

<p>5. Goals</p>	<p>PTO representative, a member of the public, a teacher, a school nurse, and a representative of special needs students.</p> <p>The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing and reviewing the Student Wellness Policy in order to make appropriate recommendations to the Board concerning the Policy.</p> <p>The Wellness Committee may examine pertinent 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><u>Nutrition Education.</u></p> <p>The goal of nutrition education shall be to teach, encourage, and support healthy eating by students – for the reason that promoting student health and nutrition will enhance readiness for learning and increase student achievement.</p> <p>Nutrition education will be provided within the sequential, comprehensive health education program in accordance with State Board of Education curriculum regulations and the academic standards for Health, Safety, and Physical Education and Family and Consumer Sciences.</p> <p>Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives. Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.</p> <p>The staff responsible for providing nutrition education shall be trained and prepared and shall participate in professional development.</p> <p><u>Physical Activity and Education.</u></p> <p>District schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.</p> <p>Age-appropriate physical activity opportunities, such as recess before and after school and during lunch, clubs, intramurals, and interscholastic athletics shall be provided to meet the needs and interests of all students, in addition to planned physical education.</p> <p>A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.</p> <p>After-school programs shall provide developmentally appropriate physical activity for participating children.</p> <p>Students and the community shall have supervised access to physical activity facilities outside school hours in accordance with the district facility use policy.</p>
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A district comprehensive physical education curriculum and instruction shall provide students the skills and knowledge to participate in lifelong, health-enhancing physical activity. Physical education faculty shall be certified health and physical education teachers.

A sequential physical education program consistent with State Board of Education curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented.

Students shall be moderately to vigorously active as much time as possible during a physical education class. Documented medical conditions and disabilities shall be accommodated during class.

Safe and adequate equipment, facilities, and resources shall be provided for physical education courses.

Appropriate professional development shall be provided for physical education staff.

Other School-Based Activities.

The Student Wellness Policy shall apply to all school-based activities.

The Student Wellness Policy shall be reviewed with staff by June 30th of each year.

Students shall be provided a clean and safe meal environment.

Students shall be scheduled a minimum of ten (10) minutes sit-down time for breakfast, if applicable, and twenty (20) minutes sit-down time for lunch.

Drinking water shall be available at all meal periods and throughout the school day.

Students shall have access to hand washing or sanitizing before meals and snacks,

Professional development shall be provided for district food service staff.

Nutrition content of school meals shall be available to students and parents and guardians.

Consistent nutrition messages shall be disseminated throughout the district schools, classrooms, cafeterias, homes, and community

6. Nutrition
Guidelines

All foods available in district schools during the school day shall be offered to students with consideration of the Food Guide Pyramid, The Dietary Guidelines for Americans as established by the USDA, and the Nutritional Standards for Competitive Foods in Unionville-Chadds Ford School District Schools. The district will encourage healthy choices by offering a variety of foods to students and staff.

Foods served as part of any reimbursable school meal program shall comply with all federal laws, regulations, and guidelines.

