

QUAKERTOWN COMMUNITY
SCHOOL DISTRICT

ADMINISTRATIVE
REGULATION

STUDENT WELLNESS

Purpose: The Board is committed to student achievement. The following regulations have been established to meet the criteria outlined in Policy #246 – Student Wellness.

1. Health Council

- a. Each building shall have at least one (1) representative on the district Health Council. The Superintendent or designated administrator shall appoint a Wellness Committee comprised of at least one (1) of each of the following:
 - Health, PE teacher
 - school nurse
 - cafeteria manager
 - representative of a community youth organization (e.g. YMCA)
 - representative of a local health agency (e.g. St. Luke's Quakertown Hospital)
 - School Board member
 - district food service member
 - central office administrator
 - building level administrator
 - student
 - parent/guardian
 - family and consumer science teacher
- b. The Health Council may examine related 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.
- c. The Health Council shall establish annual goals reflecting its objectives.
- d. The Health Council shall provide an annual report to the Superintendent regarding the status of its work, as required.

2. Nutrition Education

A consistent nutrition message shall be disseminated throughout the district, schools, classrooms, cafeterias, homes, community and media.

3. Nutrition Guidelines

- a. All foods available in district schools during the school day shall be offered to students with consideration for promoting student health and reducing childhood obesity.

- b. **Competitive foods** are defined as foods at school other than through the National School Lunch or Breakfast Programs and include a la carte foods, snacks and beverages; vending food; school store food, snacks and beverages; fundraisers; classroom parties; holiday celebrations; and food from home.
- c. Professional development shall be provided for district nutrition staff.
- d. Nutrition content of school meals shall be available to students and parents/guardians.
- e. Food shall not be used in the schools as a punishment and discretion and good judgment should be used when using food as a reward. (QCSD recognizes that using food as a reward can encourage excess consumption of calories and unhealthy relationships with food as a "soother" instead of fuel.)
- f. The district shall support the efforts of parents/guardians to provide a healthy diet and daily physical activity for children by communicating relevant information through various methods.

4. Physical Activity

- a. A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained, including elementary recess.
- b. After-school programs shall provide developmentally appropriate physical activity for participating children.
- c. District schools shall partner with parents/guardians and community members to institute programs that support physical activity, K-12.
- d. Physical activity shall not be used as a form of punishment.
- e. Taking away recess at elementary schools should not occur on a daily basis.

5. Physical Education

- a. A comprehensive, standards based physical education course of study that focuses on providing students the skills, knowledge and confidence to participate in lifelong, health-enhancing physical activity shall be implemented each year.
- b. Safe and adequate equipment, facilities and resources shall be provided for physical education courses.
- c. Appropriate professional development shall be provided for physical education staff.
- d. Student/Teacher ratios in physical education classes should be established to allow teachers the opportunity or ample time to work with individual students.

6. Other School Based Activities

- a. Students shall be provided adequate time to eat: ten (10) minutes sit down time for breakfast (where applicable); fifteen (15) minutes sit down time for lunch.
- b. Drinking water shall be available at all meal periods and throughout the school day.

7. Safe Routes To School

The district shall cooperate with local municipalities, public safety agency, police departments, and community organizations to develop and maintain safe routes to school.