

STUDENT WELLNESS POLICY

Wilkes-Barre Academy recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. Wilkes-Barre Academy 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. Students at Wilkes-Barre Academy will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

AUTHORITY

To ensure the health and well being of all students, Wilkes-Barre Academy shall provide:

- A comprehensive nutrition program that meets all state and federal guidelines.
- Nutritious meals that meet healthy standards.
- Physical education classes which encourage movement and activity.
- Curriculum programs designed to educate students about proper nutrition and the importance of lifelong physical activity.

DELEGATION OF RESPONSIBILITY

The Management Committee of Wilkes-Barre Academy shall be responsible to monitor programs and curriculum to ensure the promotion of a healthy lifestyle through proper diet and physical activity.

- Each director is responsible for overseeing his/her department. The Director of Education is responsible for overseeing curriculum. The Director of Special Programs is responsible for overseeing the food programs and fundraising. Both directors report directly to the Management Committee.
- Both directors shall report annually to the Management Committee progress in maintaining a healthy environment for the students including:
 - Assessment of school environment regarding student wellness issues.
 - Evaluations of School Meals Programs.
 - Review of all foods and beverages sold in school to determine nutritional value.

- Listing of all activities and programs conducted to promote nutrition and physical activity.
- Suggestions for program improvements.
- Feedback from students, parents, teachers, etc.

An assurance that Wilkes-Barre Academy guidelines for reimbursable meals are not less restrictive than federal regulations and guidelines shall be provided annually be the Director of Special Programs.

NUTRITION EDUCATION

The goal of nutrition education is to teach, encourage, and support healthy eating by the students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.

- Nutrition education will be provided within the comprehensive health education program in accordance with the State Board of Education guidelines.
- Nutrition education shall provide all students with the knowledge and skills needed to live healthy lives.
- Nutrition education lessons and activities shall be age appropriate.
- Nutrition education shall be incorporated into other subjects to complement core classes.
- Staff responsible for providing nutrition education shall participate in appropriate professional development.
- Wilkes-Barre Academy staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student nutrition projects.
- Nutrition education shall extend beyond the school environment by engaging and involving families.

PHYSICAL EDUCATION

Wilkes-Barre Academy shall strive to provide opportunities for appropriate physical activity during the school day for all students.

- Students will be encouraged to participate in a variety of age appropriate physical activities for a least sixty (60) minutes per day, including activity at school and at home.
- Age appropriate physical activity opportunities including recess, clubs, and interscholastic athletics shall be provided to meet the needs and interests of all students, in addition to structured physical education classes.
- Extended periods of student inactivity, two (2) or more hours, shall be discouraged.
- Physical activity breaks shall be provided for all age groups throughout the day.
- After school programs shall provide age appropriate physical activity for all children.
- Physical activity shall never be used as a form of punishment.
- Quality physical education classes which promote lifelong physical activity and educate students on the skills necessary for lifelong participation shall be provided.
- A comprehensive physical education course of study that focuses on providing students the skills, knowledge, and confidence to participate in lifelong health enhancing physical activity should be implemented.
- 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.
- The physical education program shall be consistent with state Board of Education curriculum regulations.
- Adequate amounts of planned instructions shall be provided in order for students to achieve the proficient level for the Health, Safety, and Physical Education academic standards.
- Students shall be moderately to vigorously active as much time as possible during a physical education class. Activity level will be adjusted for documented medical conditions and disabilities.

- Safe and adequate equipment, facilities, and resources shall be available to all students for physical education classes.
- Physical education shall be taught by qualified health and physical education teachers, with a student-teacher ratio comparable to that of other courses.
- Physical education classes shall be the means by which all students learn, practice, and are assessed on the skills and knowledge necessary for lifelong, health enhancing physical activity.
- Physical activity shall never be used as a punishment.

OTHER SCHOOL BASED ACTIVITIES

- Wilkes-Barre Academy shall provide adequate space for eating and serving meals.
- Students shall be provided a clean and safe meal environment.
- Students shall be provided adequate time to eat: ten (10) minutes sit down time for breakfast; 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 before all meals.
- Students and parents may be involved in menu selections through various means.
- Food shall not be used in the school as a reward or punishment.
- Wilkes-Barre Academy shall provide appropriate training to all staff on the components of the Student Wellness Policy.
- The Student Wellness Policy shall be considered when planning all school based activities.
- Fundraising projects shall be supportive of healthy eating and student wellness.

NUTRITION GUIDELINES

- All foods available at Wilkes-Barre Academy during the school day shall be offered to students with consideration for promoting student health and reducing childhood obesity.
- Foods provided through the National School Lunch and School Breakfast Programs shall comply with federal nutrition standards under the School Meals Initiative.
- All competitive foods available to students in Wilkes-Barre Academy shall comply with nutrition standards for competitive foods in Pennsylvania schools. The nutrition standards shall be implemented at a "Better" level.

School will implement Nutrition Standards for Competitive Foods in PA Schools year one in 2007-08 and year two in 2008-09 in at least one building.