

Diocese of Scranton  
 St. John Neumann Regional  
 Academy  
 901 Penn Street  
 Williamsport, PA 17701

SECTION: PUPILS  
 TITLE: STUDENT WELLNESS  
 ADOPTED: June 21, 2006  
 REVISED: March 8, 2017

246. STUDENT WELLNESS	
1. Purpose	<p>St. John Neumann Regional Academy of the Diocese of Scranton recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. The School 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>
2. Authority SC 1422.1 42 U.S.C. Sec. 1751 nt	<p>To ensure the health and well-being of all students, St. John Neumann Regional Academy of the Diocese of Scranton, establishes that the school shall provide to students:</p> <ul style="list-style-type: none"> <li>• A comprehensive nutrition program consistent with federal and state requirements.</li> <li>• Access at reasonable cost to foods and beverages that meet established nutritional guidelines.</li> <li>• Physical education courses and opportunities for developmentally appropriate physical activity during the school day.</li> </ul>
3. Delegation of Responsibility	<p>The <u>Superintendent or Designee</u> shall be responsible to monitor diocesan school programs, and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations.</p> <p>Each building principal or designee shall report to the <u>Superintendent or Designee</u> regarding compliance in his/her school.</p> <p>Staff members responsible for programs related to student wellness shall report to the <u>Superintendent or Designee</u> regarding the status of such programs.</p>

<p>42 U.S.C. Sec. 1751 nt</p> <p>4. Guidelines</p>	<p>The <u>Principal</u> shall <u>annually</u> report to the Superintendent on the school's compliance with law and policies related to student wellness. The report may include:</p> <ul style="list-style-type: none"><li>• Assessment of school environment regarding student wellness issues.</li><li>• Evaluation of food services program.</li><li>• Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.</li><li>• Recommendations for policy and/or program revisions.</li><li>• Suggestions for improvement in specific areas.</li><li>• Feedback received from school staff, students, parents/guardians, community members and Wellness Committee.</li></ul> <p>An assurance that St. John Neumann Regional Academy of the Diocese of Scranton guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law shall be provided (<u>annually</u>) by the:</p> <ul style="list-style-type: none"><li>• Food Service Director.</li><li>• Cafeteria Manager.</li><li>• Principal.</li></ul> <p><u>Wellness Committee</u></p> <p>St. John Neumann Regional Academy of the Diocese of Scranton shall appoint a Wellness Committee comprised of at least one (1) of the following: School administrator, school food service representative, student, parent/guardian, and member of the public.</p> <ul style="list-style-type: none"><li>• Classroom Teacher</li><li>• Physical Education Teacher</li><li>• School Nurse</li><li>• Dietician</li><li>• Representative of local or county agency</li><li>• Representative of community organization</li></ul>
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The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing a Student Wellness Policy that complies with law to recommend to the Superintendent of the Diocesan Catholic Schools for adoption.

- The Wellness Committee may examine related research and laws, assess student needs and the current school environment, review existing diocesan policies and administrative regulations, and raise awareness about student health issues. The Wellness Committee may make policy recommendations to the principal related to other health issues necessary to promote student wellness.
- The Wellness Committee shall provide periodic reports to the Superintendent or designee regarding the status of its work, as required.

#### Nutrition Education

- The goal of nutrition education is to teach, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.
- Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.
- Nutrition education lessons and activities shall be age-appropriate.

#### Physical Activity

- St. John Neumann Regional Academy of the Diocese of Scranton shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.
- Extended periods of student inactivity, two (2) hours or more, shall be discouraged.
- Physical activity breaks shall be provided for elementary students during classroom hours.
- Physical activity shall not be used as a form of punishment.

Physical Education

- Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.
- Safe and adequate equipment, facilities and resources shall be provided for physical education courses.
- Physical activity shall not be used as a form of punishment.

Other School Based Activities

- St. John Neumann Regional Academy of the Diocese of Scranton shall provide adequate space for eating and serving school meals.
- Students shall be provided a clean and safe meal environment.
- Students shall be provided adequate time to eat: twenty (20) minutes sit down time for lunch.
- Meal periods shall be scheduled at appropriate hours.
- 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.
- Access to the food service operation shall be limited to authorized staff.
- Food shall not be used in the schools as a reward or punishment.
- The school shall provide appropriate training to all staff on the components of the Student Wellness Policy.
- Goals of the Student Wellness Policy shall be considered in planning all school based activities.
- Fundraising projects submitted for approval shall be supportive of healthy eating and student wellness.

	<ul style="list-style-type: none"><li>• Administrators, teachers, food service personnel, students, parents/guardians, and community members shall be encouraged to serve as positive role models through district programs, communications and outreach efforts.</li></ul> <p><u>Nutrition Guidelines</u></p> <p>All foods available in diocesan schools during the school day shall be offered to students with consideration for promoting student health and reducing childhood obesity.</p> <p>Foods provided through the National School Lunch or School Breakfast Programs shall comply with federal nutrition standards under the Healthy, Hunger-Free Kids Act of 2010.</p> <p><b>Competitive foods</b> are defined as foods offered at school other than through the National School Lunch or School Breakfast Programs and include a la 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> <ul style="list-style-type: none"><li>• All competitive foods available to students in diocesan schools shall comply with the Nutritional Standards for All foods Sold in Schools as required by the Healthy, Hunger-Free Kids Act of 2010. The nutritional standards shall be implemented as a</li><li>• One (1) year plan.</li></ul> <p><u>Safe Routes To School</u></p> <ul style="list-style-type: none"><li>• The school shall cooperate with local municipalities, public safety agency, police departments, and community organizations to develop and maintain safe routes to school.</li></ul>
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References:

School Code – 504.1, 1337.1, 1422.1

Child Nutrition and WIC Reauthorization Act of 2004 – 42 U.S.C. Sec 1751 notes

Healthy, Hunger-Free Kids Act of 2010

District Superintendent  
Name  
Msgr. David L. Tressler

Signature  


Date  
March 8, 2017