

# CONEMAUGH TOWNSHIP AREA SCHOOL DISTRICT

SECTION: PUPILS

TITLE: HEALTH EXAMINATIONS/  
SCREENINGS

ADOPTED: May 23, 2000

REVISED: November 20, 2007

209. HEALTH EXAMINATIONS/SCREENINGS	
<p>1. Authority SC 1401, 1402, 1403 Title 22 Sec. 12.41</p>	<p>In compliance with the School Code, the Board shall require that students of this district submit to health and dental examinations in order to:</p> <ol style="list-style-type: none"> <li>1. Protect the school community from the spread of communicable disease.</li> <li>2. Ensure that the student's participation in health, safety and physical education courses meets his/her individual needs.</li> <li>3. Ensure that the learning potential of each student is not lessened by a remediable physical disability.</li> </ol>
<p>2. Guidelines SC 1402, 1407 Title 22 Sec. 12.41</p>	<p>Each student shall receive a comprehensive health examination upon original entry, in sixth grade, and in eleventh grade, conducted by the school physician.</p>
<p>SC 1403, 1407 Title 22 Sec. 12.41</p>	<p>Each student shall receive a comprehensive dental examination upon original entry, in third grade, and in seventh grade, conducted by the school dentist.</p>
<p>SC 1407</p>	<p>A private health and/or dental examination conducted at the parents'/guardians' request and expense will be accepted in lieu of the school examination.</p> <p>The district will accept reports of privately conducted physical and dental examinations completed within one (1) year prior to a student's entry into the grade where an exam is required.</p>
<p>SC 1402 Title 22 Sec. 12.41 Title 28 Sec. 23.1 et seq</p>	<p>The school nurse or medical technician shall administer to each student vision tests, hearing tests, tuberculosis tests, other tests deemed advisable, and height and weight measurements, at intervals established by the district. Height and weight measurements shall be used to calculate the student's weight-for-height ratio.</p>

<p>SC 1409 Pol. 216</p>	<p>The individual records of health examinations shall be maintained as a confidential record, subject to statute and Board policy.</p>
<p>SC 1419 Title 28 Sec. 23.45</p>	<p>A student who presents a statement signed by the parent/guardian that a medical examination is contrary to his/her religious beliefs shall be examined only when the Secretary of Health determines that the student presents a substantial menace to the health of others.</p>
<p>SC 1402, 1406 Title 22 Sec. 12.41</p>	<p>Where it appears to school health officials or teachers that a student deviates from normal growth and development, or where school examinations reveal conditions requiring health or dental care, the parent/guardian shall be informed; and a recommendation shall be made that the parent/guardian consult a private physician or dentist. The parent/guardian shall be required to report to the school the action taken subsequent to such notification. When the parent/guardian informs the school of financial inability to provide an examination, the school shall advise him/her of the availability of public assistance. Where no action is taken, the school may conduct further examinations.</p>
<p>SC 1405 Title 28 Sec. 23.2 20 U.S.C. Sec. 1232h</p>	<p>Parents/Guardians of students who are to receive physical and dental examinations or screenings shall be notified. The notice shall include the date and location of the examination or screening and notice that the parent/guardian may attend or may have the examination or screening conducted privately at the parent's/guardian's expense. Such statement may also include notification that the student may be exempted from such examination or screening if it is contrary to the parent's/guardian's religious beliefs.</p>
<p>3. Delegation of Responsibility SC 1402</p>	<p>The Superintendent or designee shall instruct all staff members to continually observe students for conditions that indicate health problems or disability and to promptly report such conditions to the school nurse.</p>
<p>SC 1409</p>	<p>The Superintendent or designee shall request an adequate health record from the transferring school for each student transferring into the district.</p>
<p>SC 1406</p>	<p>The Superintendent or designee shall ensure that notice is provided to all parents/guardians regarding the existence of and eligibility for the Children's Health Insurance Program (CHIP).</p>

References:

School Code – 24 P.S. 1401-1419

State Board of Education Regulations – 22 PA Code Sec. 12.41, 403.1

State Department of Health Regulations – 28 PA Code Sec. 23.1 et seq.

