



Book	CCIU Board Policy Manual
Section	200 Pupils
Title	Student Wellness
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Purpose

Chester County Intermediate Unit 24 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.

Authority

The Board adopts the Student Wellness Policy based on the recommendations of the appointed Wellness Council and in accordance with federal and state laws.[\[1\]](#)[\[2\]](#)

To ensure the health and well-being of all students, the Board establishes goals for student wellness, in cooperation with sending school districts, and shall provide to students enrolled in CCIU programs:

1. A comprehensive nutrition program consistent with federal and state requirements.
2. Access at reasonable cost to foods and beverages that meet established nutrition guidelines.
3. Physical education courses and opportunities for developmentally appropriate physical activity during the school day.
4. Curriculum and programs for grades K-12 that are designed to educate students about proper nutrition and lifelong physical activity, and a comprehensive program designed to promote mental and behavioral health and prevent suicide, in accordance with State Board of Education curriculum regulations and academic standards.

Delegation of Responsibility

The Executive Director or designee shall be responsible for the implementation and oversight of this policy to ensure that Intermediate Unit schools, programs and curriculum are compliant with this policy, related policies, state and federal laws, and established guidelines and/or administrative regulations.[\[1\]](#)[\[2\]](#)

Each building administrator and/or program supervisor or designee shall annually report to the Executive Director or designee regarding compliance in their school and/or program.[\[2\]](#)

Staff members responsible for programs related to student wellness shall report to the Executive Director or designee regarding the status of such programs.

In accordance with state and federal law, the Executive Director or designee shall periodically report to the Board on the Intermediate Unit's compliance with state and federal laws and policies related to student wellness. Staff members responsible for programs related to school wellness shall report to the Executive Director or designee regarding the status of such programs in accordance with state and federal laws.

The Executive Director or designee and the established Wellness Council shall conduct an assessment at least once every three (3) years on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation. This triennial assessment shall be made available to the public in an accessible and easily understood manner and include:[\[1\]](#)[\[2\]](#)

1. The extent to which each school and/or program is in compliance with law and policies related to school wellness.
2. The extent to which this policy compares to model wellness policies.
3. A description of the progress made by the Intermediate Unit in attaining the goals of this policy.

At least once every three (3) years, the Intermediate Unit shall update or modify this policy as needed, based on the results of the most recent triennial assessment and/or as Intermediate Unit and community needs and priorities change; wellness goals are met; new health science, information and technologies emerge; and new federal or state guidance or standards are issued.[\[2\]](#)

The Intermediate Unit shall annually inform and update the public, including parents/guardians, students and others in the community, about the contents, updates and implementation of this policy via efficient communication methods. This annual notification shall include information on how to access the Student Wellness Policy; information about the most recent triennial assessment; information on how to participate in the development, implementation and periodic review and update of the Student Wellness Policy; and a means of contacting Wellness Council leadership.[1][2]

An assurance that Intermediate Unit guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for intermediate units in accordance with federal law shall be provided annually by the Executive Director or designee.

Guidelines

Recordkeeping

The Intermediate Unit shall retain records documenting compliance with the requirements of the Student Wellness Policy, which shall include:[2][3]

1. The written Student Wellness Policy.
2. Documentation demonstrating that the Intermediate Unit has informed the public, on an annual basis, about the contents of the Student Wellness Policy and any updates to the policy.
3. Documentation of efforts to review and update the Student Wellness Policy, including who is involved in the review and methods used by the Intermediate Unit to inform the public of their ability to participate in the review.
4. Documentation demonstrating the most recent assessment on the implementation of the Student Wellness Policy and notification of the assessment results to the public.

Wellness Council

The Executive Director or designee shall form a Wellness Council whose membership may be comprised of, but not limited to, at least one (1) of each of the following: Board member, Intermediate Unit administrator, Intermediate Unit food service representative, student, parent/guardian, school health professional, physical education teacher and member of the public. It shall be the goal that council membership will include representatives from each school building and reflect the diversity of the community.[1]

The Wellness Council shall serve as an advisory committee regarding student health issues and shall be responsible for developing a Student Wellness Policy that complies with law to recommend to the Board for adoption.

The Wellness Council shall review and consider evidence-based strategies and techniques in establishing goals for nutrition education and promotion, physical activity and other school based activities that promote student wellness as part of the policy development and revision process.[2]

Nutrition Education

Age-appropriate nutrition education will be provided to full-time student school-aged students, full- and part-time preschool students, and/or as requested by the Local Education Agency (LEA) for part-time school-aged students 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.[4][5]

The staff providing nutrition education will receive appropriate professional development.[6]

Nutrition Promotion

The Intermediate Unit aims to teach, encourage, and support healthful eating by students.

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs.

The Intermediate Unit shall promote nutrition by providing appropriate nutrition education in accordance with the Student Wellness Policy.

Intermediate Unit staff may cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.

Consistent nutrition messages should be disseminated and displayed throughout the Intermediate Unit classrooms and programs.

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 full-time Intermediate Unit students must participate in physical education.[5][7]

Physical Activity

Intermediate Unit-operated schools will provide opportunities for age-appropriate developmental physical activity during the school day for all students.

Age-appropriate physical activity opportunities, such as outdoor and indoor recess, before and after school programs, during lunch, clubs and intramurals, shall be provided to meet the needs and interests of all Intermediate Unit students, in addition to planned physical education.

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.[8][9][10][11]

Nutrition professionals who meet hiring criteria established by the Intermediate Unit and in compliance with federal regulations shall administer the school meals program. Professional development and continuing education shall be provided for Intermediate Unit nutrition staff, as required by federal regulations. The Intermediate Unit shall provide appropriate training to all staff on the components of the Student Wellness Policy.[6][12][13][14].

