



Wellness Policy Assessment Tool and Report Template

Background

Federal regulations at [7 CFR 210.31](#) require local education agencies (LEAs) participating in the National School Lunch Program to complete an assessment of their local school wellness policy at least once every three years and make the results available to the public. This triennial assessment must measure the implementation of the local school wellness policy and include:

- The extent to which schools under the jurisdiction of the LEA are in compliance with the local school wellness policy;
- The extent to which the LEA's local school wellness policy compares to model local school wellness policies; and
- A description of the progress made in attaining the goals of the local school wellness policy.

LEAs may use a variety of methods to assess compliance and determine progress of their goals and objectives. Action planning documents that contain timelines, goals, and key tasks may assist in assessing changes over time. For example, the [School Health Index \(SHI\)](#) from the Centers for Disease Control and Prevention is a comprehensive self-assessment tool that helps with action planning and recordkeeping (a shorter version of the SHI is available from [Alliance for a Healthier Generation](#)), and the [WellSAT 3.0](#) is an online tool that indicates the strengths and weaknesses of your written policy.

Triennial Assessment Tool and Report Template

When completed in full, this form may serve as both a triennial assessment tool and public report to meet the requirements in federal regulations and prepare for the Administrative Review by the Pennsylvania Department of Education (PDE), Division of Food and Nutrition. This document is intended to be completed using LEA-level information; however, the LEA may determine that a report from each school site, or alternatively, each school level (i.e., elementary, middle, high school) works better in assessing compliance and progress over time. For larger school districts, reporting on a district level may be challenging due to variation in sites' programs and progress in attaining wellness goals. If completing this report for the entire LEA, answer questions using the best available information and consider noting individual building variations or concerns in the "notes" sections.

In the left columns, indicate whether the listed goal or practice is included in your local school wellness policy. **Bolded** policy elements are required by federal regulation. When bolded items are not in the local policy, include an explanation. This tool uses the Pennsylvania School Boards Association's school wellness policy template (available on PDE's [Local School Wellness Policy Information webpage](#)) as the model wellness policy for comparison purposes, but it can be used regardless of the template used to develop your local policy.

In the right columns, indicate implementation of the goal or practice at schools within the LEA. LEAs are always encouraged to develop additional policy elements and goals for schools under their jurisdiction to create a supportive environment for student nutrition and physical activity.

Space is provided at the end of the form for the LEA to describe the progress made in attaining the goals of the local school wellness policy as required.

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LEA / District Name:

Reporting Timeframe (month/year to month/year):

Name(s) of Reviewer(s):

School Name (if applicable):

Select grades:

PK K 1 2 3 4 5 6 7 8 9 10 11 12

Included in the written policy?

Yes No

Implemented in the school building(s)?

Fully in Place Partially in Place Not in Place

Public Involvement, Notification, and Assessment

1	<input checked="" type="checkbox"/> <input type="checkbox"/>	<p>We have LEA official(s)/designee(s) in charge of wellness policy compliance. Name(s)/Title(s): <i>Admin Director</i></p>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	<input checked="" type="checkbox"/> <input type="checkbox"/>	<p>We complete an assessment of the local school wellness policy at least every three years ("triennial assessment"). Triennial assessment results are made available to the public in an easily accessible manner.</p>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
3	<input checked="" type="checkbox"/> <input type="checkbox"/>	<p>Website address and/or description of how to access copy: <i>lctceagles.com/cafeteria</i></p>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
4	<input checked="" type="checkbox"/> <input type="checkbox"/>	<p>At least every three years we use the results of the triennial assessment to update or modify the wellness policy as needed.</p>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
5	<input checked="" type="checkbox"/> <input type="checkbox"/>	<p>The LEA informs and updates the public about the contents, updates, and implementation of the wellness policy at least annually and the policy is accessible to the public. Website address for policy and/or description of how to access copy: <i>same as above</i></p>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
6	<input type="checkbox"/> <input type="checkbox"/>	<p>We retain records as required by federal regulations including: <input checked="" type="checkbox"/> The written school wellness policy, <input checked="" type="checkbox"/> Documentation of making the wellness policy publicly available, <input checked="" type="checkbox"/> Documentation of outreach efforts inviting stakeholders to participate in the wellness committee / wellness policy process, and <input checked="" type="checkbox"/> Copy of triennial assessment and documentation of reporting results to public. The LEA utilizes a wellness committee that includes these community stakeholders in the development, implementation, review, and update of the wellness policy:</p>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
7	<input checked="" type="checkbox"/> <input type="checkbox"/>	<p><input checked="" type="checkbox"/> Administrators <input checked="" type="checkbox"/> Food service staff <input checked="" type="checkbox"/> School health professionals <input checked="" type="checkbox"/> Parents <input checked="" type="checkbox"/> School board members <input checked="" type="checkbox"/> PE teachers <input checked="" type="checkbox"/> Students <input checked="" type="checkbox"/> Public</p> <p>Other stakeholders (describe):</p>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Notes on public involvement, notification, and assessment:

