

Title: School Wellness Policy
 Adopted:
 Revised: June 6, 2022

| 246. SCHOOL WELLNESS | |
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| <p>1. Purpose</p> | <p>The CBS Kasher Food Program recognizes that student wellness and proper nutrition are related to students’ physical well-being, growth, development, and readiness to learn. CBS 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.</p> |
| <p>2. Authority SC 1422.1 42 U.S.C. Sec. 1758b 7 CFR Sec. 210.31</p> | <p>The CBS management adopts this policy based on the recommendations of the Wellness Committee and in accordance with federal and state laws and regulations.</p> <p>To ensure the health and well-being of all students, CBS establishes that they shall provide to students:</p> <ol style="list-style-type: none"> 1. A comprehensive nutrition program consistent with federal and state requirements. 2. Access at reasonable cost to foods and beverages that meet established nutrition guidelines. |
| <p>3. Delegation of Responsibility 42 U.S.C. Sec. 1758b 7 CFR Sec. 210.31</p> <p>7 CFR Sec. 210.31</p> | <p>The Executive Director of CBS, shall be responsible for the implementation and oversight of this policy to ensure each of the schools under the CBS sponsorship, is compliant with this policy, related policies and established guidelines or administrative regulations.</p> <p>Each building principal or designee shall annually report to the CBS Executive Director regarding compliance in their school.</p> <p>Staff members responsible for programs related to school wellness shall report to the Executive Director regarding the status of such programs.</p> |

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| <p>42 U.S.C. Sec. 1758b 7 CFR Sec. 210.31</p> <p>7 CFR Sec. 210.31</p> | <p>The Executive Director shall annually report to the CBS Wellness Committee on the schools' compliance with law and policies related to school wellness. The report may include:</p> <p>Assessment of school environment regarding school wellness issues.</p> <p>Evaluation of food services program.</p> <p>Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.</p> <p>Listing of activities and programs conducted to promote nutrition and physical activity.</p> <p>Recommendations for policy and/or program revisions.</p> <p>Suggestions for improvement in specific areas.</p> <p>Feedback received from district staff, students, parents/guardians, community members and the School & CBS Staff.</p> <p>The Executive Director and the Wellness Committee shall conduct an assessment at least once every three (3) years on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation. This triennial assessment shall be made available to the public in an accessible and easily understood manner and include:</p> <ol style="list-style-type: none"> 1. The extent to which each school is in compliance with law and policies related to school wellness. 2. The extent to which this policy compares to model wellness policies" to meet federal regulations. 3. A description of the progress made by the CBS management in attaining the goals of this policy. <p>At least once every three (3) years, the CBS management shall update or modify this policy as needed, based on the results of the most recent triennial assessment and/or as schools and community needs and priorities change; wellness goals are met; new health science, information and technologies emerge; and new federal or state guidance or standards are issued.</p> |
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| <p>42 U.S.C. Sec. 1758b 7 CFR Sec. 210.31</p> <p>4. Guidelines</p> <p>7 CFR Sec. 210.15, 210.31</p> | <p>The CBS management shall 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 organization’s website, student handbooks, newsletters, posted notices and/or other efficient communication methods. This annual notification shall include information on how to access the School Wellness Policy; information about the most recent triennial assessment; information on how to participate in the development, implementation and periodic review and update of the School Wellness policy; and a means of contacting Wellness Committee leadership.</p> <p><u>Recordkeeping</u></p> <p>The CBS Food Program shall retain records documenting compliance with the requirements of the School Wellness policy, which shall include:</p> <ol style="list-style-type: none"> 1. The written School Wellness policy. 2. Documentation demonstrating that the sponsor has informed the public, on an annual basis, about the contents of the School Wellness policy and any updates to the policy. (Uploaded to our website) 3. Documentation of efforts to review and update the School Wellness policy, including who is involved in the review and methods used by the organization to inform the public of their ability to participate in the review. 4. Documentation demonstrating the most recent assessment on the implementation of the School Wellness policy and notification of the assessment results to the public. |
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| <p>42 U.S.C. Sec. 1758b</p> <p>7 CFR Sec. 210.31</p> <p>SC 1422</p> | <p><u>Wellness Committee</u></p> <p>The CBS shall establish a Wellness Committee comprised of, but not necessarily limited to, at least one (1) of each of the following: Sponsor official, School official, parent/guardian, school health professional, student, physical education teacher and member of the public. It shall be the goal that committee membership will include representatives from each school building and reflect the diversity of the community.</p> <p>The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing, implementing and periodically reviewing and updating the School Wellness policy that complies with law to recommend to the CBS Kosher Food Program for adoption.</p> <p>The Wellness Committee shall review and consider evidence-based strategies and techniques in establishing goals for nutrition education and promotion, physical activity and other school-based activities that promote student wellness as part of the policy development and revision process.</p> <p><u>Advisory Health Council</u></p> <p>An Advisory Health Council may be established at each school under the CBS sponsorship by the School Principal or Health Care Professional on staff to study student health issues and to assist in organizing follow-up programs.</p> <p>The Advisory Health Council may examine related research, assess student needs and the current school environment, review existing policies and administrative regulations, and raise awareness about student health issues.</p> <p>The Advisory Health Council may make policy recommendations to the CBS related to other health issues necessary to promote student wellness.</p> <p>The Advisory Health Council may survey parents/guardians and/or students; conduct community forums or focus groups; collaborate with appropriate community agencies and organizations; and engage in similar activities, within the budget (if any established) for these purposes.</p> <p>The Advisory Health Council shall provide periodic reports to the Executive Director regarding the status of its work, as required.</p> |
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| <p>SC 1422</p> | <p>Individuals who conduct student medical and dental examinations shall submit to the Advisory Health Council annual reports and later reports on the remedial work accomplished during the year, as required by law.</p> |
| <p>SC 1513 Pol. 102, 105</p> | <p><u>Nutrition Education</u></p> <p>Nutrition education will be provided within the sequential, comprehensive health education program in accordance with curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.</p> <p>Nutrition education in the school shall teach, model, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.</p> <p>Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.</p> <p>Nutrition education lessons and activities shall be age appropriate.</p> <p>Nutrition curriculum shall teach behavior-focused skills, which may include menu planning, reading nutrition labels and media awareness.</p> <p>School food service and nutrition education classes shall cooperate to create a learning laboratory.</p> <p>Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.</p> |
| <p>Pol. 808</p> | <p>The staff responsible for providing nutrition education shall be properly trained and prepared and shall participate in appropriate professional development. The CBS shall develop standards for such training and professional development.</p> <p>Nutrition education shall extend beyond the school environment by engaging and involving families and the community.</p> |

