

WILKES-BARRE AREA CAREER AND TECHNICAL CENTER

--- WELLNESS POLICY ---

PURPOSE: The Wilkes-Barre Area Career and Technical Center (WBACTC) 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.

AUTHORITY: The JOC adopts this policy based on the recommendations of the Wellness Committee and in accordance with federal and state laws and regulations.

To ensure the health and well-being of all students, the JOC establishes that the district shall provide to students:

A comprehensive nutrition program consistent with federal and state requirements.

Access at a reasonable cost to foods and beverages that meet the established nutrition guidelines.

Opportunities for physical activity whenever possible during the school day.

DELEGATION: The Principal shall be responsible for the implementation and
OF oversight of the wellness policy to ensure the compliance of the school's
OVERSIGHT programs and curriculum.

Staff members responsible for programs related to school wellness shall report to the Administrative Director or designee regarding the status of such programs.

The Administrative Director shall annually report to the JOC on the school's compliance with law and policies related to school wellness. The report may include:

- The assessment of the school environment regarding wellness issues
- Evaluation of the food service program
- Listing of the new activities and programs conducted to promote nutrition and physical activity
- Policy review and revisions
- Community outreach endeavors

The Principal/designee along with the Wellness Committee shall conduct an assessment at least once every three years on the effectiveness and overall performance of the program.

The triennial report will be posted on the school's website and shall be composed in easily understood language and format. The report will include a description of the progress made in attaining the goals of the program, compliance with the wellness policy, and how the school's policy compares to model wellness policies.

The school will 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 school website, student handbook, the presentation of report at the public JOC meeting and/or other efficient communication methods.

RECORDKEEPING:

The school shall retain all documentation regarding the wellness program and compliance with the regulations in the office of the Administrative Director.

Records shall be maintained for a period of seven (7) years from the date of the the most recent CRE review/audit.

WELLNESS COMMITTEE:

A Wellness Committee has been established to manage all aspects of the school's Wellness policy.

Committee membership includes, but is not limited to, the following:

- Principal – Chairman
- JOC member
- Administrative Secretary
- Cafeteria Manager
- FSMC Manager
- School Nurse
- Parent/Public representative
- Student representative
- (2) Teachers

The committee will be responsible to review and revise the policy annually and to prepare the triennial report.

An Ad Hoc Working Committee consisting of the chairman, administrative secretary and cafeteria manager will convene as needed to study student health issues and review new standards/regulations. A report will be presented to the committee for further action.

NUTRITION EDUCATION AND PROMOTION:

Nutrition education requirements are provided by the participating school districts.

Educational material promoting healthier food choices and the importance of regular physical activity will be posted in the cafeteria and high-traffic areas within the school.

At least twice per month a “Wellness Wednesday” specific menu item will be presented promoting a healthier choice for lunch. Nutritional information will be handed to each student.

The Nutrislice interactive menu has been posted on the website allowing parents and students to view ingredient, allergy and nutrition data such as carbohydrate counts. Program information was initially sent home with the students and will be added to the student handbook.

“Healthier Choice” message will be posted on the school’s website every two months for parental access. The automated call system will be used to update parents when new information is available.

Each instructor received a copy of the Wellness Policy via e-mail to post in the classroom.

Education on Wellness policy updates will be provided to the teaching and support staff during the routinely scheduled in-service programs. The information will be presented by a member of the Wellness committee.

PHYSICAL ACTIVITY:

Physical education instruction will be provided by the student’s home school with the exception of the New Beginnings program.

All students enrolled in the New Beginnings program will participate in scheduled gym classes throughout the week.

THE WBACTC shall strive to provide opportunities for appropriate physical activity whenever possible throughout the school day.

Students in sedentary classroom environments will be encouraged to take brief physical activity breaks.

OTHER SCHOOL BASED ACTIVITIES:

- Drinking water shall be accessible to students at all meal periods and throughout the school day at no cost to the student.
- Students shall be provided with a clean and safe meal environment, allowing for adequate space for eating and serving school meals.

OTHER SCHOOL BASED ACTIVITIES:

- Students shall have adequate time to eat: ten (10) minutes sit down time for breakfast; twenty (20) minutes sit down time for lunch.
- Meal periods will be scheduled for appropriate hours.
Students will have access to handwashing facilities before meals.
- Access to the food service operation will be limited to authorized personnel.
- Nutrition analysis of school meals will be made available to students or parents upon request.
- Fundraising projects will be supportive of the most current USDA nutrition standards. All fundraising must be approved by the Administrative Director or designee.

NUTRITION GUIDELINES FOR FOODS/BEVERAGES:

All foods and beverages available during the school day shall be offered to students with consideration for promoting student health and reducing obesity. Foods and beverages provided through the National School Lunch or Breakfast Programs shall comply with established federal nutrition standards.

Competitive Foods: 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 breakfast or lunch.

For purposes of this policy, school campus means any area of property under the jurisdiction of the school that students may access during the school day.

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.

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, school stores, snack carts and fundraisers.

Fundraisers: 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 by the Administrative Director. As permitted by the Pennsylvania Department of Education, up to ten (10) fundraiser exemptions may be approved. Instructors must submit the fundraiser approval form

to the Administrative Director/designee before placing an order with the vendor. 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.

Non-Sold Competitive Foods: available to students which may include but are not limited to foods and beverages offered as rewards and incentives or at classroom parties.

Instructors are encouraged to offer items that meet the Smart Snacks in School nutrition standards. These approved snacks/foods may be ordered through the cafeteria.

Foods and beverages not meeting the standards, will not be used as a reward or Incentive.

Soft drinks and Sport drinks will not be sold in any student areas.

MARKETING:

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.

Approved by the Joint Operating Committee: May 15, 2017