



**YOUNG SCHOLARS OF WESTERN
PENNSYLVANIA**
Charter School

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Wellness Policy for Nutrition, Physical Education, and Physical Activity

Pears Agreement Number: 103025206

Operating Building: 1

Purpose

Young Scholars of Western Pennsylvania Charter School recognizes that student wellness and proper nutrition are related to physical well-being, growth, development, and readiness to learn. The YSWPCS Board is committed to providing a school environment that promotes student wellness through 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 achievement.

Authority

To ensure the health and well-being of all students, the Board establishes that the YSWPCS shall provide to students:

1. A comprehensive nutrition program consistent with federal and state requirements. Foods and beverages sold or served that meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
2. Access at reasonable cost to variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students. Foods will accommodate the religious, and cultural diversity of the student body in meal planning; and will be provided in clean, safe, and pleasant settings, with adequate time for students to eat (lunch: 20 minutes from the time the students sit down).
3. Participation in selected federal school meal programs.
4. Physical education classes and opportunities, support, and encouragement to be physically active on a regular basis
5. Nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.

Delegation of Responsibility

The CEO (or designee) shall be responsible for monitoring programs and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations. Staff members responsible for programs related to student wellness shall report to the CEO (or designee) regarding the status of such programs.

The CEO (or designee) shall report to the Board annually on the school's compliance with law and policies related to student wellness. The report will 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 schools 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. Assurance that district nutrition 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 chartering school district Food Service Director.

TO ACHIEVE THESE POLICY GOALS:

School Health Council

YSWPCS will establish a School Health Council to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The council will enroll YSWPCS in the Pennsylvania Advocates for Nutrition and Activity (PANA) Healthy Kids Zone to assess the status of the school with respect to nutrition and physical education programs and seek grants to fund new initiatives and improvements.

The school health council consists of a group of individuals representing the school and community, including at least one parent, student, representative of the chartering district food authority, member of the school board, school administrator, teacher, and health professional.

Nutrition Education

1. Nutrition education will be provided within the sequential, comprehensive health education program as established by the State Board of Education Curriculum Regulations and the Academic Standards for Health, Safety and Physical Education and Family Consumer Sciences.
2. Nutrition education will provide children with the knowledge and skills needed to lead healthy lives.

3. Nutrition education lessons and activities will be behavior focused (interactive/skills based) and age appropriate.
4. Nutrition education will be integrated into other subjects to complement, but not replace, standards-based nutrition education.
5. Lifelong lifestyle balance will be reinforced by linking nutrition education and physical activity.
6. Consistent nutrition messages will be provided throughout the school, classroom, and cafeteria.
7. Nutrition education will extend beyond the school environment by sharing information with and involving families and communities.

Physical Activity

YSWPCS will contribute to providing children the opportunity to:

1. Accumulate at least 60 minutes and up to several hours, of age-appropriate physical activity on all, or most days of the week. (The 60 minutes also includes physical activity opportunities outside of the school environment, such as outdoor playtime prior to dinner, etc.)
2. Participate each day in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, and fitness and performance benefits.
3. 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.
4. A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.
5. Physical activity breaks shall be provided for elementary students during classroom hours.
6. After-school programs shall provide developmentally appropriate physical activity for participating children.
7. YSWPCS shall partner with parents/guardians and/or community members to institute programs that support physical activity.
8. Physical activity shall not be used as a form of punishment.

Physical Education

1. Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.
2. Physical education classes shall be the means through which all students learn, practice and are assessed on developmentally appropriate skills and knowledge for lifelong, health-enhancing physical activity.
3. 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.

4. 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.
5. 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.
6. A local assessment system shall be implemented to track student progress on the Health, Safety and Physical Education academic standards.
7. 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.
8. Safe and adequate equipment, facilities and resources shall be provided for physical education courses.
9. Appropriate professional development shall be provided for physical education staff.
10. Physical education classes shall have a teacher-student ratio comparable to those of other courses.
11. Physical activity shall not be used as a form of punishment.

Integration Physical Activity into the Classroom Setting

For students who receive the nationally-recommended amount of daily physical activity (*i.e.*, at least 60 minutes per day) and to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class.

Toward that end:

1. Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
2. Opportunities for physical activity will be incorporated into other subject lessons; and
3. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Nutrition Promotion

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. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

YSWPCS will promote healthy food and beverage choices for all students throughout the school, as well as encourage participation in school meal programs. This promotion will occur through at least:

1. Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards.
2. Placing Team Nutrition Posters in the lunch area for students to see and feel encouraged to eat and try new foods.

Other School-based Activities

Extended Hours Clubs will include opportunities for students to participate in physical activity, such as Martial Arts, Walking Club, Dance, and outdoor play.

Nutritional Quality of Foods and Beverages Sold and Served

School Meals

YSWPCS contracts with Getaway Café Inc. Food Services Management Company to provide pre packed lunches which are consistent with National School Lunch Program (NSLP) guidelines. The District food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food should be sold as balanced meals. Regardless of income YSWPCS will promote the availability of school meals to all students.

Meal Times and Scheduling

YSWPCS:

1. Will provide students with at least 20 minutes after sitting down for lunch;
2. Will schedule meal periods at appropriate times, *e.g.*, lunch should be scheduled between 11 a.m. and 1 p.m.;
3. Will not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
4. Will schedule lunch periods to follow recess periods when possible (in elementary schools);
5. Will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
6. Should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (*e.g.*, orthodontia or high tooth decay).

Fundraising Activities To support children's health and school nutrition-education efforts, the majority of school fundraising activities will not involve food.

Snacks Between-meal foods served during the school day or during Extended Day will make a positive contribution to the children's diets and health. YSWPCS will assess if

and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations.

Competitive Foods All competitive foods provided to students by the school will comply with the Nutritional Standards for Competitive Foods in Pennsylvania Schools. The nutritional standards shall be implemented as a 3 year plan.

Safe Routes to School As a district wide charter school located in a neighborhood, walking to school is feasible, but cannot be encouraged for the vast majority of students.

Communications with Parents

YSWPCS will support parents' efforts to provide a healthy diet and daily physical activity for their children by:

1. Sending home nutrition information and posting nutrition tips on school websites.
2. Encouraging parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet accepted nutrition standards for individual foods and beverages.
3. Providing parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities.
4. Providing opportunities for parents to share their healthy food practices with others in the school community.

The school will support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events that included families, or physical education homework.