



SECTION: MACS Students
TITLE: STUDENT WELLNESS
ADOPTED: OCTOBER 2006
REVISION:

MANCHESTER ACADEMIC CHARTER SCHOOL**Robinson Learning Center**

1214 Liverpool Street, Pittsburgh, PA 15233

Phone: 412.322.0585 Fax: 412.322.2176

www.macsk8.org

STUDENT WELLNESS**PURPOSE**

Manchester Academic Charter School recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. The Board of Trustees 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

Manchester Academic Charter School is in the process of compiling with the Local Wellness Policy established by Section 204 of Public Law 108-265 and the Child Nutrition and WIC Reauthorization Act of 2004 that requires each Local Education Agency (LEA) participating in the National School Lunch Program to develop Local Wellness Policies. Manchester Academic Charter School is characterized as an LEA institution. To ensure the health and well-being of all students, the Administration and Board establishes that the School 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 nutritional guidelines.
- Physical education courses and opportunities for developmentally appropriate physical activity during the school day.
- Curriculum and programs for grades Kindergarten through 8th 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.

DELEGATION OF RESPONSIBILITY

Manchester Academic Charter School Chief Executive Officer *Mr. Vasilios Scoumis* or designee shall be responsible to monitor the School's programs and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations.

Manchester Academic Charter School Chief Executive Officer *Mr. Vasilios Scoumis* submits the School's *Student Wellness Policy* to the Pennsylvania Department of Education, Division of Food and Nutrition for review regarding compliance in his School.

Staff members responsible for programs related to student wellness shall report to the Chief Executive Officer *Mr. Vasilios Scoumis* regarding the status of such programs.

Manchester Academic Charter School Chief Executive Officer *Mr. Vasilios Scoumis* shall periodically and/or annually report to the Board of Trustees on the School's compliance with law and policies related to student wellness. The report may include:

- Assessment of school environment regarding student wellness issues.
- Evaluation of food services program.
- Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.
- Listing of activities and programs conducted to promote nutrition and physical activity.
- Recommendations for policy and/or program revisions.
- Suggestions for improvement in specific areas.
- Feedback received from School staff, students, parents/guardians, community members and Wellness Committee.

Manchester Academic Charter School will carry out the 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 periodically and/or annually by the:

Food Service Director: Ms. Pamela Wright

Cafeteria Manager. Ms. Beth Pyzola

Business Manager. Mr. Derrick Craig

Chief Executive Officer: Mr. Vasilios Scoumis

GUIDELINES

Wellness Committee

The Chief Executive Officer Mr. Vasilios Scoumis shall appoint a Wellness Committee comprised of at least one (1) of the following: School Board member, district administrator, district food service representative, student, parent/guardian, and a member of the public. Manchester Academic Charter School operates as a school district.

- Chief Executive Officer: Mr. Vasilios Scoumis
- Board Trustee: Dr. Betty H. Robinson
- Food Service Representative: Ms. Pamela Wright
- Student: LeVontai Brown
- Parent/Guardian: Ms. Rashida Clark
- Representative of Community Organization: Ms. Melissa Strader
- Physical Education Teacher: Mr. Christopher Cord
- School Nurse: Ms. Mary K. Sykes
- School Counselor: Ms. Chokala Hall
- Coach: Ms. Patria Davenport
- Classified Staff: Mr. Derrick Craig
- Representative of Local or County Agency: Mr. Michael Synborski

The Manchester Academic Charter School 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.

- 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.

- 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.
- The Wellness Committee shall provide periodic reports to the Chief Executive Officer or designee regarding the status of its work, as required.

Nutrition Education

Manchester Academic Charter School's nutrition education is one part of the School's health education program for each elementary and middle school student. The School's Student Wellness Policy will include the following guidelines:

- 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.
- 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.
- Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.
- Nutrition education lessons and activities shall be age-appropriate.
- Nutrition curriculum shall be behavior focused.
- The School's food service and nutrition education classes shall cooperate to create a learning laboratory.
- Nutrition education shall be integrated into other subjects to complement but not replace academic standards based on nutrition education.
- Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.
- The School's staff responsible for providing nutrition education shall be properly trained and prepared and shall participate in appropriate professional development.