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs.

CBS shall promote nutrition through the implementation of Farm to School activities where possible. Activities may include, but not be limited to, the initiation/maintenance of school gardens, taste-testing of local products in the cafeteria and classroom, classroom education about local agriculture and nutrition, field trips to local farms and incorporation of local foods into school meal programs.

CBS staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.

CBS food service personnel shall review and implement research-based, behavioral economics techniques in the cafeteria to encourage consumption of more whole grains, fruits, vegetables, and legumes, and to decrease plate waste.

Consistent nutrition messages shall be disseminated and displayed throughout the schools, classrooms, cafeterias, homes, community, and media.

Consistent nutrition messages shall be demonstrated by avoiding use of unhealthy food items in classroom lesson plans and school staff avoiding eating less healthy food items in front of students.

Schools shall offer resources about health and nutrition to encourage parents/guardians to provide healthy meals for their children.

Physical Activity

Schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.

Schools shall contribute to the effort to provide students opportunities to accumulate at least sixty (60) minutes of age-appropriate physical activity daily, as recommended by the Centers for Disease Control and Prevention. Opportunities offered at school will augment physical activity outside the school environment, such as outdoor play at home, sports, etc.

Students shall participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits.

Age-appropriate physical activity opportunities, such as outdoor and indoor recess, before and after school programs, 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.

A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.

Extended periods of student inactivity, two (2) hours or more, shall be discouraged.

Physical activity breaks shall be provided for students during classroom hours.

Before and/or after-school programs shall provide developmentally appropriate physical activity for participating children.

Schools shall partner with parents/guardians and community members and organizations, such as YMCAs, Boys & Girls Clubs, local and state parks, hospitals, etc., to institute programs that support lifelong physical activity.

Physical activity shall not be used or withheld as a form of punishment.