Nutrition Education*

8	<input checked="" type="checkbox"/> <input type="checkbox"/>	<p>Nutrition education is provided within PDE's sequential, comprehensive health education standards.</p>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9	<input type="checkbox"/> <input checked="" type="checkbox"/>	<p>We teach, model, encourage, and support healthy eating through nutrition education.</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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	Included in the written policy?			Implemented in the school building(s)?		
	Yes	No		Fully in Place	Partially In Place	Not in Place
10	<input type="radio"/>	<input checked="" type="radio"/>	We provide all students with knowledge and skills for healthy lives via nutrition education.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11	<input type="radio"/>	<input checked="" type="radio"/>	We offer age-appropriate nutrition education and activities to students in: <input type="checkbox"/> Elementary School <input type="checkbox"/> Middle School <input type="checkbox"/> High School	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12	<input type="radio"/>	<input checked="" type="radio"/>	Our nutrition education curriculum teaches behavior-focused skills such as menu-planning, reading nutrition labels, and media awareness.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13	<input type="radio"/>	<input checked="" type="radio"/>	School food service and nutrition education classes work together to create a learning laboratory.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14	<input type="radio"/>	<input checked="" type="radio"/>	In addition to meeting academic standards for nutrition education, we integrate nutrition education into a variety of subjects (e.g., math, science, language arts).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15	<input checked="" type="radio"/>	<input type="radio"/>	We reinforce lifelong lifestyle balance by linking nutrition and physical activity.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
16	<input type="radio"/>	<input checked="" type="radio"/>	Staff providing nutrition education receive standards-based training and professional development.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17	<input type="radio"/>	<input checked="" type="radio"/>	We engage and involve families and the community in nutrition education efforts. Other goal (describe):	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Notes on goals for nutrition education:

Nutrition Promotion*

18	<input checked="" type="radio"/>	<input type="radio"/>	We use evidence-based techniques and nutrition messages in school and encourage participation in school meal programs.	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
19	<input type="radio"/>	<input checked="" type="radio"/>	We participate in Farm to School activities such as having a school garden, taste-testing local products, incorporating local foods into school meals, and educating students in the classroom and on field trips about local agriculture.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20	<input type="radio"/>	<input checked="" type="radio"/>	We cooperate with community agencies and organizations to provide opportunities for student projects related to nutrition.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21	<input checked="" type="radio"/>	<input type="radio"/>	We implement behavioral economics techniques in the cafeteria to encourage consumption of whole grains, fruits, and vegetables and to decrease plate waste.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
22	<input type="radio"/>	<input checked="" type="radio"/>	We display and disseminate consistent nutrition messages in schools, classrooms, cafeterias, homes, community, and media.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23	<input type="radio"/>	<input checked="" type="radio"/>	Our staff model healthy eating in front of students and avoid using unhealthy foods in classroom lesson plans.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24	<input type="radio"/>	<input checked="" type="radio"/>	We offer health and nutrition resources to parents to help them provide healthy meals for their children. Other goal (describe):	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Notes on goals for nutrition promotion:

Physical Activity*

25	<input checked="" type="radio"/>	<input type="radio"/>	We provide a variety of developmentally appropriate opportunities for physical activity during the school day for all students.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
26	<input type="radio"/>	<input checked="" type="radio"/>	We contribute to the effort to provide students daily opportunities to accumulate at least sixty minutes of age-appropriate physical activity daily as recommended by the CDC.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

