



STONE VALLEY COMMUNITY CHARTER SCHOOL

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POLICY OF THE BOARD OF TRUSTEES

Title: Student Wellness
Policy Number: 246
Adopted: September 8, 2016
Revised:

PURPOSE

Stone Valley Community Charter School (“SVCCS”) recognizes that student wellness and proper nutrition are related to students’ physical well-being, growth, development, and readiness to learn. The Board is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education, 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

24 P.S. §§1422.1, 1513, 1512.1

To ensure the health and well-being of all students, the Board establishes that the school shall provide:

- Physical education courses and opportunities for developmentally appropriate activity during the school day
- Curriculum and programs for grades K-5 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 Director of Education shall be responsible for monitoring programs and curriculum to ensure compliance with this policy.

GUIDELINES

Nutrition Education

The goal of nutrition education is to teach, encourage, and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.

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. The nutrition education curriculum shall consist of behavior-focused, developmentally appropriate lesson and activities that are designed to equip students with the knowledge and skills needed to lead healthy lives.

Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.

Physical Activity

SVCCS shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students. A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained. Students shall participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits. Age-appropriate physical activity opportunities, such as recess, after school, and clubs shall be provided to meet the needs and interests of all students, in addition to planned physical education.

Extended periods of student inactivity shall be discouraged and physical activity breaks during classroom instruction shall be encouraged.

Physical Education

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

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.

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. A sequential physical education program consistent with curriculum regulations and Health, Safety, and Physical Education academic standards shall be developed and implemented. All students must participate in physical education.

Adequate amounts of planned instruction shall be implemented to track student progress on the Health, Safety, and Physical Education academic standards. 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. Safe and adequate equipment, facilities, and resources shall be provided for physical education.

Other School Based Activities

The school shall provide adequate space for eating and serving meals and a clean and safe meal environment.

Students shall be provide at least twenty (20) minutes sit down time for lunch scheduled at appropriate lunchtime hours.

Drinking water shall be available at all meals and throughout the school day.

Students shall have access to hand washing or sanitizing before meals and snacks.

To the extent possible, the school shall utilize available funding and outside programs to enhance student wellness.

Fundraising projects submitted for approval shall be supportive of healthy eating and student wellness.

The school shall support the efforts of parents/guardians to provide a healthy diet and daily physical activity for children by communicating relevant information through various methods.

Nutrition Guidelines

The following are guidelines established to encourage healthy nutritional habits during school hours.

Snacks

A healthy snack is provided at morning break every day. Snacks are either school provided or parent provided. Unhealthy snacks, such as chips, cookies, or other empty calorie foods are strongly discouraged.

When snacks are planned, portion control should be considered.

Lunch

Parents should consider the following guidelines when sending lunches to school with their children. Each lunch should contain at least one fruit or vegetable and at least one protein or dairy component. Parents are discouraged from sending sweets or unhealthy snacks in school lunches. Drinks containing sugar or caffeine may not be a part of a student's lunch.

Due to the risk of allergic reaction or dietary limitations, students are not permitted to share or trade lunch items.

Other guidelines

Food will not be used as rewards for school accomplishments, but may be used as part of a lesson when educationally justified.

The nutritional value of food being sent in for classroom celebrations will be taken into consideration. No more than three sweet snacks and only water, milk, or 100% fruit juice shall be offered.

Parents will be required to sign acknowledgement of the nutritional guidelines contained in this policy when enrolling their child(ren) at SVCCS.

President—Board of Trustees

Secretary—Board of Trustees

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