



SECTION: PUPILS  
 TITLE: STUDENT WELLNESS  
 ADOPTED: April 9, 2015  
 REVISED: April 19, 2018

STUDENT WELLNESS	
1. Purpose	<p>MONTESSORI REGIONAL 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.</p>
2. Authority SC 1422.1 42 U.S.C. Sec. 1751 nt	<p>The Board adopts the Student Wellness Policy based on the recommendations of the appointed Wellness Committee and in accordance with federal and state laws. The policy shall be included in the charter school’s Strategic Plan.</p> <p>To ensure the health and well-being of all students, the Board establishes that the charter school shall provide to students:</p> <p>{X} A comprehensive nutrition program consistent with federal and state requirements.</p> <p>{X} Access at reasonable cost to foods and beverages that meet established nutritional guidelines.</p> <p>{X} Physical education courses and opportunities for developmentally appropriate physical activity during the school day.</p> <p>{X} Curriculum and programs for grades K-6 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.</p>
3. Delegation of Responsibility	<p>The <u>FINANCE MANAGER</u> shall be responsible to monitor the charter schools, programs, and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations.</p> <p>Each building principal or designee shall report to the <u>FINANCE MANAGER</u> regarding compliance in his/her school.</p>

<p>SC 1422.1 42 U.S.C. Sec. 1751 nt</p> <p>4. Guidelines</p>	<p>Staff members responsible for programs related to student wellness shall report to the <u>FINANCE MANAGER</u> regarding the status of such programs.</p> <p>The <u>CHIEF OPERATING OFFICER</u> shall report <u>annually in July</u> to the Board on the charter school's compliance with law and policies related to student wellness. The report may include:</p> <p><input checked="" type="checkbox"/> Assessment of school environment regarding student wellness issues.</p> <p><input checked="" type="checkbox"/> Evaluation of food services program.</p> <p><input checked="" type="checkbox"/> Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.</p> <p><input checked="" type="checkbox"/> Listing of activities and programs conducted to promote nutrition and physical activity.</p> <p><input checked="" type="checkbox"/> Recommendations for policy and/or program revisions.</p> <p><input checked="" type="checkbox"/> Suggestions for improvement in specific areas.</p> <p><input checked="" type="checkbox"/> Feedback received from charter school staff, students, parents/guardians, community members and Wellness Committee.</p> <p>An assurance that charter school guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law shall be provided (<u>annually</u>) by the:</p> <p><input checked="" type="checkbox"/> Food Service Director.</p> <p><input checked="" type="checkbox"/> Cafeteria Manager.</p> <p><input checked="" type="checkbox"/> Finance Manager.</p> <p><input checked="" type="checkbox"/> Chief Executive Officer or designee.</p> <p><u>Wellness Committee</u></p> <p>The Board shall appoint a Wellness Committee comprised of at least one (1) of the following:</p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> teacher</li> <li><input checked="" type="checkbox"/> school nurse</li> <li><input checked="" type="checkbox"/> dietician</li> <li><input checked="" type="checkbox"/> health professional</li> <li><input checked="" type="checkbox"/> Charter School Food Service Representative</li> </ul>
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<p>SC 1422</p>	<p>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.</p> <p>The Wellness Committee will meet annually no later than April 15<sup>th</sup>.</p> <p><u>Advisory Health Council</u></p> <p>{X} An Advisory Health Council may be established by the Chief Executive Officer or designee to study student health issues and to assist in organizing follow-up programs.</p> <p>{X} 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.</p> <p>{X} The Advisory Health Committee may make policy recommendations to the Board related to other health issues necessary to promote student wellness.</p> <p>{X} 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.</p> <p>{X} The Advisory Health Council shall provide periodic reports to the Chief Executive Officer or designee or designee regarding the status of its work, as required.</p>
<p>SC 1422</p>	<p>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.</p>
<p>SC 1513</p>	<p><u>Nutrition Education</u></p> <p>{X} 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.</p> <p>{X} 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.</p> <p>{X} Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.</p>

{X} Nutrition education lessons and activities shall be age-appropriate.

{X} Nutrition curriculum shall be behavior focused.

{X} School food service and nutrition education classes shall cooperate to create a learning laboratory.

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

{X} 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.”

{X} Montessori Regional Charter School staff shall collaborate with agencies such as the food bank and community organizations to provide opportunities for appropriate student projects related to nutrition.

Physical Activity

{X} Montessori Regional Charter School shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.