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	Included in the written policy?			Implemented in the school building(s)?		
	Yes	No		Fully in Place	Partially in Place	Not in Place
27	<input type="radio"/>	<input checked="" type="radio"/>	In addition to planned physical education, we offer activities such as indoor and outdoor recess, before and after school programs, intramurals, interscholastic athletics, and clubs to meet the needs and interests of our students.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
28	<input type="radio"/>	<input checked="" type="radio"/>	We maintain a physical and social environment that encourages safe and enjoyable activity for all students.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
29	<input type="radio"/>	<input checked="" type="radio"/>	We discourage extended periods of inactivity (two hours or more) for students.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
30	<input type="radio"/>	<input checked="" type="radio"/>	We provide physical activity breaks in the classroom.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
31	<input type="radio"/>	<input checked="" type="radio"/>	We offer before and/or after-school programs that include physical activity for participating children.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
32	<input type="radio"/>	<input checked="" type="radio"/>	We partner with parents/guardians and community members and organizations (e.g., YMCA, Boys & Girls Clubs, local parks, hospitals, etc.) to offer programs supporting lifelong physical activity.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
33	<input checked="" type="radio"/>	<input type="radio"/>	We do not use physical activity as a punishment (e.g., running laps).	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
34	<input checked="" type="radio"/>	<input type="radio"/>	We do not withhold physical activity as a punishment (e.g., taking away recess).	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
35	<input type="radio"/>	<input checked="" type="radio"/>	We encourage walking and biking to school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
36	<input type="radio"/>	<input checked="" type="radio"/>	We encourage students and families to use our physical activity facilities, such as playgrounds and ball fields, outside of school hours in accordance with school rules.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
			Other goal (describe):			

Notes on goals for physical activity:

Physical Education (PE)

37	<input checked="" type="radio"/>	<input type="radio"/>	We implement a PE program consistent with state academic standards. All students participate in PE.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
38	<input checked="" type="radio"/>	<input type="radio"/>	PE instruction promotes skills and knowledge necessary for lifelong physical activity.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
39	<input checked="" type="radio"/>	<input type="radio"/>	PE classes provide the means for students to learn, practice, and be assessed on developmentally appropriate skills.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
40	<input checked="" type="radio"/>	<input type="radio"/>	Our curriculum promotes both team and individual activities.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
41	<input checked="" type="radio"/>	<input type="radio"/>	We offer a comprehensive PE course of study with planned instruction time for students to meet standards at the proficient level.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
42	<input type="radio"/>	<input checked="" type="radio"/>	We use a local assessment system to track student progress on state standards. Students are moderately to vigorously active as much time as possible during PE class. Accommodations are made in class for documented medical conditions and disabilities.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
43	<input type="radio"/>	<input checked="" type="radio"/>	We provide safe and adequate equipment, facilities, and resources for PE class.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
44	<input checked="" type="radio"/>	<input type="radio"/>	Certified health and PE teachers teach our classes.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
45	<input checked="" type="radio"/>	<input type="radio"/>	We provide professional development for PE staff.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
46	<input type="radio"/>	<input checked="" type="radio"/>	PE classes have a teacher-student ratio similar to other courses for safe and effective instruction.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
47	<input type="radio"/>	<input checked="" type="radio"/>	We do not use or withhold physical activity as a form of punishment in PE class.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
48	<input checked="" type="radio"/>	<input type="radio"/>	Other goal (describe):	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

Notes on goals for physical education:

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Included in the written policy?

Yes No

Implemented in the school building(s)?
Fully in Place Partially in Place Not in Place

Other School-Based Wellness Activities*

49	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Free drinking water is available and accessible to students during meal periods and throughout the school day.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
50	<input checked="" type="checkbox"/>	<input type="checkbox"/>	School nutrition staff meet local hiring criteria and in compliance with federal regulations.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
51	<input checked="" type="checkbox"/>	<input type="checkbox"/>	We provide continuing education to school nutrition staff as required by federal regulations.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
52	<input checked="" type="checkbox"/>	<input type="checkbox"/>	We provide adequate space for eating and serving school meals.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
53	<input checked="" type="checkbox"/>	<input type="checkbox"/>	We provide a safe and clean meal environment for students.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
54	<input checked="" type="checkbox"/>	<input type="checkbox"/>	We offer students enough time to eat (10 minutes sit down time for breakfast; 20 minutes sit down time for lunch) and schedule meal periods at appropriate hours.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
55	<input checked="" type="checkbox"/>	<input type="checkbox"/>	We implement alternate school breakfast service models to increase participation, such as "grab & go," breakfast served in the classroom, and breakfast after first period.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
56	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Students have access to hand washing or sanitizing before meals.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
57	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Only authorized staff have access to the food service operation.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
58	<input checked="" type="checkbox"/>	<input type="checkbox"/>	We provide the nutrition content of school meals to the school community.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
59	<input type="checkbox"/>	<input checked="" type="checkbox"/>	We include students/parents in menu selections through taste-testing and surveys.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
60	<input type="checkbox"/>	<input checked="" type="checkbox"/>	We utilize outside funding and programs to enhance school wellness.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
61	<input type="checkbox"/>	<input checked="" type="checkbox"/>	We train all staff on the components of the school wellness policy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
62	<input checked="" type="checkbox"/>	<input type="checkbox"/>	School based activities are planned with wellness policy goals in mind.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
63	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Fundraising projects submitted for approval are supportive of healthy eating and student wellness. <i>Delete</i>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
64	<input checked="" type="checkbox"/>	<input type="checkbox"/>	We encourage administrators, teachers, school nutrition professionals, students, parents/guardians, and community members to serve as positive role models through district programs, communications, and outreach.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
65	<input type="checkbox"/>	<input checked="" type="checkbox"/>	We communicate information to parents/guardians to support their efforts to provide a healthy diet and daily physical activity for their children.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
66	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Indoor air quality is in accordance with our healthy learning environment program and applicable laws and regulations. Other goal (describe):	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Notes on goals for other school-based activities:

Nutrition Guidelines for All Foods and Beverages at School

67	<input checked="" type="checkbox"/>	<input type="checkbox"/>	We consider promoting student health and reducing obesity when offering foods and beverages to students at school.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
68	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Foods and beverages provided through the National School Lunch and School Breakfast Programs comply with federal meal standards.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
69	<input checked="" type="checkbox"/>	<input type="checkbox"/>	We offer healthy food and beverage options at school-sponsored events, such as dances and sporting events.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
70	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Foods and beverages outside of the school meal, which are sold to students at school during the school day, meet or exceed the established federal competitive food standards (USDA Smart Snacks in School). Venues include vending, school stores, non-exempt fundraisers, and a la carte items.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>



Book	Policy Manual
Section	200 Pupils
Title	School Wellness
Code	246
Status	Active
Adopted	September 16, 2021

Purpose

The Lawrence County Career and Technical 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 promotion, 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.

Authority

The Joint Operating Committee adopts this policy based on the recommendations of the Wellness Committee and in accordance with federal and state laws and regulations.[1][2]

To ensure the health and well-being of all students, the Joint Operating Committee establishes that the center (school) shall provide to students:

1. A comprehensive nutrition program consistent with federal and state requirements.
2. Access at reasonable cost to foods and beverages that meet established nutrition guidelines.
3. Physical education courses and opportunities for developmentally appropriate physical activity during the school day.
4. Curriculum and programs 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.

Delegation of Responsibility

The Administrative Director or designee shall be responsible for the implementation and oversight of this policy to ensure the center's (school's) programs and curriculum are compliant with this policy, related policies and established guidelines or administrative regulations.[1][2]

The designated building administrator shall annually report to the Administrative Director or designee regarding compliance in his/her building.[2]

Staff members responsible for programs related to school wellness shall report to the Administrative Director or designee regarding the status of such programs.

{ } The Administrative Director or designee shall annually report to the Joint Operating Committee on the center's (school's) compliance with law and policies related to school wellness. The report may include:

1. { } Assessment of school environment regarding school wellness issues.
2. {x} Evaluation of food services program.
3. {x} Review of all foods and beverages sold in the center (school) for compliance with established nutrition guidelines.

4. { } Listing of activities and programs conducted to promote nutrition and physical activity.
5. { } Recommendations for policy and/or program revisions.
6. { } Suggestions for improvement in specific areas.
7. {x} Feedback received from center (school) staff, students, parents/guardians, community members and the Wellness Committee.

The Administrative Director or designee and the established Wellness Committee 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][2]

1. The extent to which

{x} the center (school)

{ } each center (school) campus

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 center (school) in attaining the goals of this policy.

At least once every three (3) years, the center (school) shall update or modify this policy as needed, based on the results of the most recent triennial assessment and/or as center (school) 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.[2]

The center (school) shall annually inform and update the public, including parents/guardians, students, and others in the community, about the contents, updates and implementation of this policy via the center (school) website, student handbooks, newsletters, posted notices and/or other efficient communication methods. This annual notification shall include information on how to access the School 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 School Wellness policy; and a means of contacting Wellness Committee leadership.[1][2]

Guidelines

Recordkeeping

The center (school) shall retain records documenting compliance with the requirements of the School Wellness policy, which shall include:[2][3]

1. The written School Wellness policy.

2. Documentation demonstrating that the center (school) has informed the public, on an annual basis, about the contents of the School Wellness policy and any updates to the policy.

