**Title: 5130 WELLNESS AND NUTRITION**

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| SC 1422.1 42 U.S.C. Sec. 1758b 7 CFR Sec. 210.317 CFR § 210.109 Pol. 229 7 CFR Sec. 210.11 | **5130 Wellness and Nutrition****5130.1 Wellness and Nutrition In Diocesan Schools**The vision for Catholic education in the Diocese of Altoona-Johnstown is one where the environment of every school physically, mentally, morally, spiritually, and socially nurtures children.The schools in the Diocese of Altoona-Johnstown recognize that student wellness and proper nutrition are related to students’ physical well-being, growth, development, and readiness to learn. The Diocesan Office of Education is committed to providing a school environment that promotes student wellness, proper nutrition and 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. To ensure the health and well-being of all students the Diocesan Schools shall provide to students: * A comprehensive nutrition program consistent with federal and state requirements;
* Access, at reasonable cost, to foods and beverages that meet established nutrition guidelines;
* Physical education courses and opportunities for developmentally appropriate physical activity during the school day;
* Curriculum and programs for grades K-12 that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with Pennsylvania curriculum regulations and academic standards.

The Director of Education for the Diocese of Altoona-Johnstown or designee shall be responsible for the implementation and oversight of this policy to ensure each of the Diocesan schools, programs and curricula are compliant with this policy, related policies, and established guidelines or administrative regulations.Each building principal or designee shall annually report to the Director of Education or designee regarding compliance in his/her school. The report may include: * Assessment of school environment regarding school wellness issues;
* Evaluation of food services program;
* Recommendations for policy and/or program revisions;
* Suggestions for improvement in specific areas;
* Listing of activities and programs conducted to promote nutrition and physical activity;
* Feedback received from Diocesan staff, students, parents/guardians, community members, and the Wellness Committee.

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. **5130.2 School Based Activities (Food Involved)**Nutrition professionals should administer the school meals program and professional development should be provided, as required by federal regulations.Schools shall provide adequate space, as defined by the Diocese, 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 required by federal regulations and as defined by the Diocese.
* 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.
* To the extent possible, the schools shall utilize available funding and outside programs to enhance student wellness.
* Goals of the School Wellness policy shall be considered in planning all school based activities.
* Administrators, teachers, food service personnel, students, parent(s)/guardian(s), and community members shall be encouraged to serve as positive role models through school programs, communications, and outreach efforts.

Schools shall maintain a healthy school environment, including but not limited to indoor air quality, in accordance with the Diocesan healthy learning environment program and applicable laws and regulations.**5130.3 Nutrition Guidelines For All Food/Beverages at School**All foods and beverages available in the schools during the school day shall be offered to students with consideration for promoting student health and reducing obesity. Foods and beverages provided through the National School Lunch or School Breakfast Programs shall comply with established federal nutrition standards. Foods and beverages offered or sold at school-sponsored events outside the school day, such as athletic events and dances, shall offer healthy alternatives in addition to more traditional fare. **5130.4 Competitive Foods**Competitive foods available for sale shall meet or exceed the established federal nutrition standards (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: a la carte options in cafeterias, vending machines, school stores, snack carts, and fundraisers. 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.For purposes of this policy, school campus means any area of property under the jurisdiction of the school that students may access during the school day.For purposes of this policy, school day means the period from midnight before school begins until thirty (30) minutes after the end of the official school day. Fundraiser Exemptions – 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 in accordance with applicable Board policy and administrative regulations. The school may allow a limited number of exempt fundraisers as permitted by the Pennsylvania Department of Education each school year: up to five (5) exempt fundraisers in elementary and middle school buildings, and up to ten (10) exempt fundraisers in high school buildings. Exempt fundraisers are fundraisers in which competitive foods are available for sale to students that do not meet the Smart Snacks in School nutrition standards. The school shall establish administrative regulations to implement fundraising activities in Diocesan schools, including procedures for requesting a fundraiser exemption.**5130.5 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 Diocesan students must participate in physical education.Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.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. 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. A varied and comprehensive curriculum that promotes both team and individual activities and leads to students becoming and remaining physically active for a lifetime shall be provided in the physical education program. * 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.
* A local assessment system shall be implemented to track student progress on the Health, Safety and Physical Education academic standards.
* Students shall be moderately to vigorously active as much as possible during a physical education class. Documented medical conditions and disabilities shall be accommodated during class.
* Safe and adequate equipment, facilities, and resources shall be provided for physical education courses.
* Physical education classes shall have a teacher-student ratio comparable to those of other courses for safe and effective instruction.
* Physical activity shall not be used or withheld solely as a form of punishment.
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