



<p>Purpose</p>	<p style="text-align: center;">246. Student Wellness</p> <p>The Dauphin County Technical School (DCTS) 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>Authority P.L. 108-265 Sec. 204</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. Physical education courses and opportunities for developmentally appropriate physical activity during the school day. 4. Curriculum and programs for grades 9-12 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.
<p>Delegation of Responsibility Pol.808 P.I. 108-265</p>	<p>The Administrative Director or designee shall be responsible to monitor the schools' program, and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations.</p> <p>The Cafeteria Manager shall report annually to the Business Administrator who will report to the Administrative Director regarding compliance with School guidelines for reimbursable school meals. School Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to the Child Nutrition Act and other applicable federal and state laws and regulations.</p> <p>Staff members responsible for programs related to student wellness shall report to the School Principal or designee regarding the status of such programs.</p>

Guide	808. Food Service	References
<p>7 CFR 245.1-245.13</p>	<p><u>Free/Reduced-Price Meals</u></p> <p>The School shall provide free and reduced-price meals and milk to students in accordance with terms of the National School Lunch and National Breakfast Programs.</p> <p>The district shall inform parents/guardians of the eligibility standards for free and reduced-price meals.</p> <p>Reasonable efforts shall be made to provide equal treatment for and protect the identity of students receiving free and reduced price meals.</p> <p>A parent/guardian shall have the right to appeal a decision regarding his/her application for free or reduced-price food services to the Administrative Director.</p>	

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	<p data-bbox="290 117 448 149"><u>References:</u></p> <p data-bbox="290 201 764 233">School Code-24 P.S. 504, 1335, 1337</p> <p data-bbox="290 281 753 312">Purdon's Statute- 35 P.S. Sec. 655.6</p> <p data-bbox="290 361 1130 392">Child Nutrition and WIC Reauthorization Act of 2004-P.L.108-265</p> <p data-bbox="290 441 1070 472">Title 42, United States Code - 42 U.S.C. Sec. 1751-1769-1773</p> <p data-bbox="290 520 1211 594">Title 7, Code of Federal Regulations - 7 CFR 210.1-210.31, 220.1-221.21 245.1-245.13, 246.24</p>	

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	<p data-bbox="277 247 488 281"><u>Physical Activity</u></p> <p data-bbox="277 331 1224 485">D.C.T.S. shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students. Activities shall be designed to achieve improved health, wellness, fitness, and performance benefits.</p> <ol data-bbox="277 533 1235 726" style="list-style-type: none"> 1. Determining how the school will contribute to the effort to provide students opportunities to accumulate at least (30) minutes of age appropriate physical activity on all or most days of the week. That time will include physical activity outside the school environment, such as walking, sports, etc. <p data-bbox="315 779 1019 812">Activities may be scheduled during, but not limited to:</p> <ol data-bbox="342 821 1192 930" style="list-style-type: none"> A. Physical education classes. B. Physical Activity within the Academic and Career and Technical curriculum when applicable. <ol data-bbox="277 978 1284 1822" style="list-style-type: none"> 2. D.C.T.S. or the students home school shall provide other age-appropriate physical activity opportunities, to meet the varying needs and interests of students. Scheduled activities may occur during, but are not limited to; lunch periods, club meetings, intramurals, interscholastic athletics, and / or artistic productions. 3. The D.C.T.S. shall foster a physical and social environment that encourages safe, appropriate and enjoyable physical activities for all students. 4. The D.C.T.S. shall partner with parents/guardians, interested community members, and other schools (Home School) and organizations to develop and implement programs that support physical activity. Extended periods of students inactivity, one (1) hour or more shall be discouraged. 5. The D.C.T.S. shall never use or restrict physical activity as a form of punishment. 6. Whenever D.C.T.S. schedules permit, students and community shall have access to physical activity facilities outside school hours. All requests for use must follow district policy requirements. Costs shall be determined on a case-by-case basis, as outlined in district policy. 	

