



Student Wellness Policy

Wesley Schools K-8 and High School Procedures

Effective Date: July 1, 2017

Revised Date: December 19, 2017

I Policy Statement

Wesley Schools recognizes that good health fosters students learning and attendance and those students need nourishing foods and physical activity in order to grow, learn and thrive. Wesley Schools recognizes its responsibility to provide a safe and healthy learning environment for all students. Wesley Schools recognizes the necessity to provide a school environment that promotes a total learning experience including; nutrition education, regular physical activity, and providing a variety of healthy food and beverage choices throughout the school. Wesley Schools believes schools have a responsibility to help students develop the skills, knowledge, and attitudes necessary to adopt and maintain a healthy lifestyle.

II Purpose

The purpose of this policy is to provide direction to the Wesley School's staff for promoting student wellness through nutrition and physical activity, and the selection of nourishing foods and beverages to fulfill the requirements of PL 108-265, Section 204, Child Nutrition and WIC Reauthorization Act of 2004. Additional requirements at the state level are anticipated that include, House Bill 185 and 191 (regarding students health and nutrition issues as the bill is adopted). It is also understood that nothing in this policy shall be considered to supersede the federal requirements of No Child Left Behind Act or IDEA 2004, nor shall this policy supersede state standards as they apply to Approved Private Schools. Also this policy is supported by FERPA (Family Education and Privacy Act of 1974), and HIPPA (Health Insurance Portability and Accountability Act of 1996) regulations on family and student privacy with which all internal and external stakeholders must abide.

III. Authority

To ensure the health and well-being of all students attending Wesley Schools, the Administration establishes that the school shall provide to the students:

1. Curriculum and programs for grades first through twelfth that are designed to educate students about proper nutrition and lifelong physical activity with Pennsylvania Department of Education curriculum regulations and academic standards.
2. Physical education courses and opportunities for developmentally appropriate physical activity during the school day.
3. A comprehensive nutrition program, including access to foods and beverages that meet established nutritional guidelines and are consistent with federal and state requirements.



IV. Delegation of Responsibility

1. The Educational Director/Assistant Educational Director shall be responsible to monitor the schools curriculum and programs to ensure compliance with this policy, related policies and school guidelines.
2. Classroom Supervisors shall be responsible for the staff under their supervision to report to the Director/Assistant Director regarding compliance within his/her classrooms.
3. Staff responsible for programs related to student wellness shall report to Supervisors as to the status of each program.
4. The Director shall annually report to the Program Officer on the programs compliance with the law and policies related to student wellness. This may include:
 - a. Assessment of school environment regarding student wellness
 - b. Evaluation of food service program and all foods and beverage sold in the school for compliance with establishes nutritional guidelines.
 - c. Improvement suggestions.
5. The assurance that the school guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law shall be provided by the Food Service Manager.

V. Guidelines: Wellness Committee

1. Wesley Schools has appointed a Wellness committee consisting of the following:

Board Members	Classroom Teacher
Assistant Director	PBIS-Coaches
Food Service Director	Family Consumer Science
Nurse	Curriculum Coordinator
Physical Education Teacher	Parent
Supervisor	Student
2. Wellness committee will serve as an advisory committee to promote student health issues, and shall be responsible for policy, programs, and disseminating information.
3. Wellness committee will survey parents/guardians, students, and staff annually, to assess curriculum and programs within the school.
4. Wellness committee will establish and collaborate with appropriate community agencies and organizations as they relate to student wellness.
5. Wellness committee will make policy recommendations to the Director/Assistant Director related to issues that promote student wellness.
6. Wellness Committee shall provide periodic reports to the Director

VI. Standards



1. Nutrition Education

Wesley Schools will develop and implement a comprehensive health education program in accordance with the Pennsylvania Core Standards.

- a. Nutrition education will be included in health education program in grades K-12
- b. Nutrition education will be aligned with the Healthy Hunger Free Kids Act of 2010 and Pennsylvania Core Standards.
- c. Nutrition education will be included in the appropriate curriculum areas.
- d. Consistent nutrition messages shall be disseminated throughout the classrooms, cafeteria, homes and community.

2. Physical Activity

- a. Wesley School will modify and implement a physical education/physical activity program in accordance with Pennsylvania Core Standards also in keeping with the students IEP as it relates to special considerations and Adaptive Physical education and IDEA 2004.
- b. Wesley Schools will strive to provide opportunities for developmentally appropriate physical activity during the school day for all students, outside of the Physical Education class (recess, intramurals)
- c. Physical activity breaks shall be provided for elementary students during classroom hours.
- d. Physical activity breaks shall be provided for middle/high school students during lunch time hours.
- e. A physical and social environment that encourages safe and enjoyable activities for all students shall be maintained.