No Child Left Behind Act – 20 U.S.C. Sec. 1232h

Board Policy – 216

# CONEMAUGH TOWNSHIP AREA SCHOOL DISTRICT

SECTION: PUPILS

TITLE: USE OF MEDICATIONS

ADOPTED: May 23, 2000

REVISED: November 21, 2006

210. USE OF MEDICATIONS	
1. Purpose	<p>The Board shall not be responsible for the diagnosis and treatment of student illness. The administration of prescribed medication to a student during school hours in accordance with the direction of a parent/guardian or family physician will be permitted only when failure to take such medicine would jeopardize the health of the student, or the student would not be able to attend school if the medicine were not available during school hours.</p> <p>Ideally, all medication should be given at home. It is also recognized at the present time many students are able to attend regular school because of the effectiveness of medication in the treatment of chronic disabilities and illness.</p>
2. Definition	<p>For purposes of this policy, <b>medication</b> shall include: all medicines prescribed by a physician, any patent drug, aspirin, or cough medications.</p>
3. Authority SC 510 Title 22 Sec. 12.41	<p>Before any medication may be administered to or self-administered by any student during school hours, the Board shall require the written order of the prescribing physician, which shall include the purpose of the medication, dosage, time at which or special circumstances under which the medication shall be administered, length of period for which medication is prescribed, and possible side effects of medication.</p>
4. Delegation of Responsibility	<p>The Superintendent or designee, in conjunction with the school nurse, shall develop procedures for the administration and self-administration of students' medications.</p> <p>All medications shall be administered by the school nurse or designee, or self-administered by the student upon written request.</p> <p>All district employees involved in administering or supervising of self-administration of medication shall receive appropriate training from the school nurse before performing this responsibility.</p>



7. Students in grades 3-12 will be responsible for coming to the office at the time medicine is to be given. In grades K-2, individualized plans will be made for the administration of medication by the nurse or designee.
8. The district retains the discretion to reject requests for administering medicine.
9. Prescription medication will be kept in a locked cupboard or refrigerator in the nurse's office.

#### Nonprescription Medication

The administration of nonprescription medication is discouraged and can usually be avoided by adjusting the time schedule around school hours. If it is absolutely necessary for a student to receive nonprescription medication during school hours, such as cold medicines, it will be administered by the school nurse or other authorized personnel under the following conditions:

1. Any medication to be administered during the school day must be taken to the nurse's office, or main office, as soon as the student arrives at school.
2. The parent/guardian must provide a written request or authorization for school officials to administer any medication. The appropriate form can be obtained from the nurse's office. The form must be completed and accompany the medication before it will be administered by authorized personnel.
3. Included within the request must be the name of the student, name of the medication, dosage and frequency of administration.
4. All medication must be sent in the original container and be clearly labeled.
5. Medication sent to school in envelopes or baggies will not be accepted.

#### Student Self-Administration

To self-administer medication, the student must be able to:

1. Respond to and visually recognize his/her name.
2. Identify his/her medication.
3. Measure, pour and administer the prescribed dosage.
4. Sign his/her medication sheet to acknowledge having taken the medication.

5. Demonstrate a cooperative attitude in all aspects of self-administration.

Violation Of Policy

These guidelines are for the safety and protection of all the students in the district. Violation of this policy will result in students being sent to the office and the following disciplinary options may apply:

1. Notification of parents/guardians.
2. Detention.
3. Suspension.
4. Legal action.

References:

School Code – 24 P.S. Sec. 510, 1402

State Board of Education Regulations – 22 PA Code Sec. 12.41

# CONEMAUGH TOWNSHIP AREA SCHOOL DISTRICT

SECTION: PUPILS

TITLE: POSSESSION/USE OF ASTHMA  
INHALERS/EPINEPHRINE  
AUTO-INJECTORS

ADOPTED: November 21, 2006

REVISED: August 16, 2011

<p>1. Authority SC 1414.1 Pol. 103.1</p> <p>2. Definitions SC 1401</p> <p>3. Guidelines SC 1414.1 Title 22 Sec. 12.41</p>	<p style="text-align: center;">210.1. POSSESSION/USE OF ASTHMA INHALERS/EPINEPHRINE AUTO-INJECTORS</p> <p>The Board shall permit students in district schools to possess asthma inhalers and epinephrine auto-injectors and to self-administer the prescribed medication in compliance with state law and Board policy.</p> <p><b>Asthma inhaler</b> shall mean a prescribed device used for self-administration of short-acting, metered doses of prescribed medication to treat an acute asthma attack.</p> <p><b>Epinephrine auto-injector</b> shall mean a prescribed disposable drug delivery system designed for the self-administration of epinephrine to provide rapid first aid for persons suffering the effects of anaphylaxis.</p> <p><b>Self-administration</b> shall mean a student’s use of medication in accordance with a prescription or written instructions from a licensed physician, certified registered nurse practitioner or physician assistant.</p> <p>Before a student may possess or use an asthma inhaler or epinephrine auto-injector in the school setting, the Board shall require the following:</p> <ol style="list-style-type: none"> <li>1. A written request from the parent/guardian that the school complies with the order of the licensed physician, certified registered nurse practitioner or physician assistant.</li> <li>2. A written statement from the parent/guardian acknowledging that the school is not responsible for ensuring the medication is taken and relieving the district and its employees of responsibility for the benefits or consequences of the prescribed medication.</li> <li>3. A written statement from the licensed physician, certified registered nurse practitioner or physician assistant that states:             <ol style="list-style-type: none"> <li>a. Name of the drug.</li> </ol> </li> </ol>
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	<ul style="list-style-type: none"> <li>b. Prescribed dosage.</li> <li>c. Times medication is to be taken.</li> <li>d. Length of time medication is prescribed.</li> <li>e. Diagnosis or reason medication is needed, unless confidential.</li> <li>f. Potential serious reaction or side effects of medication.</li> <li>g. Emergency response.</li> <li>h. If child is qualified and able to self-administer the medication.</li> </ul>
<p>SC 1414.1</p>	<p>The student shall notify the school nurse immediately following each use of an asthma inhaler or epinephrine auto-injector.</p>
<p>SC 1414.1</p>	<p>The district reserves the right to require a statement from the licensed physician, certified registered nurse practitioner or physician assistant for the continued use of a medication beyond the specified time period.</p>
<p>SC 1414.1</p>	<p>A written request for student use of an asthma inhaler and/or epinephrine auto-injector shall be submitted annually, along with required written statements from the parent/guardian and an updated prescription.</p>
<p>SC 1409 Pol. 216</p>	<p>Student health records shall be confidential and maintained in accordance with state and federal law and regulations.</p>
<p>SC 1414.1</p>	<p>A student whose parent/guardian completes the written requirements for the student to possess an asthma inhaler or epinephrine auto-injector and to self-administer the prescribed medication in the school setting shall demonstrate to the school nurse the competency for self-administration and responsible behavior in use of the medication. Determination of competency for self-administration shall be based on the student's age, cognitive function, maturity and demonstration of responsible behavior.</p>
<p>SC 1414.1 Pol. 113.1, 218, 227</p>	<p>Students shall be prohibited from sharing, giving, selling, and using an asthma inhaler or epinephrine auto-injector in any manner other than which it is prescribed during school hours, at any time while on school property, at any school-sponsored activity, and during the time spent traveling to and from school and school-sponsored activities. Violations of this policy shall result in loss of privilege to self-carry the asthma inhaler or epinephrine auto-injector and disciplinary action in accordance with Board policy.</p>

<p>SC 1414.1</p> <p>SC 1414.1 Title 22 Sec. 12.3 Pol. 218</p> <p>4. Delegation of Responsibility</p>	<p>If the district denies a student’s request to self-carry an asthma inhaler or epinephrine auto-injector or the student has lost the privilege of self-carrying an asthma inhaler or epinephrine auto-injector, the student’s prescribed medication shall be appropriately stored at a location in close proximity to the student. The student’s classroom teachers shall be informed where the medication is stored and the means to access the medication.</p> <p>The district shall annually distribute to students and parents/guardians this policy along with the Code of Student Conduct.</p> <p>The district shall post this policy on the district web site, if available.</p> <p>The Superintendent or designee, in conjunction with the school nurse(s), may develop administrative regulations for student possession of asthma inhalers or epinephrine auto-injectors and self-administration of prescribed medication.</p> <p>References:</p> <p>School Code – 24 P.S. Sec. 1401, 1409, 1414.1</p> <p>State Board of Education Regulations – 22 PA Code Sec. 12.3, 12.41</p> <p>Board Policy – 103.1, 113.1, 216, 218, 227</p>
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# CONEMAUGH TOWNSHIP AREA SCHOOL DISTRICT

