

UNIVERSAL CHARTER SCHOOL WELLNESS POLICY
STUDENT WELLNESS

1. PURPOSE

- Universal Charter School 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.

2. AUTHORITY SC 1422.142 U.S.C SEC 1751 NT POL. 100

- The Board adopts the Student Wellness Policy based on the recommendations of appointed Wellness Committee and in accordance with federal and state laws. The policy shall be included in the district's Strategic Plan.
- To ensure the health and well-being of all students, the Board established that the district shall provide to students:
 - A comprehensive nutrition program consistent with federal and state requirements.
 - Access at reasonable cost to foods and beverages that meet established nutritional guidelines.
 - Physical education courses and opportunities for developmentally appropriate physical activity during the school day.
 - Curriculum and programs for grades 9-12 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.

3. DELIGATION OF RESPONSIBILITY POL 808

- The CEO or designee shall be responsible to monitor the school's program, and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations.
- Each building principal or designee shall report to the CEO/Superintendent regarding compliance in his/her school.
- Staff members responsible for programs related to student wellness shall report to the (CEO/Superintendent or designee) regarding the status of such programs.
- The CEO/Superintendent or designee shall (annually) report to the Board on the school's compliance with law and policies related to student wellness. The report may include:
 - Assessment of school environment regarding student wellness issues
 - Evaluation of food services program.
 - Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.
 - Listing of activities and programs conducted to promote nutrition and physical activity.
 - Recommendations for policy and/or program revisions.
 - Suggestions for improvement in specific areas.
 - Feedback received from district staff, students, parents/guardians, community members and Wellness Committee.

SC 1422.1, 42 U. S. C., SEC. 1751 NT

- An assurance that the guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law shall be provided (annually) by the:
 - Food Service Director
 - Cafeteria Manager
 - Business Manager
 - Superintendent

4. Guidelines School Health Council

- Universal Charter School will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and as necessary, revise school nutrition and physical activity policies. (A school health council 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, administrators, teachers, health professionals, and members of the public.
- The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing a Student Wellness Policy that complies with law to recommend to the Board for adoption.

SC 1422

- An Advisory Health Council may be established by the Superintendent to study student health issues and to assist in organizing follow-up programs.
- The Advisory Health Committee may examine related research, assess student needs and the current school environment, review existing Board policies and administrative regulations, and raise awareness about student health issues.
- The Advisory Health Committee may take policy recommendations to the Board 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.
- The Advisory Health Council shall provide periodic reports to the Superintendent or designee regarding the status of its work, as required.
- Individuals who conduct student medical and dental examinations shall submit to the Advisory Health Council annual reports and later reports on the remedial work accomplished during the year.

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NUTRITION EDUCATION**SC 1513, POL. 15**

- UNIVERSAL CHARTER SCHOOL aims to teach, encourage, and support healthy eating by students and staff.
- The goal of the 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 State Board of Education curriculum regulations And the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences Student Wellness Plan.
- Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.
- Nutrition education lessons and activities shall age-appropriate.
- Nutrition curriculum shall be behavior focused.
- School food service and nutrition education classes shall cooperate to create a learning laboratory,
- Nutrition education shall be integrated into other subjects to complement but not replace academic standards based on nutrition education.
- Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.
- The staff responsible for providing nutrition education shall be properly trained and prepared and shall participate in appropriate professional development. Criteria shall be developed to measure “properly” and “appropriate”.
- UNIVERSAL CHARTER SCHOOL staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student related to nutrition.
- Consistent nutrition messages shall be disseminated throughout the school’s classrooms, cafeteria, corridors, health room and gym.
- Nutrition education shall extend beyond the school environment by engaging and involving families and communities.
- The school website will provide information promoting healthy eating and physical activity.
- UNIVERSAL CHARTER SCHOOL will use the Health e Tools for Schools Program to track students BMI values and will send letters to parents with this data. Community resources for addressing nutritional needs will be included.

PHYSICAL ACTIVITY

- UNIVERSAL CHARTER SCHOOL shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.
- UNIVERSAL CHARTER SCHOOL shall determine how they will contribute to the effort to provide students opportunities to accumulate at least sixty (60) minutes of age-appropriate physical activity on all or most days of the week. That time will include physical activity outside the school environment, such as outdoor play at home, sports, etc.
- 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: before and after school; during lunch; clubs; intramurals; and interscholastic athletics, shall provide to meet the needs and interests of all students, in addition to planned physical education.
- A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.
- Extended periods of student inactivity, two (2) hours or more, shall be discouraged.
- After-school programs shall provide developmentally appropriate physical activity for participating students.
- UNIVERSAL CHARTER SCHOOL shall partner with parents/guardians and community members to institute programs that support physical activity.