3. Documentation of efforts to review and update the School Wellness policy, including who is involved in the review and methods used by the center (school) to inform the public of their ability to participate in the review.

4. Documentation demonstrating the most recent assessment on the implementation of the School Wellness policy and notification of the assessment results to the public.

Wellness Committee

The center (school) shall establish a Wellness Committee comprised of, but not necessarily limited to, at least one (1) of each of the following: Joint Operating Committee member, center (school) administrator, food service representative, student, parent/guardian, school health professional, physical education teacher and member of the public. It shall be the goal that committee membership will include representatives from each center (school) building and reflect the diversity of the community.[1]

The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing, implementing and periodically reviewing and updating a School Wellness policy that complies with law to recommend to the Joint Operating Committee for adoption.

The Wellness Committee shall review and consider evidence-based strategies and techniques in establishing goals for nutrition education and promotion, physical activity and other school based activities that promote student wellness as part of the policy development and revision process.[2]

{ } Advisory Health Council

{x} An Advisory Health Council may be established by the Administrative Director to study student health issues and to assist in organizing follow-up programs.

{x} The Advisory Health Council may examine related research, assess student needs and the current school environment, review existing Joint Operating Committee policies and administrative regulations, and raise awareness about student health issues.

{x} The Advisory Health Council may make policy recommendations to the Joint Operating Committee related to other health issues necessary to promote student wellness.

{ } The Advisory Health Council may survey parents/guardians and/or students; conduct community forums or focus groups; collaborate with appropriate community agencies and organizations; and engage in similar activities, within the budget established for these purposes.

Individuals who conduct student medical and dental examinations in the center (school) shall submit to the Advisory Health Council annual reports and later reports on the remedial work accomplished during the year.

Nutrition Education

4 Nutrition education will be provided within the sequential, comprehensive health education program in accordance with curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.[4][5][6]

5 {x} Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.

Nutrition Promotion

6 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.

7 {x} Center (School) food service personnel shall review and implement research-based, behavioral economics techniques in the cafeteria to encourage consumption of more whole grains, fruits, vegetables and legumes, and to decrease plate waste.

Physical Activity

8 {x} The center (school) shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.

9, 10 {x} Physical activity shall not be used or withheld as a form of punishment.

Physical Education

11 A sequential physical education program consistent with curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented. All enrolled students must participate in physical education if provided by the center (school).[5][6][8]

12 {x } Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.

- 39 {x} Physical education classes shall be the means through which all students learn, practice and are assessed on developmentally appropriate skills and knowledge necessary for lifelong, health-enhancing physical activity.
- 38 {x} A comprehensive physical education course of study that focuses on providing students the skills, knowledge and confidence to participate in lifelong, health-enhancing physical activity shall be implemented.
- 40 {x} A varied and comprehensive curriculum that promotes both team and individual activities and leads to students becoming and remaining physically active for a lifetime shall be provided in the physical education program.
- 41 {x} Adequate amounts of planned instruction shall be provided in order for students to achieve the proficient level for the Health, Safety and Physical Education academic standards.
- 44 {x} Safe and adequate equipment, facilities and resources shall be provided for physical education courses.
- 45 {x} Physical education shall be taught by certified health and physical education teachers.
- 46 {x} Physical activity shall not be used or withheld solely as a form of punishment.

Other School Based Activities

- 19 Safe 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.[9][10][11][12]
- 0 Nutrition professionals who meet hiring criteria established by the center (school) and in compliance with federal regulations shall administer the school meals program. Professional development and continuing education shall be provided for nutrition staff, as required by federal regulations.[7][13][14][15]
- 2 {x} The center (school) shall provide adequate space, as defined by the center (school), for eating and serving school meals.
- 3 {x} Students shall be provided a clean and safe meal environment.
- 4 {x} Students shall be provided adequate time to eat: ten (10) minutes sit down time for breakfast; twenty (20) minutes sit down time for lunch.
- 5 {x} The center (school) 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.
- 6 {x} Meal periods shall be scheduled at appropriate hours, as required by federal regulations and as defined by the center (school).[9]
- 0 {x} Students shall have access to hand washing or sanitizing before meals and snacks.
- 7 {x} Access to the food service operation shall be limited to authorized staff.
- 8 {x} Nutrition content of school meals shall be available to students and parents/guardians.
- 2 {x} Goals of the School Wellness policy shall be considered in planning all school based activities.
- 3 {x} Fundraising projects submitted for approval shall be supportive of healthy eating and student wellness.
- 4 {x} Administrators, teachers, food service personnel, students, parents/guardians and community members shall be encouraged to serve as positive role models through center (school) programs, communications and outreach efforts.
- {x} The center (school) shall maintain a healthy school environment to optimize conditions for learning and minimize potential health risks to students, in accordance with the center's (school's) school environmental health program and applicable laws and regulations.