SECTION: PUPILS  
TITLE: IMMUNIZATIONS AND COMMUNICABLE DISEASES  
ADOPTED: May 23, 2000  
REVISED: August 16, 2011

203. IMMUNIZATIONS AND COMMUNICABLE DISEASES	
<p>1. Authority SC 1303a Title 28 Sec. 23.81 et seq</p>	<p>In order to safeguard the school community from the spread of certain communicable diseases, the Board requires that established policy and administrative regulations be followed by students, parents/guardians and district staff.</p>
<p>2. Guidelines</p>	<p><u>Immunization</u></p>
<p>Title 28 Sec. 23.85</p>	<p>All students shall be immunized against specific diseases in accordance with state law and regulations, unless specifically exempt for religious or medical reasons.</p>
<p>SC 1303a Title 22 Sec. 11.20 Title 28 Sec. 23.83, 23.84, 23.85</p>	<p>A certificate of immunization shall be maintained as part of the health record for each student, as required by the Pennsylvania Department of Health.</p>
<p>SC 1303a Title 22 Sec. 11.20 Title 28 Sec. 23.83, 23.84</p>	<p>A student who has not been immunized in accordance with state regulations shall not be admitted to or permitted to attend district schools, unless exempted for medical or religious reasons or provisionally admitted by the Superintendent.</p>
<p>SC 1303a Title 22 Sec. 11.20 Title 28 Sec. 23.83, 23.84</p>	<p>A student shall be exempt from the requirements for immunization whose parent/guardian objects in writing to such immunization on religious grounds or whose physician certifies that the student's physical condition contraindicates immunization.</p>
<p>SC 1303a</p>	<p>Monitoring of immunization requirements shall be the responsibility of the Superintendent or designee and the building principal or designee.</p>
<p>Title 28 Sec. 27.77</p>	<p>Students attending child care group settings located in a school, a pre-kindergarten program or an early intervention program operated by the district shall be immunized in accordance with the Advisory Committee on Immunization Practices (ACIP) standards.</p>

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<p>SC 1303a Title 28 Sec. 23.83, 23.84, 23.85 Pol. 200, 201</p>	<p>The Superintendent or designee shall:</p> <ol style="list-style-type: none"> <li>1. Annually review state standards for immunization and direct the responsible district personnel accordingly.</li> <li>2. Ensure that parents/guardians are informed prior to a student's admission to school of the requirements for immunization, the requisite proof of immunization, exemption available for religious or medical reasons, and means by which such exemptions may be claimed.</li> <li>3. Investigate and recommend to the Board district-sponsored programs of immunization that may be warranted to safeguard the health of the school community. Such program shall be subject to Board approval and may be conducted in cooperation with local health agencies.</li> </ol>
<p>Title 28 Sec. 23.86</p>	<p>The Superintendent or designee shall report immunization data on the required form to the Department of Health by October 15 of each year.</p>
<p>Title 28 Sec. 27.71, 27.72 Pol. 204</p>	<p><u>Communicable Diseases</u></p> <p>The Board authorizes that students who have been diagnosed by a physician or are suspected of having a disease by the school nurse shall be excluded from school for the period indicated by regulations of the Department of Health for certain specified diseases and infectious conditions.</p>
<p>Title 28 Sec. 27.1, 27.2, 27.23</p>	<p>The school nurse shall report the presence of suspected communicable diseases to the appropriate local health authority, as required by the Department of Health.</p> <p>The Superintendent or designee shall direct that health guidelines and universal precautions designed to minimize the transmission of communicable diseases be implemented in district schools.</p>
<p>Title 22 Sec. 4.29</p>	<p>Instruction regarding prevention of communicable and life threatening diseases shall be provided by the schools in the educational program for all levels, in accordance with state regulations.</p>
<p>Title 22 Sec. 4.4, 4.29 Pol. 105.1</p>	<p>Parents/Guardians shall be informed of and be provided opportunities during school hours to review all curriculum materials used in instruction relative to communicable and life threatening diseases.</p>

