



Book	Policy Manual
Section	200 Students
Title	Student Wellness
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WALLINGFORD-SWARTHMORE SCHOOL DISTRICT

Purpose

The Wallingford-Swarthmore 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

The Board adopts this Policy based on the recommendations of the appointed Wellness Committee and in accordance with federal and state laws and regulations.[\[1\]](#)[\[2\]](#)[\[3\]](#)

To promote the health and well-being of all students, the Board establishes that the District shall provide to students, in accordance with the State Board of Education curriculum regulations and academic standards:

1. A comprehensive nutrition program aligned 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. Proposed curriculum revisions must be submitted to the Superintendent by June 15.

Delegation of Responsibility

The Superintendent or designee shall be responsible for the implementation and oversight of this Policy and the accompanying Administrative Regulations to ensure each of the District schools, programs, and curriculum is compliant with this Policy, related policies and established guidelines or Administrative Regulations.^[2]^[3]

The Board shall ensure the continued existence of a Wellness Committee comprised of at least one of each of the following: School Board member, District administrator, District food services representative, student, parent/guardian, member of the public, District physical education teacher, and school nurse.

The purpose of the Wellness Committee is to review Board Policies and Administrative Regulations, procedures and practices regarding wellness and nutrition and to recommend revisions to the Board and administration regarding these Policies, Administrative Regulations, procedures and practices.

The Superintendent or designee shall prepare and administer guidelines to monitor the District's programs and curriculum to ensure compliance with state and federal law regarding local school wellness, this Policy, related policies and established Administrative Regulations.

The Superintendent or designee and the established Wellness Committee shall conduct an assessment at least once every three (3) years, or as otherwise required by law, on the contents and implementation of this Policy and the accompanying Administrative Regulations 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. 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; and
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 and, if necessary, revise this Policy 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; or new federal or state guidance or standards are issued.

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 efficient communication methods. This annual notification shall include information on how to access the Student Wellness Policy; information about the most recent triennial assessment; information on how to participate in the development, implementation and periodic review and update of the Student Wellness Policy; and a means of contacting Wellness Committee leadership

Legal

[1. 24 P.S. 1422.1](#)

[2. 42 U.S.C. 1758b](#)

[3. 7 CFR 210.31](#)

[4. 7 CFR 210.15](#)

[5. 24 P.S. 1513](#)

6. Pol. 102

7. Pol. 105

8. Pol. 808

[9. 24 P.S. 1512.1](#)

[10. 7 CFR 210.10](#)

[11. 7 CFR 220.8](#)

[12. 24 P.S. 701](#)

[13. 24 P.S. 742](#)

[14. 42 U.S.C. 1751 et seq](#)

[15. 42 U.S.C. 1773](#)

[16. 7 CFR 210.30](#)

[17. 7 CFR 210.11](#)

[18. 7 CFR 220.12](#)

[19. 24 P.S. 504.1](#)

[24 P.S. 1337.1](#)

[20. 24 P.S. 1422](#)

[24 P.S. 1422.3](#)

[P.L. 111-296](#)

[7 CFR Part 210](#)

[7 CFR Part 220](#)

Pol. 103

Pol. 913.1