

# LANCASTER COUNTY CAREER & TECHNOLOGY CENTER

SECTION: STUDENTS  
TITLE: STUDENT WELLNESS  
ADOPTED: April 24, 2014  
REVISED:

246. STUDENT WELLNESS	
<p>1. Purpose</p>	<p>The Lancaster County Career and Technology Center recognizes that student wellness and proper nutrition are related to students’ physical well-being, growth, development, and readiness to learn. The Joint Operating Committee 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>
<p>2. Authority SC 1422.1 42 U.S.C. Sec. 1751 nt Pol. 100</p>	<p>The Joint Operating Committee adopts the Student Wellness Policy based on the recommendations of the appointed Wellness Committee and in accordance with federal and state laws and regulations. The policy shall be included in the Strategic Plan.</p> <p>To ensure the health and well-being of all students, the Joint Operating Committee establishes that the center shall provide to students:</p> <ol style="list-style-type: none"> <li>1. A comprehensive nutrition program consistent with federal and state requirements.</li> <li>2. Access at reasonable cost to foods and beverages that meet established nutritional guidelines.</li> <li>3. Curriculum and programs for grades within each building 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.</li> </ol>
<p>3. Delegation of Responsibility Pol. 808</p>	<p>The Executive Director or designee shall be responsible to monitor the center’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. 1751 nt</p> <p>4. Guidelines</p>	<p>Staff members responsible for programs related to student wellness shall report to the Executive Director or designee regarding the status of such programs.</p> <p>The Executive Director or designee shall report to the Joint Operating Committee on the center’s compliance with law and policies related to student wellness. The report may include:</p> <ol style="list-style-type: none"> <li>1. Evaluation of food services program.</li> <li>2. Review of all foods and beverages sold in the center for compliance with established nutrition guidelines.</li> <li>3. Listing of activities and programs conducted to promote nutrition and physical activity.</li> <li>4. Recommendations for policy and/or program revisions.</li> <li>5. Suggestions for improvement in specific areas.</li> </ol> <p>An assurance that center guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for the center in accordance with federal law shall be provided annually by the Business Manager.</p> <p><u>Wellness Committee</u></p> <p>The Joint Operating Committee shall appoint a Wellness Committee that may be comprised of the following: center administrator, center food service representative, student, parent/guardian, member of the public, teacher, school nurse, school counselor, support staff, health professional, representative of community organization and other individuals chosen by the Joint Operating Committee.</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 Joint Operating Committee for adoption.</p> <p>The Wellness Committee may examine related research, assess student needs and the current school environment, review existing Joint Operating Committee policies and administrative regulations, and raise awareness about student health issues.</p> <p>The Wellness Committee may make policy recommendations to the Joint Operating Committee related to other health issues necessary to promote student wellness.</p>
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SC 1512.1	<p>The Wellness Committee may survey parents/guardians and/or students; conduct community forums or focus groups; collaborate with appropriate community agencies and organizations; cooperate with participating school districts; and engage in similar activities, within the budget established for these purposes.</p> <p>The Wellness Committee shall provide periodic reports to the Executive Director or designee regarding the status of its work, as required.</p> <p><u>Nutrition Education</u></p> <p>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>Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.</p> <p>Nutrition education lessons and activities shall be age-appropriate.</p> <p>Nutrition curriculum shall be behavior focused.</p> <p>Nutrition education shall be integrated into other subjects to complement but not replace academic standards based on nutrition education.</p> <p>Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.</p> <p>Center staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.</p> <p>Consistent nutrition messages shall be disseminated throughout the center, classrooms, cafeterias, participating school districts, homes, community and media.</p> <p><u>Physical Education</u></p> <p>When physical education is required for high school graduation, it is performed by contract with the participating high school, or in accordance with other high school requirements.</p> <p><u>Other School Based Activities</u></p> <p>The center shall provide adequate space, as defined by the center, for eating and serving school meals.</p>
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	<p>Students shall be provided a clean and safe meal environment.</p> <p>Students shall be provided adequate time to eat: twenty (20) minutes' sit down time for lunch.</p> <p>Meal periods shall be scheduled at appropriate hours, as defined by the center.</p> <p>Drinking water shall be available at all meal periods and throughout the school day.</p> <p>Students shall have access to hand washing or sanitizing before meals and snacks.</p> <p>Nutrition professionals who meet criteria established by the center shall administer the school meals program.</p> <p>Professional development shall be provided for the center's nutrition staff.</p> <p>Access to the food service operation shall be limited to authorized staff.</p> <p>Students and parents/guardians may be involved in menu selections through various means.</p> <p>To the extent possible, the center shall utilize available funding and outside programs to enhance student wellness.</p> <p>The center shall provide appropriate training to all staff on the components of the Student Wellness Policy.</p> <p>Goals of the Student Wellness Policy shall be considered in planning all school based activities.</p> <p>Fundraising projects submitted for approval shall be supportive of healthy eating and student wellness.</p> <p>Administrators, teachers, food service personnel, students, parents/guardians, and community members shall be encouraged to serve as positive role models through center programs, communications and outreach efforts.</p> <p>The center 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>
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<p>SC 504.1</p>	<p><u>Nutrition Guidelines</u></p> <p>All foods available in the center during the school day shall be offered to students with consideration for promoting student health and reducing obesity.</p> <p>Foods provided through the National School Lunch shall comply with federal nutrition standards.</p> <p><u>Competitive Foods/Beverages</u></p> <p>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.</p> <p>All competitive foods and beverages available to students in the center shall comply with the nutrition standards for competitive foods set by the U.S. Department of Agriculture.</p> <p>All competitive foods available to students in the center shall comply with the established nutrition guidelines, as listed in the:</p> <ol style="list-style-type: none"> <li>1. Student Wellness Plan.</li> <li>2. Administrative regulations.</li> <li>3. Guidelines and procedures.</li> </ol> <p>SC 504.1</p> <p>Exclusive competitive food and/or beverage contracts shall be approved by the Joint Operating Committee, in accordance with provisions of law.</p> <p>References:</p> <p>School Code – 24 P.S. Sec. 504.1, 1337.1, 1422, 1422.1, 1512.1, 1513, 1850.1</p> <p>Child Nutrition and WIC Reauthorization Act of 2004 – 42 U.S.C. Sec. 1751 notes.</p> <p>Joint Operating Committee Policy – 000, 100, 102, 105, 808</p>
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