<p>SC 1402 Pol. 209</p> <p>SC 1409</p>	<p><u>Health Records</u></p> <p>A comprehensive health record shall be maintained for each student enrolled in the district. The record shall include the results of required tests, measurements, screenings, regular and special examinations, and medical questionnaires.</p> <p>All health records shall be confidential, and their contents shall be divulged only when necessary for the health of the student or to a physician at the written request of the parent/guardian.</p> <p>The district shall require parents/guardians to annually complete a medical history report form that includes information regarding known communicable diseases.</p> <p>References:</p> <p>School Code – 24 P.S. Sec. 1303a, 1402, 1409</p> <p>State Board of Education Regulations – 22 PA Code Sec. 4.4, 4.29, 11.20</p> <p>State Department of Health Regulations – 28 PA Code Sec. 23.81 et seq., 27.1, 27.2, 27.23, 27.71, 27.72, 27.77</p> <p>Board Policy – 105.1, 105.2, 200, 201, 204, 209</p>
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# CONEMAUGH TOWNSHIP AREA SCHOOL DISTRICT

SECTION: PUPILS

TITLE: HIV INFECTION

ADOPTED: May 23, 2000

REVISED: August 21, 2007

203.1. HIV INFECTION	
1. Purpose	<p>The Board is committed to providing a safe, healthy environment for its students and employees. The purpose of this policy shall be to safeguard the health and well-being of students and employees while protecting the rights of the individual.</p> <p>This policy is based on current evidence that the HIV virus is not normally transmissible by infected individuals within the school setting, except as noted in this policy.</p>
2. Definitions	<p><b>HIV infection</b> - refers to the disease caused by the HIV or human immunodeficiency virus.</p> <p><b>AIDS</b> - Acquired Immune Deficiency Syndrome.</p> <p><b>CDCP</b> - United States Public Health Service Centers for Disease Control and Prevention.</p> <p><b>Infected students</b> - refers to students diagnosed as having the HIV virus, including those who are asymptomatic.</p>
3. Authority	<p>This policy shall apply to all students in all programs conducted by the school district.</p> <p>The Board directs that the established school rules that relate to illnesses and other diseases among students shall also apply to infected students.</p>
35 P.S. Sec. 7601 et seq	<p>The Board shall not require routine screening tests for HIV infection in the school setting, nor will such tests be a condition for school attendance.</p>
4. Delegation of Responsibility	<p>The Superintendent or designee shall be responsible for handling and releasing all information concerning infected students.</p>



SC 1329, 1330	<p>An infected student may be excused from school attendance if the parent/guardian seeks such excuse based on the advice of medical or psychological experts treating the student.</p>
35 P.S. Sec. 7607	<p>An infected student's placement shall be reassessed if there is a change in the student's need for accommodations or services.</p>
SC 1409	<p><u>Confidentiality</u></p> <p>District employees who have knowledge of an infected student's condition shall not disclose any information without prior written consent of the student's parent/guardian, consistent with the requirements of the Pennsylvania Confidentiality of HIV-Related Information Act.</p>
SC 1409	<p>All health records, notes and other documents referring to an infected student's condition shall be secured and kept confidential.</p>
Title 22 Sec. 4.29	<p><u>Infection Control</u></p> <p>Employees shall treat all bodily fluids as hazardous and shall follow universal precautions for any exposure to bodily fluids.</p> <p>The school district shall maintain reasonably accessible equipment and supplies necessary for infection control.</p> <p><u>Staff Development</u></p> <p>All district employees shall participate in a planned HIV education program.</p> <p>Designated district employees shall receive additional, specialized training appropriate to their positions and responsibilities.</p> <p><u>Prevention Education</u></p> <p>The goals of HIV prevention education shall be to promote healthy living and discourage the behaviors that put people at risk of acquiring HIV infection. Prevention education shall be taught at every level, be appropriate to students' developmental maturity, and include accurate information about reducing the risk of HIV infection.</p>