Intermediate Unit-operated schools shall provide adequate space for eating and serving school meals.

Nutrition Guidelines for All Foods/Beverages at School

All foods and beverages available in Intermediate Unit-operated schools and programs during the school day shall be offered with consideration for promoting student health.

Foods and beverages provided through the National School Lunch or School Breakfast Programs shall comply with federal nutrition standards.[8][9][12][13].

All competitive foods and beverages available for sale to students in Intermediate Unit programs shall comply with established nutrition standards, including the USDA Smart Snacks in School. These standards 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.[2][15][16].

Competitive foods are defined as foods and beverages offered or sold to students on school campus during the school day, which are not part of the reimbursable school breakfast or lunch.

The Intermediate Unit may impose additional restrictions on competitive foods, provided that the restrictions are consistent with state and federal requirements.[15].

Foods and beverages offered or sold at Intermediate Unit-sponsored events outside the school day, such as athletic events and dances, shall offer healthy alternatives in addition to more traditional fare.

School campus means any area of property under the jurisdiction of the Intermediate Unit that students may access during the school day.[2][15].

School day means the period from midnight before school begins until thirty (30) minutes after the end of the official school day.[2][15].

Fundraisers Involving Food

A **fundraiser** is considered an event that includes an activity during which currency/token/tickets, etc. are exchanged for the sale/purchase of a product in support of the school or school-related activities. Examples include candy bar or vending machines sales where profits are used to support a school-sponsored club or activity such as the school band or sports team.

Fundraising activities held during the school day involving the sale of competitive foods shall be limited to foods that meet the Smart Snacks in School nutrition standards, unless an exemption is approved.

An **exempt fundraiser** is a fundraiser in which foods are sold during the school day at a location other than the school cafeteria and where the foods being sold do not meet the requirements for foods sold in school according to the Smart Snack Standards established by the United States Department of Agriculture.

The Executive Director or designee may allow a limited number of exempt fundraisers as permitted by the Pennsylvania Department of Education each school year. Each exempt fundraiser may not exceed one (1) school week in length.[15].

Exempt fundraisers may not take place in the food service area during school meal periods.

Non-Sold Competitive Foods

Non-sold competitive foods available to students, which may include but are not limited to foods and beverages offered as rewards and incentives, at classroom parties and celebrations, or as shared classroom snacks, shall meet or exceed the standards established by the Intermediate Unit.

If the offered competitive foods do not meet or exceed the Smart Snacks in School nutrition standards, the following standards shall apply:

Rewards/Incentives -

Foods and beverages shall not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message as part of the approved curriculum (e.g., guest chef, field trip to a farm or farmers market, etc.) or the usage is part of specially designed instruction for a student with an IEP.

Classroom Parties/Celebrations; Shared Classroom Snacks -

Parents/Guardians shall be informed through newsletters and/or other efficient communication methods that foods/beverages should only be brought in when requested for scheduled parties.

Classroom parties shall offer a minimal amount of foods (maximum 2-3 items) containing added sugar as the primary ingredient (e.g., cupcakes, cookies) and will provide items such as fresh fruits/vegetables, water, 100 percent juice (possibly diluted with water), and/or low-fat or non-fat milk.

When possible, foods/beverages for parties and celebrations shall be provided by the food service department to help prevent food safety and allergy concerns.

The Intermediate Unit shall provide a list of suggested nonfood ideas and healthy food and beverage alternatives to parents/guardians and staff, which may be posted via the Intermediate Unit website, student handbook, newsletters, posted notices and/or other efficient communication methods.

While all reasonable efforts will be made to ensure the safety of students with allergies, it should be recognized that there are practical limitations as to the level of oversight by teachers and other school personnel with regard to students bringing and sharing food to classrooms and other locations. Parents/Guardians should regularly reinforce the standards outlined herein with their children in order to ensure the safety of all children.

Advertising/Marketing

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 (USDA Smart Snacks in School) and comply with established Board policy.[2][15]

Exclusive competitive food and/or beverage contracts shall be approved by the Board, in accordance with provisions of law. Existing contracts shall be reviewed and modified to the extent feasible to ensure compliance with established federal nutrition standards, including applicable marketing restrictions.[17]

Management of Food Allergies in Intermediate Unit Programs

The Intermediate Unit shall establish Board policy to address food allergy management in Intermediate Unit programs 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 Intermediate Unit programs and activities.

Mental Health

The Board is committed to protecting the health, safety and welfare of its students attending Intermediate Unit programs and the school community, including supporting federal, state and local efforts to provide education on youth suicide awareness and prevention; establish methods of prevention, intervention, and response to suicide or suicide attempt; and to promote access to emotional and behavioral health, suicide awareness and prevention resources. Please refer to policy 809 for CCIU supports in regards to emotional and behavioral health, and suicide awareness and prevention resources.[18]

[1. 42 U.S.C. 1758b](#)

[2. 7 CFR 210.31](#)

[3. 7 CFR 210.15](#)

[4. 24 P.S. 1513](#)

5. Pol. 102

6. Pol. 808

[7. 24 P.S. 1512.1](#)

[8. 7 CFR 210.10](#)

[9. 7 CFR 220.8](#)

[10. 24 P.S. 701](#)

[11. 24 P.S. 742](#)

[12. 42 U.S.C. 1751 et seq](#)

[13. 42 U.S.C. 1773](#)

[14. 7 CFR 210.30](#)

[15. 7 CFR 210.11](#)

[16. 7 CFR 220.12](#)

[17. 24 P.S. 504.1](#)

18. Pol. 809

[24 P.S. 1337.1](#)

[24 P.S. 1422.3](#)

[P.L. 111-296](#)

[7 CFR Part 210](#)

[7 CFR Part 220](#)

Pol. 103

Pol. 103.1