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	<p data-bbox="272 142 516 178"><u>Physical Education</u></p> <p data-bbox="272 226 1214 338">A sequential physical education program consistent with the State Board of Education curriculum regulations and Health, Safety and Physical Educations academic standards shall be developed and implemented.</p> <p data-bbox="272 390 1284 663">Quality physical education instruction shall focus on lifelong physical activity, making fitness fun, and provide instruction in the skills and knowledge necessary for lifelong participation. Physical education classes shall be the means through which all students learn and practice developmentally appropriate skills and knowledge necessary for lifelong, health-enhancing physical activity. Physical education instructors shall be responsible for assessing students as a part of the 9-12 curriculum.</p> <ol data-bbox="272 716 1252 1759" style="list-style-type: none"> <li data-bbox="272 716 1252 827">1. A varied and comprehensive curriculum that leads to students becoming and remaining physically active for a lifetime shall be provided in the physical education program. <li data-bbox="272 879 1252 1108">2. The D.C.T.S. shall provide adequate amounts of planned instruction in order for students to achieve the proficient level for the Health, Safety and Physical Education academic standards. Students with documented physical or mental limitations will be challenged to achieve their potential, but will be exempted from the proficient level for the Health, Safety and Physical Education academic standards. <li data-bbox="272 1161 1252 1234">3. Physical educators will assess fitness competencies and track students progress. <li data-bbox="272 1287 1252 1398">4. Students shall be moderately to vigorously active as much time as possible during a physical education class. Students with documented medical conditions and disabilities shall be accommodated during class. <li data-bbox="272 1451 1252 1524">5. Safe and adequate equipment, facilities and resources shall be provided for physical education courses. <li data-bbox="272 1577 1252 1650">6. Physical education shall be taught by certified health and physical education teachers. <li data-bbox="272 1703 1252 1759">7. Appropriate professional development, including opportunities for professional dialog, shall be provided for physical education staff. 	

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	<p data-bbox="279 142 659 176"><u>Other School Based Activities</u></p> <ol style="list-style-type: none"> <li data-bbox="279 226 1187 296">1. Students shall be provided a clean and safe meal environment with adequate space for eating and serving school meals. <li data-bbox="279 346 1252 457">2. Meals served through the National School Lunch Program shall meet the minimum nutrition requirements as established by local, state, and federal statutes and regulations. <li data-bbox="279 508 951 541">3. Students shall be provided adequate time to eat. <li data-bbox="279 592 1235 661">4. Meal periods shall be scheduled at designated hours, as defined by the School. <li data-bbox="279 711 1154 781">5. Students shall have access to drinking water at meal periods and throughout the school day. <li data-bbox="279 831 1256 984">6. Nutrition professionals who meet criteria established by the school shall administer the school meals program. Professional development shall be provided for the school's nutrition staff. Access to the cafeteria operations shall be limited to authorized staff. <li data-bbox="279 1035 1235 1146">7. Nutrition content of school meals shall be available to students and parents/guardians. Students and parents/guardians may be involved in menu selections through various means. <li data-bbox="279 1197 1192 1266">8. To the extent possible, the school shall utilize available funding and outside programs to enhance student wellness. <li data-bbox="279 1316 1175 1428">9. Food shall not be used in the school as a reward or punishment. Exceptions will be made for special celebrations with the approval of the Principal. <li data-bbox="279 1478 1247 1589">10. Goals of the Student Wellness Policy shall be considered in planning all School based activities: therefore, the school shall provide appropriate training to all staff on the components of the Student Wellness Policy. <li data-bbox="279 1640 1182 1751">11. Fundraising projects shall be submitted for approval to the School Principal and shall be supportive of healthy eating and student wellness. <li data-bbox="279 1801 1214 1955">12. Administrators, teachers, food service personnel, students, parents/guardians, and community members shall be encouraged to serve as positive role models through school programs, communications and outreach efforts. 	

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	<p>13. The School 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> <p><u>Nutrition Guidelines</u></p> <p>All foods available in the school 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 Program shall comply with federal nutrition standards under the School Meals Initiative.</p> <p><u>Competitive Foods</u></p> <p>Competitive Foods are defined as foods offered at school other than through the National School lunch Program and include ala carte foods, snacks and beverages: vending food, snacks and beverages: school store food, snacks and beverages: fundraisers: classroom parties: holiday celebrations: and food from home.</p> <p>All competitive foods available to students in the school shall comply with the Nutritional Standards for Competitive Foods in Pennsylvania Schools. The nutritional standards shall be implemented as a three (3) year plan.</p> <p><u>References:</u></p> <p>Child Nutrition and WIC Reauthorization Act of 2004-P.L. 108-265 Sec. 204</p>	