

MONROE CAREER AND TECHNICAL INSTITUTE

SECTION: PUPILS

TITLE: STUDENT WELLNESS

ADOPTED: August 7, 2006

REVISED: February 1, 2016

	246. STUDENT WELLNESS
1. Purpose	<p>The Monroe Career & Technical Institute (MCTI) recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. The Joint Operating Committee (JOC) 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. 1758b	<p>The JOC adopts the Student Wellness Policy based on the recommendations of the appointed Wellness Advisory Committee and in accordance with federal and state laws.</p> <p>To ensure the health and well-being of all students, the Joint Operating Committee establishes that the school shall provide to students:</p> <ol style="list-style-type: none"> 1. A comprehensive nutrition program consistent with federal and state requirements. 2. Access at reasonable cost to foods and beverages that meet established nutritional guidelines. 3. MCTI shall strive to provide opportunities for appropriate physical activity during the school day for all students. Curriculum and programs for appropriate career and technical labs and academic courses shall strive to educate students about proper nutrition and lifelong physical activity.
3. Delegation of Responsibility 42 U.S.C. Sec. 1758b Pol. 808	<p>The Director or designee shall be responsible to monitor the school's programs and curriculum to ensure compliance with this policy, related policies, and established guidelines or administrative regulations.</p>