- Physical activity shall not be used as a form of punishment.
- Students and the community shall have access to physical activity facilities outside school hours. School policies concerning safety will apply at all times.
- UNIVERSAL CHARTER SCHOOL will offer a range of activities that meet the needs, interests, and abilities of all students, including boys and girls, students with disabilities, and students with special health care needs.

PHYSICAL EDUCATION

- Quality physical education instruction that promotes lifelong physical activity and provides instruction in the 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 varied and comprehensive curriculum that leads to students becoming and remaining physically active for a lifetime shall be provided in the physical education program.

SC 1512.1., POL. 105

- A sequential physical education program consistent with State Board of Education curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented. All district students must participate in physical education.
- Adequate amounts of planned instructions shall be provided in order for students to achieve the proficient level for the Health, Safety and Physical Education academic standards.
- A local assessment system shall be implemented to track student progress on the Health, Safety and Physical Education academic standards.
- Students shall be moderately too vigorously active as much time as possible (at least 50 percent) 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 courses.
- Physical education shall be taught by certified health and physical education teachers.
- Appropriate professional development shall be provided for physical education staff.
- Physical education classes shall have a teacher- student ratio comparable to these of other courses.
- Physical activity shall not be used as a form of punishment.
- Physical activity shall not be withheld as a form of punishment.

OTHER SCHOOL BASED ACTIVITIES

- District schools shall provide adequate space, as defined by the district, for eating and serving school meals.
- Students shall be provided a clean and safe meal environment.
- Students shall be provided adequate time to eat: ten (10) minutes sit down time for breakfast; twenty (20) minutes sit down time for lunch.
- Meals periods shall be scheduled at appropriate hours, as defined by the district.
- Drinking water shall be available at all meals periods and throughout the school day.

- Students shall have access to hand washing or sanitizing before meals and snacks.
- Nutrition professionals who meet criteria established by the district shall administer the school meals program.
- Professional development shall be provided for district nutrition staff.
- Access to the food service operation shall be limited to authorized staff.
- Nutrition content of school meals shall be available to students and parents/guardians.
- Student and parents/guardians may be involved in menu selections through various means.
- To the extent possible, UNIVERSAL CHARTER SCHOOL shall utilize available funding and outside programs to enhance student wellness.
- Food shall provide appropriate training to all staff on the components of the Student Wellness Policy.
- Goals of the Student Wellness Policy shall be considered in planning all school based activities.
- Fundraising projects submitted for approval shall be supportive of healthy eating and student wellness.
- Administrators, teachers, food service personnel, students, parents/guardians, and community members shall be encouraged to serve as positive role models through district programs, communications and outreach efforts.
- UNIVERSAL CHARTER 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. We will offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus.

NUTRITION GUIDELINES

- All foods available in UNIVERSAL CHARTER SCHOOL during the school day shall be offered to students with consideration for promoting student health and reducing childhood obesity.
- Foods provided through the National School Lunch or School Breakfast Programs shall comply with federal nutrition standards under the School Meals Initiative.

COMPETITIVE FOODS/BEVERAGES

SC 504.1

- Competitive foods and beverages are defined as any food or beverage offered or sold at school in competition with reimbursable meals served through the National School Lunch or School Breakfast programs.

SC 1337.1

- All competitive foods and beverages available to students in UNIVERSAL CHARTER SCHOOL shall comply with the Nutrition Standards for Competitive Foods in Pennsylvania Schools.
- All competitive foods available to students in UNIVERSAL CHARTER SCHOOL shall comply with the established nutrition guidelines, as listed in the :
 - Student Wellness Plan
 - Administrative regulations
 - Guidelines
 - Procedures

SC 504.1

- Exclusive competitive food and/ or beverage contracts shall be approved by the Board, in accordance with provisions of law.

SAFE ROUTES TO SCHOOL

- UNIVERSAL CHARTER SCHOOL shall assess and, to the extent possible, implement improvements to make walking and biking to school safer and easier for students
- UNIVERSAL CHARTER SCHOOL shall cooperate with local municipalities, public safety agency, police departments, and community organizations to develop and maintain safe routes to school.
- UNIVERSAL CHARTER SCHOOL administrators shall seek and utilize available federal and state funding for safe routes to school, when appropriate.
- UNIVERSAL CHARTER SCHOOL will encourage students to use public transportation when available and appropriate for travel to school, and will work with the local transit agency to provide transit passes for students.

REFERENCES:

- School Codes- 24 P.S Sec. 504.1, 13337.1, 1422, 1422.1, 1512.1, 1513
- Child Nutrition and WIC Reauthorization Act of 2004-42 U.S.C. Sec. 1751
- Board Policy- 100, 105, 808