Nutrition Guidelines for All Foods/Beverages at the Center (School)

- 1 All foods and beverages available in the center (school) during the school day shall be offered to students with consideration for promoting student health and reducing obesity.
- 8 Foods and beverages provided through the National School Lunch or School Breakfast Programs shall comply with established federal nutrition standards.[9][10][13][14]

69 Foods and beverages offered or sold at center- (school-) sponsored events outside the school day, such as athletic events and dances, shall offer healthy alternatives in addition to more traditional fare.

Competitive Foods -

10 Competitive foods available for sale shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School). These standards shall apply in all locations and through all services where foods and beverages are sold to students, which may include, but are not limited to: a la carte options in cafeterias, vending machines, center (school) stores, snack carts and fundraisers.[2][16][17]

Competitive foods are defined as foods and beverages offered or sold to students on school campus during the school day, which are not part of the reimbursable school breakfast or lunch.

For purposes of this policy, **school campus** means any area of property under the jurisdiction of the center (school) that students may access during the school day.[2][16]

For purposes of this policy, **school day** means the period from midnight before school begins until thirty (30) minutes after the end of the official school day.[2][16]

The center (school) may impose additional restrictions on competitive foods, provided that the restrictions are not inconsistent with federal requirements.[16]

Fundraiser Exemptions -

Fundraising activities held during the school day involving the sale of competitive foods shall be limited to foods that meet the Smart Snacks in School nutrition standards, unless an exemption is approved in accordance with applicable Joint Operating Committee policy and administrative regulations.[18]

71 The center (school) may allow a limited number of exempt fundraisers as permitted by the Pennsylvania Department of Education each school year: up to ten (10) exempt fundraisers. **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. [16]

The center (school) shall establish administrative regulations to implement fundraising activities, including procedures for requesting a fundraiser exemption.

Non-Sold Competitive Foods -

2 Non-sold competitive foods available to students, which may include but are not limited to foods and beverages offered as rewards and incentives, at classroom parties and celebrations, or as shared classroom snacks, shall meet or exceed the standards established by the center (school).

5 The center (school) 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 center (school) website, student handbooks, newsletters, posted notices and/or other efficient communication methods.

Marketing/Contracting -

Rewards C: D+E Classroom parties will offer a minimum of 1 healthy

1 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) and comply with established Joint Operating Committee policy and administrative regulations.[2][16]

Exclusive competitive food and/or beverage contracts shall be approved by the Joint Operating Committee, 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.[19]

Management of Food Allergies in the Center (School)

The center (school) shall establish Joint Operating Committee policy and administrative regulations to address food allergy management in the center (school) in order to:[20]

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

Safe Routes to the Center (School)

{x} The center (school) shall assess and, to the extent possible, implement improvements to make walking and biking to the center (school) safer and easier for students.

{x} The center (school) shall cooperate with local municipalities, public safety agency, police departments and community organizations to develop and maintain safe routes to the center (school).

{x} Center (School) administrators shall seek and utilize available federal and state funding for safe routes to the center (school), when appropriate.

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Legal

1. 42 U.S.C. 1758b
2. 7 CFR 210.31
3. 7 CFR 210.15
4. 24 P.S. 1513
5. Pol. 102
6. Pol. 105
7. Pol. 808
8. 24 P.S. 1512.1
9. 7 CFR 210.10
10. 7 CFR 220.8
11. 24 P.S. 701
12. 24 P.S. 742
13. 42 U.S.C. 1751 et seq
14. 42 U.S.C. 1773
15. 7 CFR 210.30
16. 7 CFR 210.11
17. 7 CFR 220.12
18. Pol. 229
19. 24 P.S. 504.1
20. Pol. 209.1
- 24 P.S. 1337.1
- 24 P.S. 1422.3
- 24 P.S. 1850.1
- P.L. 111-296
- 7 CFR Part 210
- 7 CFR Part 220
- Pol. 103
- Pol. 103.1