<p>Title 22 Sec. 4.4, 4.29 Pol. 105.1</p>	<p>Prior to HIV/AIDS instruction, the district shall inform parents/guardians that curriculum outlines and materials used in the instruction shall be available for review.</p>
<p>Title 22 Sec. 4.4, 4.29 Pol. 105.2</p>	<p>A student shall be excused from HIV/AIDS education when the instruction conflicts with the religious beliefs or principles of the student or parent/guardian, upon the written request of the parent/guardian.</p>
	<p>References:</p> <p>School Code – 24 P.S. Sec. 1301, 1329, 1330, 1409</p> <p>State Board of Education Regulations – 22 PA Code Sec. 4.4, 4.29, 11.25</p> <p>PA Confidentiality of HIV-Related Information Act – 35 P.S. Sec. 7601 et seq.</p> <p>Board Policy – 105.1, 105.2</p>

# CONEMAUGH TOWNSHIP AREA SCHOOL DISTRICT

SECTION: PUPILS

TITLE: STUDENT ACCIDENT  
INSURANCE

ADOPTED: May 23, 2000

REVISED:

211. STUDENT ACCIDENT INSURANCE	
1. Purpose	The Board recognizes the need for insurance coverage for unforeseen accidents which may occur to students in the course of attendance at school or participation in the athletic and extracurricular programs of the schools.
2. Authority	The Board shall provide parents the opportunity to purchase insurance coverage, at no cost to the Board, for injury to the students resulting from accidents in any activity during school hours, any activity sponsored by the school, or any activity round-the-clock.
SC 511(f)	The Board shall maintain insurance coverage by a qualified insuror over and above the first responsibility of family coverage and at no cost to the student for injury resulting from accidents sustained while participating in an interscholastic sports program.
3. Delegation of Responsibility	<p>The Superintendent or designee shall be responsible to:</p> <ol style="list-style-type: none"><li>1. Prepare specifications and secure suitable coverage from qualified insurance carriers for recommendation and Board consideration.</li><li>2. Notify all students and parents of students who may be eligible for insurance.</li><li>3. Ascertain that where the Board assumes the full cost of insurance, each eligible student is properly insured.</li></ol>
School Code Sec. 511(f)	

# CONEMAUGH TOWNSHIP AREA SCHOOL DISTRICT

SECTION: PUPILS

TITLE: STUDENT WELLNESS

ADOPTED: February 21, 2006

REVISED: November 20, 2007

246. STUDENT WELLNESS	
<p>1. Purpose</p>	<p>Conemaugh Township Area School District 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.</p>
<p>2. Authority SC 1422.1 42 U.S.C. Sec. 1751 nt Pol. 100</p>	<p>The Board adopts the Student Wellness Policy based on the recommendations of the appointed Wellness Committee and in accordance with federal and state laws. The policy shall be included in the district’s Strategic Plan.</p> <p>To ensure the health and well-being of all students, the Board establishes that the district shall provide to students:</p> <ol style="list-style-type: none"> <li>1. A comprehensive nutrition program consistent with federal and state requirements.</li> <li>2. Access at reasonable cost to foods and beverages that meet established nutritional guidelines.</li> <li>3. Physical education courses and opportunities for developmentally appropriate physical activity during the school day.</li> <li>4. Curriculum and programs for grades K-12 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.</li> </ol>
<p>3. Delegation of Responsibility Pol. 808</p>	<p>The Superintendent or designee shall be responsible to monitor district schools, programs, and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations.</p>

