



Chester County Intermediate Unit
WELLNESS GOALS and MEASURABLE OUTCOMES

Physical Activity Goal	Measurable Outcomes	Policy Compliance /Goal Attainment
<p>IU operated schools will provide opportunities for age appropriate developmental physical activity during the school day for all students.</p>	<p>Schools will provide developmentally appropriate physical activity during the school day for all students, as appropriate.</p> <p>Physical education shall be taught by certified health and physical education teachers.</p> <p>Age-appropriate physical activity opportunities, such as recess; 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.</p> <p>Physical activity breaks shall be provided for elementary students during classroom hours.</p>	<p>Physical Education classes are schedule two times per six day cycle for students in the Options program and one time per six day cycle for the Career Academy. All students have health classes one time per six day cycle.</p> <p>Health and Physical Education classes are taught by Mr. Carlos Antuna who is a certified health and physical education teacher.</p> <p>In addition to physical education classes, students had the opportunity to participate in physical activity during structured break times and earned incentive opportunities. Students often engaged in basketball or walks around campus during this time. Students also have the opportunity to engage in physical activities through walking trips into the community. Additionally, there are incentives that include physical activity such as dodgeball and basketball.</p>
Other School-Based Activity Goals	Measurable Outcomes	Policy Compliance /Goal Attainment
<p>IU operated schools shall provide adequate space for eating and serving school meals.</p>	<p>Appropriate space is provided.</p> <p>Students are provided adequate time to eat: ten (10) minutes sit down time for breakfast; twenty (20) minutes sit down time for lunch.</p> <p>Meal periods shall be scheduled at appropriate hours.</p>	<p>Career Academy students eat lunch in the cafeteria. Options students eat lunch in their classrooms.</p> <p>Breakfast is served daily between 8 AM and 9 AM. Students are given the opportunity to eat breakfast during homeroom, which is between 8 and 8:15 AM, or later into their first period classes</p>

		if needed. Lunches are scheduled daily in 30-minute periods beginning at 10:40 and ending at 11:50. Meals are delivered to classrooms when needed.
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.	Water is available at no cost to the students.	Water fountains with refill stations are available in the cafeteria/school and in the hallways.
Qualified nutrition professionals shall administer the school meals program. Professional development and continuing education shall be provided for nutrition staff, as required by federal regulations.	A qualified nutritional professional administers the school meals program.	Sylvie C. Baccaro R.D. LDN
The Unit shall provide appropriate training to all staff on the Student Wellness Policy.	The CCIU shall provide appropriate training to all school staff on the components of the Wellness Policy, nutritional guidelines, student wellness guidelines pertaining to each school, and administrative procedures.	The CCIU Learning Center has had an active Wellness Committee in previous school years, however staff did not attend committee meetings last school year. This year, Committee meetings are scheduled on the third Wednesday of each month, and available for any staff to participate in. The CCIU Learning Center administration has actively recruited participants. CCIU Learning Center mental health therapist is currently leading this committee.

Nutrition Guideline Goals	Measurable Goals	Policy Compliance /Goal Attainment
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<p>All foods available in IU operated schools during the school day shall be offered to students with consideration for promoting student health and reducing obesity and in according to the USDA dietary guidelines, as identified in the Nutrition Guidelines for Competitive Foods.</p>	<p>All competitive foods and beverages available for sale to students 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: À la carte options in cafeterias, vending machines, school stores, snack carts and fundraisers.</p> <p>Foods and beverages offered or sold at Intermediate Unit-sponsored events outside is this school day, such as athletic events and dances, shall offer healthy alternatives in addition to more traditional fare.</p> <p>Non-sold competitive foods available to students during the school day, which may include but are not limited to food and beverages offered as rewards and incentives, at classroom parties and celebrations, or as shared classroom snacks shall offer healthy alternatives in addition to more traditional fare as per each school.</p>	<p>Sylvie C. Baccaro R.D. LDN, FSM, ensures that the school lunch program complies with all competitive food guidelines for a la carte options and vending machines in cafeterias. All a la carte and vending machine options sold to students are verified via snack calculator and nutritional info. Is kept on file.</p> <p>Staff at the CCIU Learning Center are actively trying to identify additional healthy rewards that can be used as incentives for students. This year we continued to include earning time in preferred locations and with preferred staff as an additional non-edible incentive. The school store offers a variety of non-edible rewards along with more traditional food-based rewards.</p> <p>The CCIU Learning Center did not participate in edible fundraisers for students this school year.</p>
<p>Foods and beverages provided through the National School Lunch or School Breakfast Programs shall comply with federal nutrition standards.</p>	<p>Foods and beverages provided through the National School Lunch or School Breakfast Programs shall not be more restrictive and comply with USDA federal nutrition standards.</p>	<p>Program is compliant with NSLP and NSBP regulations.</p>

Nutrition Education and Promotion Goals	Measurable Outcomes	Policy Compliance /Goal Attainment
<p>Age appropriate nutritional education will be provided within the sequential health education program in accordance with the State Board of Education regulations and academic standards for Health, Safety and Physical Education and Family and Consumer Science.</p>	<p>Nutrition lessons and activities are conducted and are age-appropriate.</p> <p>Nutrition education is integrated into other subjects as appropriate.</p> <p>Consistent nutrition messages are disseminated throughout the school.</p> <p>Nutrition education shall extend beyond the school environment by engaging and involving families and communities.</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 and comply with established Board policy and administrative regulations.</p>	<p>Nutrition education is integrated into health and physical education classes at the CCIU Learning Center. The importance of nutrition is reinforced as appropriate conversationally with students in the health office. The nurses office promotes healthy lifestyles for students.</p> <p>The CCIU Food Service program, at all locations, is committed to offering school meals compliant with the NSLP and NSBP. Refer to Nutrition Promotion (#8) on CCIU Competitive Food Guidelines.</p>
<p>The staff providing nutrition education will receive appropriate professional development.</p>	<p>Staff responsible for nutrition education shall be properly trained and prepared.</p> <p>Staff responsible for nutrition education shall participate in appropriate professional development as needed.</p>	<p>Training to students related to nutrition was provided through Health and Physical Education classes. These classes are taught by Mr. Carlos Antuna who is a PA Certified Health and Physical Education teacher. Mr. Antuna participates in appropriate professional development as needed.</p>