<p>42 U.S.C. Sec. 1758b</p> <p>4. Guidelines</p>	<p>Staff members responsible for programs related to student wellness shall report to the Director or designee regarding the status of such programs.</p> <p>The Director or designee shall annually report to the JOC on the school's compliance with law and policies related to student wellness. The report may include:</p> <ol style="list-style-type: none"> 1. Assessment of school environment regarding student wellness issues. 2. Evaluation of food services programs. 3. Review of all foods and beverages sold in schools for compliance with established nutrition guidelines. 4. Recommendations for policy and/or program revisions. 5. Suggestions for improvement in specific areas. 6. Feedback received from staff, students, parents/guardians, community members and Wellness Committee. <p>The Director or designee and the appointed Wellness Committee shall annually conduct an assessment on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation. The assessment shall include the extent to which MCTI is in compliance with law and policies related to student wellness, and shall describe the progress made by MCTI in attaining the goals of this policy. The assessment shall be made available to the public.</p> <p><u>Wellness Advisory Committee</u></p> <p>MCTI's Wellness Advisory Committee will be comprised of at least one (1) of each of the following members approved by the JOC:</p> <ol style="list-style-type: none"> 1. Joint Operating Committee Member. 2. School Administrator. 3. School Food Service Representative. 4. Student. 5. Teacher.
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	<ol style="list-style-type: none">6. Health Professional.7. Parent/Guardian.8. Member of the Public.9. Counselor. <p>The Wellness Advisory Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing and revising a Student Wellness Policy that complies with law to recommend to the JOC for adoption.</p> <p>The Wellness Advisory Committee may examine related research and laws, assess student needs and the current school environment, review existing Board policies and administrative regulations, and raise awareness about student health issues. The Wellness Committee may make policy recommendations to the Board related to other health issues necessary to promote student wellness.</p> <p>The Wellness Advisory Committee 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>The Wellness Advisory Committee shall provide a periodic report to the Director or designee regarding the status of its work, as required.</p> <p><u>Nutrition Guidelines</u></p> <ol style="list-style-type: none">1. All foods available in the school during the school day shall be offered to students with consideration for promoting student health and reducing childhood obesity.2. Foods provided through the National School Lunch Program and School Breakfast Program shall comply with federal nutrition standards under the School Meals Initiative.3. Competitive foods are defined as foods offered at school other than through the National School Lunch Program and include a la carte foods, snacks and beverages; vending food, snacks and beverages; school store food, snacks and beverages; fundraisers; classroom parties; and holiday celebrations.
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	<p>The Healthy Hunger Free Kids Act of 2010 established nutrition standards for all foods sold on school grounds during the school day referred to as Smart Snacks in Schools. All competitive foods available for sale shall comply with the Smart Snacks in School standards.</p> <p>The Smart Snacks in School nutrition standards apply to any foods sold to students during the school day on the school campus, including foods sold as fundraisers. School fundraisers that do not meet the Smart Snacks in Schools Standards are permitted to be sold in Pennsylvania Schools and fundraiser exemptions for each school year, with a maximum of ten (10) exempt fundraisers per year.</p> <p>Non-sold competitive foods (i.e. at classroom parties, as rewards, etc.) offered to students in school outside of school meal programs shall comply with the applicable sections of the nutrition Standards for Competitive Foods in Pennsylvania Schools.</p> <p><u>Nutrition Education</u></p> <ol style="list-style-type: none"> 1. Nutrition education, which is designed to teach, encourage, and support healthy eating by students, is provided by each students' sending school within the sequential comprehensive health education program in accordance with the State Board of Education curriculum regulations and the academic standards for Health, Safety, and Physical Education and Family and Consumer Sciences. 2. Nutrition education shall be integrated into other subjects to complement but not replace academic standards based on nutrition education. 3. Nutrition education shall be age appropriate, behavior focused, linked to physical activity, and provide students with the knowledge and skills needed to lead lifelong healthy lives. 4. School staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition. 5. Consistent nutrition messages shall be disseminated throughout the school, classrooms, cafeteria, homes, and community. <p><u>Physical Activity</u></p> <ol style="list-style-type: none"> 1. MCTI may provide opportunities for developmentally appropriate physical activity during the school day. 2. A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.
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<p>7 CFR Sec. 210.10, 220.8</p>	<ol style="list-style-type: none"> 3. MCTI may provide adequate amount of time during the school day to engage students in daily stretching/exercises that are appropriate to their lab area. 4. Extended periods of student inactivity, two (2) hours or more, shall be discouraged. 5. Physical activity shall not be used as a form of punishment. 6. MCTI may partner with parents/guardians, community members, and participating school districts to institute programs that support physical activity and provide notice to all students of programs that are available to them at their sending school. <p><u>Physical Education</u></p> <ol style="list-style-type: none"> 1. MCTI students' receive quality physical education instruction at their sending school, taught by certified Health Education Teachers that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation. 2. Students shall be moderately to vigorously active as much time as possible within the Physical Education class unless prohibited by a documented medical condition or disability. <p><u>Other School Based Activities</u></p> <ol style="list-style-type: none"> 1. The goals of the Student Wellness Policy shall be considered in planning all school-based activities. 2. 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. 3. District schools shall provide adequate space, as defined by the district, for eating and serving school meals. 4. MCTI shall provide a safe and sanitary meal environment for all students and staff. 5. Students shall be provided adequate time to eat: ten (10) minutes sit down time for breakfast; twenty (20) minutes sit down time for lunch. 6. Meal periods shall be scheduled at appropriate hours, as defined by the district.
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<p>Pol. 209.2</p>	<ol style="list-style-type: none"> 7. Students shall have access to hand washing or sanitizing before meals and snacks. 8. Nutrition professionals who meet criteria established by the district shall administer the school meals program. 9. Professional development shall be provided for district nutrition staff. 10. Access to the food service operation shall be limited to authorized staff. 11. To the extent possible, the district shall utilize available funding and outside programs to enhance student wellness. 12. Nutrition content of school meals shall be available to students, parents/guardians and MCTI staff. 13. Food shall not be used in the school as a reward or punishment. 14. MCTI shall provide appropriate education to all staff on the components of the Student Wellness Policy. 15. Fundraising projects submitted by the Career and Technical Service Organizations (CTSO's) shall be supportive of healthy eating and student wellness and will comply with Smart Snacks in schools exemption. 16. MCTI shall support the efforts of parents/guardians to provide a healthy diet and daily physical activity for students by communicating relevant information through various methods. <p><u>Management Of Food Allergies</u></p> <p>MCTI shall establish JOC policy and administrative regulations to address food allergy management at MCTI in order to:</p> <ol style="list-style-type: none"> 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 school programs and activities.
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References:

School Code – 24 P.S. Sec. 504.1, 1337.1, 1422, 1422.1, 1422.3, 1512.1, 1513, 1850.1

National School Lunch Program – 42 U.S.C. Sec. 1751 et seq.

School Breakfast Program – 42 U.S.C. Sec. 1773

Healthy, Hunger-Free Kids Act of 2010 – P.L. 111-296

National Food Service Programs, Title 7, Code of Federal Regulations –
7 CFR Part 210, Part 220

Joint Operating Committee Policy – 000, 102, 103, 105, 209.2, 808