LEHIGH CAREER & TECHNICAL INSTITUTE

SECTION: PUPILS
TITLE: STUDENT WELLNESS
ADOPTED: May 24, 2006
REVISED: August 27, 2014

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<th>246. STUDENT WELLNESS</th>
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<tr>
<td><strong>1. Purpose</strong></td>
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<td>The Lehigh Career &amp; Technical Institute (LCTI) recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. The Joint Operating Committee (JOC) 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.</td>
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<td><strong>2. Authority</strong></td>
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<tr>
<td>SC 1422.1</td>
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<td>42 U.S.C.</td>
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<td>Sec. 1758b</td>
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<td>The JOC adopts the Student Wellness Policy based on the recommendations of the appointed Wellness Committee and in accordance with federal and state laws.</td>
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<td>To ensure the health and well-being of all students, the JOC establishes that Lehigh Career &amp; Technical Institute (LCTI) shall provide to students:</td>
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<td>1. A comprehensive nutrition program consistent with federal and state requirements.</td>
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<td>2. Access at reasonable cost to foods and beverages that meet established nutritional guidelines.</td>
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<td>3. Physical education courses and opportunities for developmentally appropriate physical activity during the school day.</td>
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<td>4. Curriculum and programs for appropriate career and technical labs and academic courses that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with State Board of Education curriculum regulations and academic standards.</td>
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<td><strong>3. Delegation of Responsibility</strong></td>
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<tr>
<td>42 U.S.C.</td>
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<td>Sec. 1758b</td>
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<td>The Executive Director or designee shall be responsible to monitor LCTI's programs and curriculum to ensure compliance with this policy, related policies, and established guidelines or administrative regulations.</td>
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Staff members responsible for programs related to student wellness shall report to
the Executive Director or designee regarding the status of such programs.

The Executive Director or designee shall annually report to the JOC on LCTI’s
compliance with law and policies related to student wellness. The report may
include:

1. Assessment of school environment regarding student wellness issues.
2. Evaluation of food services program.
3. Review of all foods and beverages sold in LCTI for compliance with established
   nutrition guidelines.
4. Listing of activities and programs conducted to promote nutrition and physical
   activity.
5. Recommendations for policy and/or program revisions.
6. Suggestions for improvement in specific areas.
7. Feedback received from LCTI staff, students, parents/guardians, community
   members and the Wellness Committee.

An assurance that school guidelines for reimbursable meals are not less restrictive
than regulations and guidelines issued for the school in accordance with federal law
shall be provided annually by the Business Administrator or designee.

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The Executive Director or designee and the appointed Wellness Committee shall
periodically conduct an assessment on the contents and implementation of this
policy as part of a continuous improvement process to strengthen the policy and
ensure implementation. The assessment shall include the extent to which LCTI is in
compliance with law and policies related to student wellness, and shall describe the
progress made by LCTI in attaining the goals of this policy. The assessment shall be
made available to the public.

LCTI shall inform and update the public, including parents/guardians, students, and
others in the community, about the contents and implementation of this policy.
4. Guidelines

**Wellness Committee**

The JOC shall appoint a Wellness Committee will be comprised of at least one (1) of each of the following members approved by the JOC: JOC member, LCTI administrator, LCTI food service representative, student, parent/guardian, and member of the public. Other members of the Wellness Committee may include:

- ( ) Teacher.
- ( ) School nurse.
- ( ) LCTI counselor.
- ( ) Support Staff.
- ( ) Dietician.
- ( ) Health professional.
- ( ) Representative of Local or county agency.
- ( ) Representative of community organization.
- ( ) Food vendor.
- ( ) Other individuals chosen by the JOC.

**42 U.S.C. Sec. 1758b**

LCTI shall be required to permit physical education teachers and school health professionals to participate on the Wellness Committee.

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 a Student Wellness Policy that complies with law to recommend to the JOC for adoption.

**Advisory Health Council**

An Advisory Health Council may be established by the Executive Director to study student health issues and to assist in organizing follow-up programs.

The Advisory Health Council may examine related research, assess student needs and the current school environment, review existing JOC policies and administrative regulations, and raise awareness about student health issues.
The Advisory Health Council may make policy recommendations to the JOC related to other health issues necessary to promote student wellness.

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 established for these purposes.

The Advisory Health Council shall provide periodic reports to the Executive Director or designee regarding the status of its work, as required.

Individuals who conduct student medical and dental examinations at LCTI shall submit to the Advisory Health Council annual reports and later reports on the remedial work accomplished during the year, as required by law.

Nutrition Education

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.

The goal of nutrition education to teach, encourage and support healthy eating by students. Promotion 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.

Nutrition curriculum shall be behavior focused.

LCTI’s 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.

Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.
The staff responsible for providing nutrition education shall be properly trained and prepared and shall participate in appropriate professional development. Criteria shall be developed to measure “properly” and “appropriately.”