<p>42 U.S.C. Sec. 1751 nt</p> <p>4. Guidelines</p>	<p>Each building principal or designee shall report to the Superintendent or designee regarding compliance in his/her school.</p> <p>Staff members responsible for programs related to student wellness shall report to the Superintendent or designee regarding the status of such programs.</p> <p>The Superintendent or designee shall annually report to the Board on the district's compliance with law and policies related to student wellness. The report may include:</p> <ol style="list-style-type: none"> <li>1. Assessment of school environment regarding student wellness issues.</li> <li>2. Evaluation of food services program.</li> <li>3. Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.</li> <li>4. Listing of activities and programs conducted to promote nutrition and physical activity.</li> <li>5. Recommendations for policy and/or program revisions.</li> <li>6. Suggestions for improvement in specific areas.</li> <li>7. Feedback received from district staff, students, parents/guardians, community members and Wellness Committee.</li> </ol> <p>An assurance that district guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law shall be provided annually by the Food Service Director, Business Manager, or Superintendent.</p> <p><u>Wellness Committee</u></p> <p>The Board shall appoint a Wellness Committee comprised of at least one (1) of each of the following: School Board member, district administrator, district food service representative, student, parent/guardian, member of the public, teacher, school nurse, school counselor, representative of local or county agency, representative of community organization, and other individuals chosen by the Board.</p> <p>The Wellness Committee 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.</p>
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<p>SC 1513 Pol. 102, 105</p>	<p>The Wellness Committee may examine related research and laws, assess student needs and the current school environment, review existing Board policies and administrative regulations, and raise awareness about student health issues. The Wellness Committee may make policy recommendations to the Board related to other health issues necessary to promote student wellness.</p> <p>The Wellness Committee 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.</p> <p>The Wellness Committee shall provide periodic reports to the Superintendent or designee regarding the status of its work, as required.</p> <p><u>Nutrition Education</u></p> <p>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 increases student achievement.</p> <p>Nutrition education will be provided within the sequential, comprehensive health education program in accordance with State Board of Education curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.</p> <p>Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.</p> <p>Nutrition education lessons and activities shall be age-appropriate.</p> <p>Nutrition curriculum shall be behavior focused.</p> <p>Nutrition education shall be integrated into other subjects to complement but not replace academic standards based on nutrition education.</p> <p>Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.</p> <p>The staff responsible for providing nutrition education shall be trained and prepared and shall participate in professional development.</p> <p>District staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.</p>
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Consistent nutrition messages shall be disseminated throughout the district, schools, classrooms, cafeterias, homes, community and media.

Nutrition education shall extend beyond the school environment by engaging and involving families and communities.

Physical Activity

District schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.

District schools shall determine how they 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 the school environment, such as outdoor play at home, sports, etc.

Students shall participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits.

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.

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.

Physical activity breaks shall be provided for elementary students during classroom hours.

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

District schools shall partner with parents/guardians and community members 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.

<p>SC 1512.1 Pol. 102, 105</p>	<p><u>Physical Education</u></p> <p>Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.</p> <p>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.</p> <p>A comprehensive physical education course of study that focuses on providing students the skills, knowledge and confidence to participate in lifelong, health-enhancing physical activity shall be implemented.</p> <p>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.</p> <p>A sequential physical education program consistent with State Board of Education curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented. All district students must participate in physical education.</p> <p>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.</p> <p>A local assessment system shall be implemented to track student progress on the Health, Safety and Physical Education academic standards.</p> <p>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.</p> <p>Safe and adequate equipment, facilities and resources shall be provided for physical education courses.</p> <p>Physical education shall be taught by certified health and physical education teachers.</p> <p>Appropriate professional development shall be provided for physical education staff.</p>
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Physical education classes shall have a teacher-student ratio comparable to those of other courses.

Other School Based Activities

District schools shall provide adequate space, as defined by the district, 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 the district.

Drinking water shall be available at all meal periods and throughout the school day.

Students shall have access to hand washing or sanitizing before meals and snacks.

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, the district shall utilize available funding and outside programs to enhance student wellness.

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

Goals of the Student Wellness Policy shall be considered in planning all school based activities.

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

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

	<p><u>Nutrition Guidelines</u></p> <p>All foods available in district schools during the school day shall be offered to students with consideration for promoting student health and reducing childhood obesity.</p> <p>Foods provided through the National School Lunch or School Breakfast Programs shall comply with federal nutrition standards under the School Meals Initiative.</p> <p><u>Competitive Foods/Beverages</u></p> <p>SC 504.1 <b>Competitive foods and beverages</b> are defined as any food or beverage offered or sold at school in competition with reimbursable meals served through the National School Lunch or School Breakfast programs.</p> <p>SC 1337.1 All competitive foods and beverages available to students in district 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.</p> <p>SC 504.1 Exclusive competitive food and/or beverage contracts shall be approved by the Board, in accordance with provisions of law.</p> <p>References:</p> <p>School Code – 24 P.S. Sec. 504.1, 1337.1, 1422, 1422.1, 1512.1, 1513</p> <p>Child Nutrition and WIC Reauthorization Act of 2004 – 42 U.S.C. Sec. 1751 notes</p> <p>Board Policy – 100, 102, 105, 808</p>
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