



Book	Policy Manual
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Purpose

The Central Bucks 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 promotion, 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

To support the health and well-being of students, the Board has determined that the district shall provide to students:

1. A comprehensive nutrition program consistent with federal and state requirements.
2. Access, at reasonable cost, to foods and beverages that meet established nutritional 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, in accordance with State Board of Education curriculum regulations and academic standards.

Delegation of Responsibility

The Superintendent or designee shall be responsible for the implementation and oversight of this policy, to monitor district schools, programs, and curriculum, related policies and established guidelines or administrative regulations.[\[1\]\[2\]](#)

Each building principal or designee shall report, annually, to the Superintendent or designee regarding compliance with this policy, related policies and established guidelines or administrative regulations.[\[2\]](#)

The Superintendent or designee shall report annually to the Board on the district's compliance with law and policies related to school wellness.

The Food Service Director and Business Manager shall provide at least annually an assurance that district guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law.

The district 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 the district website, student handbooks, newsletters, posted notices and/or other efficient communication methods.

The Superintendent or designee and the established Wellness Committee 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 district school 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 district in attaining the goals of this policy.

At least once every three (3) years, the district shall update or modify this policy as needed, based on the results of the most recent triennial assessment and/or as district 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.[\[2\]](#)

Guidelines

Recordkeeping

The district shall retain records documenting compliance with the requirements of the School Wellness policy, which shall include:[\[2\]](#)[\[3\]](#)

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

Wellness Committee

The district shall establish a Wellness Committee comprised of, but not necessarily limited to, at least one (1) of each of the following: School Board member, district administrator, district food service representative, student, parent/guardian, and member of the public.[\[1\]](#)

The district shall be required to permit physical education teachers and school health professionals to participate on the Wellness Committee.

It shall be the goal that committee membership will include representatives from each school building and reflect the diversity of the community.

The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing, implementing and periodically reviewing and updating a Student Wellness Policy that complies with law and can be submitted 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 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 policy.[\[2\]](#)

Nutrition Education

The goal of nutrition education is to teach, model, 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 the State Board of Education curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.[4][5][6]

Nutrition education shall provide all students, K-12, with the knowledge, skills and behavior needed to lead healthy lives.

Nutrition education lessons and activities shall be age-appropriate.

School food service and community resources will coordinate efforts to facilitate nutrition education.

Nutrition education shall be integrated into other subjects to complement but not replace academic standards.

The staff responsible for providing nutrition education will receive instruction, curriculum, materials and adjunctive resources. The district shall develop standards for such training and professional development.[7]

District 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.

Nutrition Promotion

The district aims to teach, encourage, and support healthful eating by students. District schools shall promote nutrition by providing appropriate nutrition education in accordance with the Student Wellness Policy.

District schools shall promote nutrition through the implementation of Farm to School activities where possible.

Consistent nutrition messages shall be disseminated and displayed throughout the district.

District schools shall offer resources about health and nutrition to encourage parents/guardians to provide healthy meals for their children.

Physical Activity

Central Bucks School District believes that lifelong health and wellness is critical to the overall success of its students; therefore, the district will encourage and support developmentally appropriate physical activity for all of its students.

CBSD schools will provide opportunities for developmentally appropriate physical activity during the school day for all students.

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.

CBSD will provide schools having a physical and social environment that encourages safe and enjoyable activity for all students.

Extended periods of student inactivity will be discouraged.

School will have after-school programs that provide developmentally appropriate physical activity for participating children.

District schools shall partner with parents/guardians and community members and organizations to institute programs that support lifelong physical activity.

Physical activity shall not be used or withheld as a form of punishment.

Students and the community shall have access to physical activity facilities outside school hours.

Each school within CBSD will create a Wellness Committee to implement programs to support our commitment as outlined above. Two (2) specific initiatives are listed below.

1. School Wellness Committees will initiate a pledge drive that supports an accumulation of 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.
2. District schools shall partner with parents/guardians and community members to institute programs that support physical activity.

Physical Education

CBSD strives to provide quality physical education instruction that promotes lifelong physical activity.

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.

CBSD offers a sequential and comprehensive physical education course of study consistent with State Board of Education curriculum regulations and Health, Safety and Physical Education Academic Standards. Our curriculum focuses on skills, knowledge and confidence needed by our students to participate in lifelong, health-enhancing physical activity. To do this, the district will provide:[\[5\]](#)[\[6\]](#)[\[8\]](#)

1. Adequate amounts of planned instruction in order for students to achieve the proficient level for the Health, Safety, and Physical Education academic standards.
2. A local assessment system shall be implemented to track student progress on the Health, Safety and Physical Education academic standards.

3. Safe and adequate equipment, facilities and resources.
4. Student-teacher ratios that are appropriate and allow effective instruction for life-long learning.
5. Certified health and physical education teachers.
6. During physical education class time, students shall be moderately to vigorously active as much time as possible. Also, documented medical conditions and disabilities will be accommodated.

Appropriate and on-going professional development will be provided for physical education staff.

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, required by federal regulations and as defined by the district.[\[9\]](#)

Drinking water shall be available and accessible to students without restriction and at no cost to the students at all meal periods throughout the school day.[\[9\]](#)[\[10\]](#)

Nutrition content of school meals shall be available to students and parents/ guardians.

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

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

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

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

District schools shall implement alternative service models to increase school breakfast participation where possible.

Nutrition Standards/Guidelines

All foods and beverages available in district schools during the school day shall be offered to students with consideration for promoting student health and reducing childhood obesity.

Foods and beverages provided through the National School Lunch or School Breakfast Programs shall comply with established federal nutrition standards under the School Meals Initiative.[\[9\]](#)[\[10\]](#)[\[11\]](#)[\[12\]](#)

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.

Competitive Foods -

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 at schools participating in the National School Lunch Program. These foods are available to students above and beyond the school meal programs and shall comply with established federal nutrition standards. All competitive foods available to students in district schools shall comply with the USDA Smart Snacks in School program and Nutritional Standards for Competitive Foods in Pennsylvania Schools. These standards shall apply to all locations and through all services where foods and beverages are sold to students. [\[2\]\[13\]](#) [\[14\]](#)

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. [\[2\]\[13\]](#)

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. [\[2\]\[13\]](#)

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. [\[15\]](#)

The district may allow a limited number of fundraisers 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. [\[13\]](#)

The district shall establish administrative regulations to implement fundraising activities in district schools, including procedures for requesting a fundraiser exemption.

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 district.

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

1. Rewards and Incentives: Foods and beverages can be used as a reward or incentive in district schools, no more than once a month.
2. Classroom Parties and Celebrations: Classroom parties shall offer a minimal amount of foods containing sugar as the primary ingredient and will provide the following: Fresh fruits and vegetables, Water, or 100% juice, or low-fat/non-fat milk. Classroom parties

limited to 2 or 3 times a year.

3. Shared classroom snacks should be limited.

Marketing/Contracting -

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 and administrative regulations. [\[2\]\[13\]](#)

For schools which do not operate under the National School Lunch Program, all main menu meals will meet or exceed the Healthy Hunger-Free Kids Act guidelines.