



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>	<ul style="list-style-type: none"> • 5/19/2023 TCHS-Pennock’s Bridge will conduct a “Field Day” where soccer, Volleyball, and Leisure games will be available to students • TCHS-Pennock’s Bridge Physical Education classes are taught by Mr. Kyle Simpson, certified Health/Physical Education teacher.
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>TCHS- Pennock’s Bridge Bell Schedule provides adequate time for students to eat.</p>

	Meal periods shall be scheduled at appropriate hours.	
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.	At the suggestion of the TCHS- Pennock's Bridge Wellness committee, we installed 3 water bottle fill stations in 2019-2020 to keep students hydrated. In 2021-22, we added water bottle fill stations to all water fountain locations in the school. Students are permitted to carry water bottles and cups are made available by program instructors.
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.	<p>Policy and Guidelines are posted on school SharePoint and in the Faculty Handbook. Staff is trained during back to school meeting in August.</p> <p>Two Wellness Committee meetings are to be held yearly to obtain student, staff, and parent input:</p> <ul style="list-style-type: none"> • November • March <p>TCHS will hold a Health Career Fair in April that will be attended by various community groups in the county. Students will visit booths set up by each and learn about various health and health related services and items.</p>

Nutrition Guideline Goals	Measurable Goals	Policy Compliance /Goal Attainment
<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 <u>snack calculator</u> . http://rdp.healthiergeneration.org/calc/calculator/</p> <p>All TCHS Pennock's Bridge fundraisers/vending machines that provide food are in accordance to the USDA dietary guidelines. TCHS Pennock's Bridge does not have a school store.</p> <p>All fundraisers are monitored via school nurse for compliance. School Finical Secretary enters and records all fundraisers into the appropriate account.</p> <p>All Classroom parties offered a minimal amount of foods, no more than 2-3 items, that contained added sugar as the first ingredient. Healthy alternatives where provided such as fresh fruits and vegetables as well as water.</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 unit is covered in all applicable health classes as based on the US National Health Standards.</p> <p>School Nurse works in conjunction with SAP team to display posters, promote events like Red Ribbon week. Nurse also has self-help pamphlets available for students posted in her office.</p> <p>TCHS-PB invites in la Comunidad Hispana, Maternal and Child Health Consortium of Chester County, and the Garage to our back to school nights and open houses to educate families on healthy choices and available resources in the local community.</p> <p>All schools within CCIU are committed to offering school meals through NSLP. Refer to Nutrition Promotion (#8) on CCIU Competitive Food Guidelines.</p> <p>TCHS will hold a Health Career Fair in April that will be attended by various community groups in the county. Students will visit booths set up by each and learn about various health and health related services and items.</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>All staff at TCHS Pennock's Bridge providing nutrition education have received appropriate education, such as Mr. Kyle Simpson, certified Health and Physical Education teacher.</p> <p>TCHS has open invitation to CCIU dieticians to attend events, faculty meetings, and/or in-services to provided education to staff and students.</p> <p>Pennock's Bridge holds an annual Health and Wellness fair inviting various organizations.</p>
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