

246 AR Wellness

The following Administrative Rule supports the SDST Wellness Policy. It is designed to address the educational aspect of wellness as well as the sale and consumption of food within the schools. The goal is to influence the life-long health habits of SDST students.

SDST will be following Year 1 of the Nutritional Standards for Competitive Foods in Pennsylvania Schools for the 2007-2008 School year, and the Administrative Rule for SDST Wellness Policy will be reviewed annually and recommendations will be submitted to the superintendent.

Education

It is suggested that health/safety be addressed by the following individuals throughout the school year:

- Director of School Nutrition Services
 - Provides Nutritional Information
 - SDST website
 - Office
 - Serves as a resource for school lunches and school sponsored events
- Nurse
 - Assemblies
 - Curriculum Consultant
 - Growth Screening Program
 - Resources available
- Guidance Counselor
 - Misuse of food as a coping mechanism
- Physical Education Teachers
 - Class lessons
- Curriculum
 - Classroom Teachers
 - Lessons
 - Modeling
 - Teachers add nutrition to daily language in awareness of sharing healthy habits

The Director of School Nutrition Services will periodically gather parent input related to food sold in school.

Food Pyramids will be strategically placed throughout district buildings. Students will be made aware of the food pyramid.

At the beginning of each school year, the nutritional content and National School Lunch Program Guidelines will be posted and/or updated on the district website by The Director of School Nutrition Services. This shall include meals, snacks and beverages available to students. Food will not be used as a reward or punishment unless stated in an IEP or used for motivational purposes.

Lunches

All school lunches meet or exceed Federal Nutritional Standards.

Snacks sold to students will meet the Guidelines for Nutritional Standards for Competitive Foods in PA Schools (pages 2-7) as outlined in the attachment to the Wellness Policy.

The number of snacks sold to students will be limited to one snack per day at the elementary level and two snacks per day at the middle and high school levels.

A list of student purchases is available daily through each cafeteria manager.

Classroom Parties/Holiday Celebrations (as found on page 10 of The Guidelines for Nutritional Standards-PDE 2/2007):

The district recommends that parents choose from the healthy food list for parties/birthday treats. The list is to be included in school handbooks.

Fundraisers (as found on pages 8-9 of The Guidelines for Nutritional Standards-PDE 2/2007):

****Foods sold as fundraisers that are available for sale outside of the school day will support healthy eating by limiting foods high in added sugar, fat, sodium and trans fatty amino content. The Director of School Nutrition Services can provide assistance in identifying foods that meet these criteria.*

School Stores (Foods, Snacks and Beverages)(as found on pages 12-14 of The Guidelines for Nutritional Standards-PDE 2/2007):

**** Where foods, snacks and beverages are available in school stores, those items available will support healthy eating by limiting foods high in added sugar, fat, sodium and trans fatty acid content.*

The Director of School Nutrition Services can provide assistance in identifying foods that meet these criteria.

The Wellness Policy and Administrative Rule is to be included as part of school handbooks.

6/20/07