3. Physical Education

Physical education classes shall be the means through which all students learn, practice and are assessed on developmentally appropriate skills and knowledge necessary for life-long, health-enhancing physical activity.

- a. Students shall be vigorously active as much of the time as possible during a physical education class. Documentation of medical conditions and disabilities (Adaptive Physical Education as it relates to the IEP) shall be accommodated during class.
- b. Physical education will be included in appropriate curricular areas.

4. Food and Beverages

The following standards apply to all foods and beverages made available to students in the school and through school sponsored events during the school day and as indicated within the students IEP.

- a. General
 - i. The school is encouraged to consider wellness issues and students allergies when planning incentives and promotional activities such as school store and PBIS activities.



- ii. Foods and beverages should not be used as an educational tool except as defined in the curriculum of Daily Living Skills, and when indicated in the student's IEP.
- iii. Food and beverages will not be offered as a reward or withheld as punishment, during designated breakfast and lunch times as per the Nutrition Standards.

b. School Meals

The Food Service Department will provide traditional meal pattern breakfast and lunch to students each day that the school is in session, including early dismissal.

- i. Guidelines for reimbursable meals should follow the Healthy Hunger Free Kids Act of 2010.
- ii. Foods provided through the National School Lunch or Breakfast Programs are in compliance with the Healthy Hunger Free Kids Act 20110.
- iii. The program shall support the efforts by parents/guardians, to provide a healthy diet and daily physical activity for children by communicating relevant information through various methods.

c. Other School Based Activities

- i. Students shall be provided a clean and safe meal environment, including access to hand washing or sanitizing before meals.
- ii. Students shall be provided adequate time to eat: (10 minutes sit down time for breakfast; 20 minutes sit down time for lunch), and should be scheduled at appropriate hours.
- iii. Nutritional content of school meals shall be available to students, parents/guardians.
- iv. Fundraising/school stores etc. shall be supportive of healthy eating and student wellness.

d. Competitive Foods

The school will follow the National Standards for Competitive Foods in Pennsylvania Schools, to ensure that the sale of foods and/or provisions of foods free of charge to students (school stores, fundraising, classroom parties, holiday celebrations, a la carte items) on school campuses during the school day beyond those available through the National School Meals Program meets the intent of this policy.

- i. All competitive foods available to students in the program shall comply with "A Starting Point" in the modified Nutritional Standards for Wesley School.

e. Foods of Minimal Nutritional Value

Foods of minimal nutritional value (USDA Regulation CFR 210 and 220) will not be sold given without charge to students during the school day.



f. Safe Route to School

All students that are enrolled in Wesley Schools are transported by their school districts and are not within walking distance of the facility.

g. Vending Machines

Wesley School does not have vending machines available to the student population, as indicated in the modified Nutritional Standards of Wesley Schools.

VII. Definitions

Comprehensive School Health Education- A planned sequential curriculum that addresses the physical, emotional and social dimensions of health; develops health knowledge, attitudes, and skills; and tailored to the developmental level of children.

Curriculum – The prescribed elements of programs and courses which state clearly and specifically what students are expected to know and be able to do, how well they will be able to do it, how they will meet learning objectives and by what means they will be assessed.

Foods of Minimal Nutritional Value- As established by the Department of Agriculture; (i) In the case of artificially sweetened foods, a food which provides less than five percent of the Reference Daily Intake (RDI) for each of eight specified nutrients per serving and (ii) in the case of all other foods, a food which provides less the five percent of the RDI for each of the eight specified nutrients per 100 calories and less than five percent of the RDI for each of eight specified nutrients. (7CFR 210.11(2)).

Intramural Programs – An extracurricular activity program within a school that provides students an opportunity to participate in activities that are an extension of the physical education program

Nutrition education – A component of the comprehensive school health education curriculum which teaches knowledge and skills related to nutrition and physical activity to achieve positive changes in dietary and physical activity.

Physical Activity – Any bodily movement produced by skeletal muscles that results in an expenditure of energy.

Physical Education Program - A planned sequential curriculum that teaches skills, knowledge, and attitudes which are needed to establish and lead a physically active life.

Recess- Regularly scheduled periods within the school day for structured physical activity.



IEP (Individual Education Plan)- A individual prescription of educational goals and objectives written for students in Special Education and carried out by the special education teacher, providing individual instructions to students.

Milieu -An intentionally created environment that facilitates and promotes the treatment and education of children and adolescents. (Activities within this setting are to develop positive relationships with the students.)

Adopted this 19th day of December_2017

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