

Charter School of Excellence

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PERSEUS HOUSE CHARTER SCHOOL OF EXCELLENCE ORGANIZATION POLICY AND/OR PROCEDURE

SECTION: STUDENTS

TITLE: STUDENT WELLNESS

DATE ISSUED: JUNE 30, 2006

Purpose:

The Perseus House Charter School of Excellence recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. The Board 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.

Policy:

To ensure the health and well-being of all students, the Board establishes that the charter school shall provide to students:

- A comprehensive food service program consistent with federal and state requirements.
- Access at reasonable costs to foods and beverages that meet established nutritional guidelines.
- Physical education and activities for developmentally appropriate physical activity during the school day.
- Curriculum and programs for grades 7-12 that are designed to educate students about proper nutrition and life-long physical activity, in accordance with the State Board of Education curriculum regulations and academic standards.

Responsibility:

The Chief Educational Officer shall be responsible to monitor charter school sites, programs, and curriculum to ensure compliance with this policy, related policies, and established guidelines or administrative regulations.

Each site principal shall report to the Chief Educational Officer regarding compliance at his/her site.

Staff members responsible for programs related to student wellness shall report to site principals regarding status of such programs.

The Chief Educational Officer shall annually report to the Board on the Charter School's compliance with the law and policies related to student wellness. The report may include"

- An assessment of school environment regarding wellness issues.
- An evaluation of the food service program.
- A listing of activities and programs conducted to promote nutrition and physical activity.
- A review of foods and beverages sold in schools for compliance with established nutrition guidelines.
- Recommendations for policy and/or program revisions.
- Feedback received from charter school staff, students, parents/guardians, community members and Wellness Committee.

The contracted Food Service Provider shall annually issue an assurance that guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law.

Wellness Committee:

The Charter School of Excellence Wellness Committee shall be comprised of at least one (1) of each of the following: School Board Member, Chief Educational Officer, principal, food service representative, teacher, student, parent/guardian, school nurse, and community representative.

- The Wellness Committee shall serve as an advisory committee regarding student health issues and be responsible for developing a Student Wellness Policy that complies with the law to recommend for Board adoption.
- The Wellness Committee may examine related research and laws, assess student needs and the current school environment, review existing Board Policies, and raise awareness about student health issues. The Wellness Committee may make policy recommendations to the Board to promote student wellness.
- The Wellness Committee may survey parents/guardians and/or students, conduct community forums or focus groups, collaborate with community agencies or organizations; and engage in similar activities, within the budget established for these activities.
- The Wellness Committee shall provide periodic reports to the Chief Educational Officer or designee regarding the status of its work.

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 and

follow the Pennsylvania academic standards for Health, Safety, and Physical Education and Family and Consumer Science.

- School food service and nutrition education classes shall cooperate to create a learning laboratory.
- Nutrition education shall be integrated into other subjects to complement but not replace academic standards based on nutrition education.
- The staff responsible for providing nutrition education shall be properly trained and prepared and shall participate in appropriate professional development.
- Consistent nutrition messages shall be disseminated throughout all charter school sites, classrooms, cafeterias, homes, community, and media.
- Nutrition education shall extend beyond the school environment by engaging and involving families and communities.

Physical Activity:

- The Charter School of Excellence shall strive to provide opportunities for developmentally appropriate physical activities during the school day for all students.
- Age appropriate physical activity opportunities such as clubs, intramurals, and interscholastic athletics (provided by home districts) 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.
- After school programs shall provide developmentally appropriate physical activity for participating students.
- Charter school site shall partner with parents/guardians and community organizations to institute programs that support physical activity.
- Physical activity shall not be used as a form of punishment.

Physical Education:

In the Charter School of Excellence, physical education will be an environment through which all children learn, practice, and are assessed on the skills and knowledge necessary for participation in lifelong, health-enhancing physical activity. The physical education program will help students develop confidence in their ability to participate in wellness activities throughout their lives.

- A sequential physical education program consistent with State Board of Education curriculum regulations and the Health, Safety, and Physical Education academic standards will be developed and implemented.
- Students will be moderately to vigorously active as much of the time as possible within the physical education class as a documented medical condition or disability will allow.

- Appropriate professional development will be provided for physical education staff.

Other School Based Activities:

- The Charter School of Excellence shall provide adequate space for eating and serving meals.
- Students shall be provided a clean and safe meal environment.
- Drinking water shall be available at all meal periods throughout the day.
- Students shall have access to hand washing or sanitizing before meals.
- Nutrition content of school meals shall be available to students and parents/guardians.
- Goals of the Student Wellness Policy shall be considered in planning all school-based activities.
- Staff, students, and parents/guardians shall be informed about the components of the Student Wellness Policy.
- 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 programs.
- The charter 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.

Nutrition Guidelines:

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

Foods provided through the National School Lunch or School Breakfast Programs shall comply with the federal nutrition standards under the School Meals Initiative.

Competitive Foods 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.

- All competitive foods available to students in the charter school shall comply with the Nutritional Standards for Competitive Foods in Pennsylvania School. The nutritional standards shall be implemented as a three (3) year plan.
- All competitive foods available to students in the charter school shall comply with the established nutrition guidelines, as listed in the Student Wellness Policy.

Safe Routes to School:

- The charter school shall assess and, to the extent possible, implement improvements to make walking or biking to school safer and easier for students.
- The charter school will continue to cooperate with local municipalities, sending school districts, public safety agencies, police departments, and community organizations to maintain safe routes to school.

References:

Child Nutrition and WIC Reauthorization Act of 2004 - P.L. 108-265 Sec. 204