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| <p>SC 1512.1 Pol. 102, 105</p> | <p><u>Physical Education</u></p> <p>A sequential physical education program consistent with curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented. All students must participate in physical education.</p> <p>Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.</p> <p>Physical education classes shall be the means through which all students learn, practice and are assessed on developmentally appropriate skills and knowledge necessary for lifelong, health-enhancing physical activity.</p> <p>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 shall be implemented.</p> <p>A varied and comprehensive curriculum that promotes both team and individual activities and leads to students becoming and remaining physically active for a lifetime shall be provided in the physical education program.</p> <p>Adequate amounts of planned instruction shall be provided in order for students to achieve the proficient level for the Health, Safety and Physical Education academic standards.</p> <p>A local assessment system shall be implemented to track student progress on the Health, Safety and Physical Education academic standards.</p> <p>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.</p> <p>Safe and adequate equipment, facilities and resources shall be provided for physical education courses.</p> <p>Physical education shall be taught by certified health and physical education teachers.</p> <p>Appropriate professional development shall be provided for physical education</p> |
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| | <p>To the extent possible, the CBS shall utilize available funding and outside programs to enhance student wellness.</p> <p>The CBS shall provide appropriate training to all staff on the components of the School Wellness policy.</p> <p>Fundraising projects submitted for approval shall be supportive of healthy eating and student wellness.</p> <p>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.</p> <p>The sponsor and school 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.</p> <p>The school shall maintain a healthy environment, including but not limited to indoor air quality, in accordance with the healthy learning environment program and applicable laws and regulations.</p> |
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| <p>42 U.S.C. Sec. 1751 et seq, 1773 7 CFR Sec. 210.10, 220.8</p> <p>7 CFR Sec. 210.11, 220.12a, 210.31</p> <p>7 CFR Sec. 210.11, 210.31</p> <p>7 CFR Sec. 210.11, 210.31</p> <p>7 CFR Sec. 210.11</p> | <p><u>Nutrition Guidelines for All Foods/Beverages at Schools</u></p> <p>All foods and beverages available in schools during the school day shall be offered to students with consideration for promoting student health and reducing obesity.</p> <p>Foods and beverages provided through the National School Lunch or School Breakfast Programs shall comply with established federal nutrition standards.</p> <p>Foods and beverages offered or sold at school-sponsored events outside the school day, such as athletic events and dances, shall offer healthy alternatives in addition to more traditional fare.</p> <p><i>Competitive Foods –</i></p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p> |
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2. Classroom Parties and Celebrations: (CHOOSE ONE OR MORE OF THE OPTIONS BELOW)

- a. Classroom parties/celebrations with food/beverages shall be limited to no more than one (1) per month in each classroom.
- b. Parents/Guardians shall be informed through newsletters or other efficient communication methods that foods/beverages should only be brought in when requested for scheduled parties.
- c. Classroom parties shall offer a minimal amount of foods (maximum 2-3 items) containing added sugar as the primary ingredient (e.g., cupcakes, cookies) and will provide the following:
 - Fresh fruits/vegetables; and
 - Water, 100 percent juice, 100 percent juice diluted with water, low-fat milk, or nonfat milk.
- d. Food celebrations shall not occur until thirty (30) minutes after the end of the last lunch period.

3. Shared Classroom Snacks:

- a. Shared classroom snacks are not permitted in schools.

The CBS shall provide a list of suggested nonfood ideas and healthy food and beverage alternatives to parents/guardians and staff, which may be posted on the school's website and in the school's newsletters.

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| <p>7 CFR Sec. 210.11, 210.31</p> <p>SC 504.1</p> <p>Pol. 209.1</p> | <p><i>Marketing/Contracting –</i></p> <p>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 policy and administrative regulations.</p> <p>Exclusive competitive food and/or beverage contracts shall be approved by the Wellness Committee, in accordance with provisions of law. Existing contracts shall be reviewed and modified to the extent feasible to ensure compliance with established federal nutrition standards, including applicable marketing restrictions.</p> <p><u>Management of Food Allergies in the Schools</u></p> <p>The CBS shall establish the policy and administrative regulations to address food allergy management in schools in order to:</p> <ol style="list-style-type: none"> 1. Reduce and/or eliminate the likelihood of severe or potentially life-threatening allergic reactions. 2. Ensure a rapid and effective response in case of a severe or potentially life-threatening allergic reaction. 3. Protect the rights of students by providing them, through necessary accommodations when required, the opportunity to participate fully in all school programs and activities. |
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References:

School Code – 24 P.S. Sec. 504.1, 1337.1, 1422, 1422.1, 1422.3, 1512.1, 1513

National School Lunch Program – 42 U.S.C. Sec. 1751 et seq.

School Breakfast Program – 42 U.S.C. Sec. 1773

Healthy, Hunger-Free Kids Act of 2010 – P.L. 111-296

National Food Service Programs, Title 7, Code of Federal Regulations –
7 CFR Part 210, Part 220

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