- The School's staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.
- 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

Manchester Academic Charter School is committed to providing school environments to promote and protect children's health, well-being, and ability to learn by supporting healthy eating, physical activity, and physical education by scheduling physical activity classes for each elementary (Kindergarten—5th Grade) and middle school student (6th—8th Grade). The School's Student Wellness Policy will include the following physical activity guidelines:

- The School shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.
- The School shall 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.
- The School 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.

Physical Education

Manchester Academic Charter School's *Student Wellness Policy* will include the following physical education guidelines:

- 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 leads to students becoming and remaining physically active for a lifetime shall be provided in the physical education program.
- 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.
- 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 time 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 shall be taught by a certified health and physical education teacher.
- Appropriate professional development shall be provided for the physical education teacher.
- Physical education classes shall have a teacher-student ratio comparable to those of other courses.
- Physical activity shall not be used as a form of punishment.

Other School Based Activities

Manchester Academic Charter School's Student Wellness Policy will include the following other School-based activities guidelines:

- The School shall provide adequate space 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.
- 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.
- Qualified nutrition professionals shall administer the school meals program.
- Professional development shall be provided for the School's nutrition staff.
- 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 School shall utilize available funding and outside programs to enhance student wellness.

- Food shall not be used in the School as a reward or punishment
- The School 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.
- Fundraising projects submitted for approval shall be supportive of healthy eating and student wellness.
- 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 School 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.

Nutrition Guidelines

All foods available in Manchester Academic Charter School during the school day shall be offered to students with consideration for promoting student health and reducing childhood obesity.

Foods provided through the National School Lunch or School Breakfast Programs shall comply with federal nutrition standards under the School's Meals Initiative.

Competitive foods are defined as foods offered at the School other than through the National School Lunch or School Breakfast Programs and include a la carte foods, snacks and beverages; vending food, snacks and beverages; school store food, snacks and beverages; fundraisers; classroom parties; holiday celebrations; and food from home.

- All competitive foods available to students in the School shall comply with the Nutritional Standards for Competitive Foods in Pennsylvania Schools. The nutritional standards shall be implemented as a two (2) year plan.
- All competitive foods available to students in the School shall comply with the established nutrition guidelines, as listed in the
 - Student Wellness Plan: Manchester Academic Charter School, October 2006
 - Administrative Regulations: MACS—Parent/Student Handbook, Faculty Handbook, & Employee Handbook

- Guidelines: *Guidelines for Nutritional Standards for Competitive Foods In Pennsylvania Schools*, Pennsylvania Department of Education, Division of Food and Nutrition, October 2, 2006, Vonda Fekete, Supervisor vfekete@state.pa.us

Model Local School Wellness Policies on Physical Activity and Nutrition, National Alliance for Nutrition and Activity (NANA), March 2005, www.schoolwellnesspolicies.org

- Procedures. *School Nutrition Association Local Wellness Policy Recommendations*, SCHOOL NUTRITION ASSOCIATION, April 20, 2005, www.schoolnutrition.org

Safe Routes to School

The School shall assess and, to the extent possible, implement improvements to make walking and biking to school safer and easier for students.

The School shall cooperate with local municipalities, public safety agency, police departments, and community organizations to develop and maintain safe routes to school.

The School administrators shall seek and utilize available federal and state funding for safe routes to school, when appropriate.

References:

Child Nutrition and WIC Reauthorization Act of 2004 Public Law 108-265 Section 204

National Alliance for Nutrition and Activity (NANA), March 2005, www.schoolwellnesspolicies.org

Pennsylvania Department of Education, Division of Food and Nutrition, Supervisor Vonda Fekete at vfekete@state.pa.us

SCHOOL NUTRITION ASSOCIATION, April 20, 2005, www.schoolnutrition.org