



**Section:** PUPILS  
**Title:** STUDENT WELLNESS  
**Adopted:** April 18, 2006

**Revised:** August 21, 2007  
October 16, 2007  
December 19, 2017, April 17, 2018

<b>239. STUDENT WELLNESS</b>		
1. Purpose	<p>Lebanon County Career and Technology Center (LCCTC) 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 promotion, 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	<p>The JOC adopts this policy in accordance with federal and state laws and regulations.</p> <p>To ensure the health and well-being of all students, the JOC 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 nutrition guidelines.</li> <li>3. Curriculum and programs for grades K-12 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 will be established at the member school district.</li> </ol>	<p>SC1422.1 42 U.S.C. Sec. 1758b 7 CFR Sec. 210.31</p>
3. Delegation of Responsibility	<p>The Director or designee shall be responsible for the implementation and oversight of this policy to ensure the center's programs are compliant with this policy, related policies and established guidelines or administrative regulations.</p> <p>The Director or designee shall conduct an assessment at least once every three (3) years on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation. This triennial assessment shall be made available to the public in an accessible and easily understood manner and include:</p>	<p>42 U.S.C. Sec.1758b 7 CFR Sec. 210.31</p> <p>42 U.S.C. Sec.1758b 7 CFR Sec. 210.31</p>

	<b>239. STUDENT WELLNESS</b>	
4. Guidelines	<ol style="list-style-type: none"> <li>1. The extent to which the center is in compliance with law and policies related to school wellness.</li> <li>2. The extent to which this policy compares to model wellness policies.</li> <li>3. A description of the progress made by the center in attaining the goals of this policy.</li> </ol> <p style="margin-left: 40px;">At least once every three (3) years, the center shall update or modify this policy as needed, based on the results of the most recent triennial assessment and/or as the center and community needs and priorities change; wellness goals are met; new health science, information and technologies emerge; and new federal or state guidance or standards are issued.</p> <p style="margin-left: 40px;">The center shall annually inform and update the public, including parents/guardians, students and others in the community, about the contents, updates and implementation of this policy via the center’s website, student handbooks, and/or other efficient communication methods. This annual notification shall include information on how to access the School Wellness policy; information about the most recent triennial assessment; information on how to participate in the development, implementation and periodic review and update of the School Wellness policy; and a means of contacting the Director or designee responsible for Wellness oversight.</p> <p style="margin-left: 40px;"><b><u>Recordkeeping</u></b> The center shall retain records documenting compliance with the requirements of the School Wellness policy, which shall include:</p> <ol style="list-style-type: none"> <li>1. The written School Wellness policy.</li> <li>2. Documentation demonstrating that the center has informed the public, on an annual basis, about the contents of the School Wellness policy and any updates to the policy.</li> <li>3. Documentation of efforts to review and update the School Wellness policy, including who is involved in the review and methods used by the center to inform the public of their ability to participate in the review.</li> <li>4. Documentation demonstrating the most recent assessment on the implementation of the School Wellness policy and notification of the assessment results to the public.</li> </ol> <p style="margin-left: 40px;"><b><u>Nutrition Education</u></b> Nutrition education will be provided within the sequential, comprehensive health education program in accordance with curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences. Nutrition Education within the comprehensive education plan will be delivered by the member school districts.</p> <p style="margin-left: 40px;">Nutrition education lessons and activities shall be age-appropriate.</p>	<p>7 CFR Sec. 210.31</p> <p>42 U.S.C. Sec. 1758b 7 CFR Sec. 210.31</p> <p>7 CFR Sec.210.15, 210.31</p> <p>SC 1513 Pol. 102, 105</p>

