

LANCASTER MENNONITE SCHOOL

STUDENT WELLNESS

4720

4720.1 Purpose

Lancaster Mennonite School believes 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, spiritual growth, 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.

4720.2 To ensure the health and well being of all students, the Board establishes that the system schools shall provide to students:

- 4720.2a a comprehensive nutrition program consistent with federal and state requirements.
- 4720.2b access at reasonable cost to foods and beverages that meet established nutritional guidelines.
- 4720.2c physical education courses and opportunities for developmentally appropriate physical activity.
- 4720.2d curriculum and programs for grades K-12 that are designed to educate students about proper nutrition and lifelong physical activity.

4720.3 Delegation of Responsibility

- 4720.3a The superintendent or designee shall be responsible to monitor system schools, programs, and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations.
- 4720.3b Each building principal or designee shall report to the Superintendent or designee regarding compliance in his/her school.
- 4720.3c Staff members responsible for programs related to student wellness shall report to the building principal regarding the status of such programs.
- 4720.3d An assurance that system guidelines for reimbursable meals are in accordance with federal law shall be provided annually by the Food Service Director.

4720.4 Wellness Committee

- 4720.4a The school shall appoint a Wellness Committee comprised of at least one (1) of each of the following: School Board member, system administrator, teacher, food service representative, student and a parent/guardian.

4720.4b The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for monitoring a Student Wellness Policy that complies with USDA wellness standards related to the lunch program.

4720.5 Nutrition Education

4720.5a 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 increase student achievement.

4720.5b Nutrition education will be provided within the sequential, comprehensive health education program. Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.

4720.5c Healthy lifestyle balance shall be reinforced by linking nutrition education and physical activity.

4720.6 Physical Activity

4720.6a System schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for students.

4720.6b Age-appropriate physical activity opportunities, such as recess; clubs; intramurals; and interscholastic athletics, shall be provided to meet the needs and interests of students, in addition to planned physical education.

4720.7 Physical Education

4720.7a Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.

4720.7b 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.

4720.7c A sequential physical education program consistent with Health, Safety and Physical Education academic standards shall be maintained.

- 4720.7d Students shall be moderately to vigorously active as much time as possible during a physical education class. Adaptive physical education classes will be available for documented medical conditions and disabilities.
- 4720.7e Physical education shall be taught by qualified health and physical education teachers.

4720.8 Nutrition Guidelines

- 4720.8a All foods available in the system schools during the school day shall be offered to students with consideration for promoting student health and reducing childhood obesity.
- 4720.8b Foods provided through the National School Lunch or School Breakfast Programs shall comply with federal nutrition standards under the School Meals Initiative.
- 4720.8c 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.
- 4720.8d All competitive foods available to students in system schools shall comply with the nutritional Standards for Competitive Foods in Pennsylvania Schools. The nutritional standards shall be implemented as a three (3) year plan with minor modifications.

4720.9 Spiritual Development

- 4720.9a Christian faith will be infused into the wellness curriculum with a biblical emphasis that our bodies are “temples of the Holy Spirit”.
- 4720.9b In Christian thought humans are holistic bringing together mind, heart, soul and physical body. Thus, wellness care for the body is an act of Christian discipleship and shall be incorporated in this way into the wellness curriculum.
- 4720.9c Christian spirituality and physical wellness shall be incorporated into the educational program.

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