environment program and applicable laws and regulations.

2. Fundraiser Exemptions

- a. The district may allow a limited number of exempt fundraisers as permitted by the Pennsylvania Department of Education each school year: up to five (5) exempt fundraisers in elementary and middle school buildings, and up to ten (10) exempt fundraisers in high school buildings. Exempt fundraisers are fundraisers in which competitive foods are available for sale to students that do not meet the Smart Snacks in School nutrition standards.

The district has established the administrative regulations below to implement fundraising activities in district schools, including procedures for requesting a fundraiser exemption.

- i. All fundraisers must be pre-approved by the business office.
- ii. All groups wanted to hold a fundraiser must first fill out the “Upper Moreland Request to Hold a Fundraiser Event” form located on the UMTSD website under info.
- iii. If this is a fundraiser that contains food to be sold to students during the school day, the Food Service Director must give pre-approval of event.
- iv. If food related fundraiser is within Smart Snack regulations, event will not need to utilize established exemptions.
- v. If food related fundraiser is not within Smart Snack regulations, Food Service Director must document the fundraiser and approve if the school has any exemptions left to utilize.
- vi. Once exemptions are exhausted for the year, no more food related fundraisers will be permitted that do not meet Smart Snack regulations.
- vii. Non-food related fundraisers will be promoted and encouraged as alternative options.

3. Non-Sold Competitive Foods

If the offered competitive foods do not meet or exceed the Smart Snacks in School nutrition standards, the following standards shall apply:

- a. Rewards and Incentives:
 - i. Foods and beverages shall not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message (e.g., guest chef, field trip to a farm or farmers market, etc.).
- b. Classroom Parties and Celebrations:
 - i. When possible, foods/beverages for parties and celebrations shall be provided by the food service department to help prevent food safety and allergy concerns.
 - ii. Special meals in the classroom should reinforce health choices and utilize the Food Service Department
- c. Shared Classroom Snacks:
 - i. Shared classroom snacks are not permitted in district schools.

The district shall provide a list of suggested nonfood ideas and healthy food and beverage alternatives to parents/guardians and staff, which may be posted via the district website, student handbook, newsletters, posted notices and/or other efficient communication methods.

4. Marketing/Contracting

- a. Exclusive competitive food and/or beverage contracts shall be approved by the Board, in accordance with provisions of law. Existing contracts shall be reviewed and modified to the extent feasible to ensure compliance with established federal nutrition standards, including applicable marketing restrictions.

5. Management of Food Allergies in District Schools

The district has established the below administrative regulations to address food allergy management in district schools in order to:

- a. Reduce and/or eliminate the likelihood of severe or potentially life-threatening allergic reactions.
- b. Ensure a rapid and effective response in case of a severe or potentially life-threatening allergic reaction.
- c. Protect the rights of students by providing them, through necessary accommodations when required, the opportunity to participate fully in all school programs and activities.

Proper procedures for managing students with food allergies:

- a. Parents/guardians will be required to fill out medical forms with their licensed physician if students are declared with a food allergy.
- b. If proper medical information determines student has a food allergy, the food service department may make arrangements to substitute foods to accommodate the student.