Nutrition education shall extend beyond LCTI environment by engaging and involving families and communities in conjunction with participating school districts.

_________________________ other.

Nutrition Promotion

LCTI aims to teach, encourage, and support healthful eating by students. LCTI shall promote nutrition by providing appropriate nutrition education in accordance with the Student Wellness Policy.

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

Consistent nutrition messages shall be disseminated and displayed throughout LCTI classrooms, cafeterias, participating school districts, homes, community and media.

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

LCTI shall encourage parents/guardians to provide healthy meals for their children through newsletter articles, take-home materials, or other means.

_________________________ other.

Physical Activity

LCTI shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students with safe and adequate equipment, facilities, and resources.

LCTI shall determine how it will contribute to the effort to provide students opportunities to accumulate at least sixty (60) minutes of age-appropriate physical activity on all or most days of the week. That time will include physical activity outside LCTI environment, such as walking, sports, etc.
Students shall participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits in a safe and enjoyable environment.

Age-appropriate physical activity opportunities; before and after school; 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.

After-school programs shall provide developmentally appropriate physical activity for participating children.

LCTI shall partner with parents/guardians, community members, and participating school districts to institute programs that support physical activity.

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

Students and the community shall have access to physical activity facilities outside school hours.

Other.

Physical Education

A sequential physical education program consistent with curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented. All enrolled students must participate in physical education if provided at LCTI.

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

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.

A comprehensive physical education course of study and focuses on providing students the skills, knowledge and confidence to participate in lifelong, health-enhancing physical activity shall 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.

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.

A local assessment system shall be implemented to track student progress on 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. Documented medical conditions and disabilities shall be accommodated during class.

Safe and adequate equipment, facilities and resources shall be provided for physical education courses.

Physical education shall be taught by certified health and physical education teachers.

Appropriate professional development shall be provided for physical education staff.

Physical education classes shall have a teacher-student ration comparable to those of other courses.

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

Other School Based Activities

Drinking water shall be available and accessible to students, without restriction and at no cost to the student, at all meal periods and throughout the school day.

LCTI has provided adequate space, as defined by LCTI, for eating and serving school 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.

Meal periods shall be scheduled at appropriate hours, as defined by LCTI.
Students shall have access to hand washing or sanitizing before meals and snacks.

Nutrition professionals who meet criteria established by LCTI shall administer the school meals program.

Professional development shall be provided for LCTI nutrition staff.

Access to the food service operation shall be limited to authorized staff.

Nutrition content of school meals shall be available to students and parents/guardians.

Students and parents/guardians may be involved in menu selections through various means.

To the extent possible, LCTI shall utilize available funding and outside programs to enhance student wellness.

Food shall not be used in LCTI as a reward or punishment.

LCTI shall provide appropriate training to all staff on components of the Student Wellness Policy.

The 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.

Administrators, teachers, food service personnel, students, parents/guardians, and community members shall be encouraged to serve as positive role models through LCTI programs, communications and outreach efforts.

LCTI shall support the efforts of parents/guardians to provide a healthy diet and daily physical activity for students by communicating relevant information through various methods.

Nutrition Standards/Guidelines

All foods available in LCTI during the school day shall be offered to students with consideration for promoting student health and reducing obesity.
Foods provided through the National School Lunch or School Breakfast Programs shall comply with established federal nutrition standards.

Competitive foods available for sale to students in LCTI outside of school meal programs shall comply with established federal nutrition standards.

LCTI may impose additional restrictions on competitive foods, provided that the restrictions are not inconsistent with federal requirements.

Exclusive competitive food and/or beverage contracts shall be approved by the JOC, in accordance with provisions of law.

Management of Food Allergies in LCTI

LCTI shall establish JOC policy and administrative regulations to address food allergy management in LCTI in order to:

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 LCTI programs and activities.

Safe Routes to LCTI

LCTI shall access and, to the extent possible, implement improvements to make walking and biking to LCTI safer and easier for students.

LCTI shall cooperate with participating school districts, local municipalities, public safety agency, police departments, and community organizations to develop and maintain safe routes to LCTI.

LCTI administrators shall seek and utilize available federal and state funding for safe routes to LCTI, when appropriate.
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<tr>
<td>School Code – 24 P.S. Sec. 504.1, 1337.1, 1422, 1422.1, 1422.3, 1512.1, 1513, 1850.1</td>
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<tr>
<td>National School Lunch Program – 42 U.S.C. Sec. 1751 et seq.</td>
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<td>School Breakfast Program – 42 U.S.C. Sec. 1773</td>
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<tr>
<td>National Food Service Programs, Title 7, Code of Federal Regulations – 7 CFR Part 210, Part 220</td>
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<tr>
<td>Joint Operating Committee Policy – 000, 102, 103, 103.1, 105, 209.1, 808</td>
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