	<b>239. STUDENT WELLNESS</b>	
	<p>Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.</p> <p><b><u>Physical Activity</u></b> The Lebanon County Career and Technology Center shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.</p> <p>Extended periods of student inactivity, two hours or more, shall be discouraged.</p> <p>Physical activity shall not be used a form of punishment.</p> <p><b><u>Physical Education</u></b> When physical education is required for high school graduation, it is performed at the participating home school, or in accordance with other high school requirements.</p> <p><b><u>Nutrition Promotion</u></b> Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs.</p> <p>The Center shall promote nutrition through the implementation of Farm to School activities where possible. Activities may include, but not be limited to, the initiation/maintenance of school gardens, taste-testing of local products in the cafeteria and classroom, classroom education about local agriculture and nutrition.</p> <p>Center food service personnel shall encourage consumption of more whole grains, fruits, vegetables and legumes, and to decrease plate waste.</p> <p><b><u>Other School Based Activities</u></b> 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.</p> <p>Nutrition professionals who meet hiring criteria established by the center and in compliance with federal regulations shall administer the school meals program. Professional development and continuing education shall be provided for center nutrition staff, as required by federal regulations.</p> <p>The Center shall provide adequate space, as defined by the center, for eating and serving school meals.</p> <p>Students shall be provided a clean and safe meal environment.</p> <p>Meal periods shall be scheduled at appropriate hours, as required by federal regulations and as defined by the center.</p> <p>Nutrition content of school meals shall be available to students and parents/guardians.</p>	<p>7 CFR Sec.210.10, 20.8</p> <p>42 U.S.C. Sec. 1751 et seq, 1773 7 CFR Sec 210.30 Pol. 805</p> <p>7 CFR Sec. 210.10</p>

	<b>239. STUDENT WELLNESS</b>	
	<p>Students shall have access to hand washing or sanitizing before meals and snacks.</p> <p>Students may be involved in menu selections through various means, such as taste testing and surveys.</p> <p><b><u>Nutrition Guidelines for All Foods/Beverages at School</u></b> All foods and beverages 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 and beverages provided through the National School Lunch shall comply with established federal nutrition standards.</p> <p><b><u>Competitive Foods -</u></b> Competitive foods available for sale shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School). These standards shall apply in all locations and through all services where foods and beverages are sold to students, which may include, but are not limited to: a la carte options in cafeterias, vending machines, snack carts and fundraisers.</p> <p><b>Competitive foods</b> are defined as foods and beverages offered or sold to students on school campus during the school day, which are not part of the reimbursable school lunch.</p> <p>For purposes of this policy, <b>school campus</b> means any area of property under the jurisdiction of the school that students may access during the school day.</p> <p>For purposes of this policy, school day means the period from midnight before school begins until thirty (30) minutes after the end of the official school day.</p> <p><b><u>Fundraiser Exemptions –</u></b> Fundraising activities held during the school day involving the sale of competitive foods shall be limited to foods that meet the Smart Snacks in School nutrition standards, unless an exemption is approved in accordance with applicable Joint Operating Committee (JOC) policy and administrative regulations.</p> <p>The center may allow a limited number of exempt fundraisers as permitted by the Pennsylvania Department of Education each school year: up to ten (10) exempt fundraisers. Exempt fundraisers are fundraisers in which competitive foods are available for sale to students that do not meet the Smart Snacks in School nutrition standards.</p> <p>The center shall establish administrative regulations to implement fundraising activities, including procedures for requesting a fundraiser exemption.</p>	<p>42 U.S.C. Sec. 1751 et seq, 1773 7 CFR Sec. 210.10, 220.8</p> <p>7 CFR Sec. 210.11, 220.12a, 210.31</p> <p>7 CFR Sec. 210.11, 210.31</p> <p>7 CFR Sec. 210.11, 210.31</p> <p>Pol. 229</p> <p>7 CFR Sec. 210.11</p>

	<b>239. STUDENT WELLNESS</b>	
	<p style="text-align: center;"><b><u>Non-Sold Competitive Foods –</u></b></p> <p>Non-sold competitive foods available to students, which may include but are not limited to foods and beverages offered as rewards and incentives, at classroom parties and celebrations, or as shared classroom snacks, shall meet or exceed the standards established by the center.</p> <p>If the offered competitive foods do not meet or exceed the Smart Snacks in School nutrition standards, the following standards shall apply:</p> <p>1. Rewards/Incentives/Celebrations/Shared Classroom Snacks:</p> <p>Monthly classroom parties &amp; celebrations will be encouraged in lieu of shared classroom snacks for individual birthday celebrations.</p> <p style="text-align: center;"><b><u>Marketing/Contracting –</u></b></p> <p>Any foods and beverages marketed or promoted to students on the school campus during the school day shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School) and comply with established JOC policy and administrative regulations.</p> <p>Exclusive competitive food and/or beverage contracts shall be approved by the Board, in accordance with provisions of law. Existing contracts shall be reviewed and modified to the extent feasible to ensure compliance with established federal nutrition standards, including applicable marketing restrictions.</p>	<p>7 CFR Sec. 210.11 210.31</p> <p>SC 504.1</p>