{X} Montessori Regional Charter School shall determine how they will contribute to the effort to provide students opportunities to accumulate at least thirty (30) 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.

{X} Students shall participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits.

{X} Age-appropriate physical activity opportunities, such as recess; before and after school; during lunch; clubs; intramurals; and interscholastic athletics, shall be provided to meet the needs and interests of all students, in addition to planned physical education.

{X} A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.

{X} Extended periods of student inactivity, two (2) hours or more, shall be

<p>SC 1512.1</p>	<p>discouraged.</p> <p>{X} Physical activity breaks shall be provided for elementary students during classroom hours.</p> <p>{X} After-school programs shall provide developmentally appropriate physical activity for participating children.</p> <p>{X} Physical activity shall not be used as a form of punishment.</p> <p><u>Physical Education</u></p> <p>{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.</p> <p>{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.</p> <p>{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.</p> <p>{X} 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.</p> <p>{X} 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 charter school students must participate in physical education.</p> <p>{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.</p> <p>{X} A local assessment system shall be implemented to track student progress on the Health, Safety and Physical Education academic standards.</p> <p>{X} 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.</p> <p>{X} Safe and adequate equipment, facilities and resources shall be provided for physical education courses.</p>
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{X} Physical education shall be taught by certified health and physical education teachers.

{X} Physical education classes shall have a teacher-student ratio comparable to those of other courses.

{X} Physical activity shall not be used as a form of punishment.

Other School Based Activities

{X} Montessori Regional Charter School shall provide adequate space, as defined by the charter school, for eating and serving school meals.

{X} Students shall be provided a clean and safe meal environment.

{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.

{X} Meal periods shall be scheduled at appropriate hours, as defined by the charter school.

{X} Drinking water shall be available at all meal periods and throughout the school day.

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

{X} Nutrition professionals who meet criteria established by the charter school shall administer the school meals program.

{X} Access to the food service operation shall be limited to authorized staff.

{X} Nutrition content of school meals shall be available to students and parents/ guardians.

{X} Students and parents/guardians may be involved in menu selections through various means.

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

{X} Food shall not be used in the schools as a reward or punishment.

{X} The Montessori Regional Charter School shall provide appropriate training to all staff on the components of the Student Wellness Policy.

	<p>{X} Goals of the Student Wellness Policy shall be considered in planning all school based activities.</p> <p>{X} Fundraising projects submitted for approval shall be supportive of healthy eating and student wellness.</p> <p>{X} Administrators, teachers, food service personnel, students, parents/guardians, and community members shall be encouraged to serve as positive role models through charter school programs, communications and outreach efforts.</p> <p>{X} The Montessori Regional 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.</p> <p><u>Nutrition Guidelines</u></p> <p>All foods available in Montessori Regional Charter School during the school day shall be offered to students with consideration for promoting student health and reducing childhood obesity.</p> <p>Foods provided through the National School Lunch or School Breakfast Programs shall comply with federal nutrition standards under the School Meals Initiative.</p> <p><u>Competitive Foods/Beverages</u></p> <p><b>Competitive foods and beverages</b> 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.</p>
<p>SC 504.1</p>	<p>{X} All competitive foods available to students in Montessori Regional Charter School shall comply with the Nutrition Standards for Competitive Foods in Pennsylvania Schools.</p>
<p>SC 1337.1</p>	<p>{X} All competitive foods available to students in Montessori Regional Charter School shall comply with the established nutrition guidelines, as listed in the</p> <p>{X} Student Wellness Plan.</p> <p>{X} procedures.</p>
<p>SC 504.1</p>	<p>Exclusive competitive food and/or beverage contracts shall be approved by the Board, in accordance with provisions of law.</p>

	<p><u>Safe Routes To School</u></p> <p>{X} The Montessori Regional Charter School shall assess and, to the extent possible, implement improvements to make walking and biking to school safer and easier for students.</p> <p>{X} The Montessori Regional Charter School shall cooperate with local municipalities, public safety agency, police departments, and community organizations to develop and maintain safe routes to school.</p> <p>{X} Montessori Regional Charter School administrators shall seek and utilize available federal and state funding for safe routes to school, when appropriate.</p> <p>References:</p> <p>School Code – 24 P.S. Sec. 504.1, 1337.1, 1422, 1422.1, 1512.1, 1513</p> <p>Child Nutrition and WIC Reauthorization Act of 2004 – 42 U.S.C. Sec. 1751 notes</p>
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