



SCHOOL WELLNESS POLICY

PURPOSE

This Local Wellness Policy (LWP) outlines the LEA's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. This policy applies to all students, staff and schools in **Penn-Mont Academy**. Specific measurable goals and outcomes are identified within each section below.

AUTHORITY

To ensure the health and well being of all students, the Board of Directors establishes that they shall provide the following to students:

- A comprehensive nutrition program consistent with federal and state requirements;
- Physical education courses and opportunities for developmentally appropriate physical activity during the school day; and
- Curriculum and programs for grades K-6 that are designed to educate students and families about proper nutrition and lifelong physical activity.

DELEGATION OF RESPONSIBILITY

Leadership

The Head of School or designee will ensure compliance with established school nutrition and physical activity wellness policies.

Local Wellness Committee

Penn-Mont Academy has established a Local Wellness Committee that meets at least two times per year to develop goals for and oversee implementation of school health and safety policies/programs, including periodic reviews and updates of this LWP.

The Local Wellness Committee will represent all school levels and include (to the extent possible), but not be limited to one of each of the following: teacher, school nurse, principal, parent, student and any other individuals chosen by the Head of School.

GUIDELINES

Record Keeping

Penn-Mont Academy will develop and maintain an implementation plan for implementing this LWP. This plan will delineate the roles, responsibilities, actions and timelines specific to each school; and include information about who will be responsible to making what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness. The school will retain records to document compliance with the requirements of this LWP at the school's main office.

Documentation maintained in these locations will include but is not be limited to:

- this written LWP;
- documentation demonstrating that the policy has been made available to the public;
- documentation of efforts to review and update the LWP; including an indication of who is involved in the update and methods the LEA uses to make stakeholders aware of their ability to participate on the Local Wellness Committee;
- documentation to demonstrate compliance with the annual public notification requirements;
- the most recent assessment on the implementation of the LWP; and
- assessment documents will be made available to the public.

Penn-Mont will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The school will make this information available via the school website **www.pennmontacademy.com** and through school-wide communications as necessary. This will include a summary of the school's events or activities related to wellness policy implementation. Annually, Penn-Mont also will publicize the name and contact information of the school officials leading and coordinating the Local Wellness Committee, as well as information on how the public can get involved with the Committee.

Triennial Progress Assessments

At least once every three years, **Penn-Mont Academy** will conduct a Triennial Progress Assessment and develop a report that reviews each schools' compliance with this LWP. This assessment and report will include a full description of the progress made in attaining the goals of school's LWP.

The positions/persons responsible for managing the triennial assessment and report are the Head of School or designee.

The above referenced individual will monitor the schools' compliance with this LWP and develop the triennial progress reports by utilizing, among other tools, the annual LEA self-evaluations described in the above section. **Penn-Mont** will actively notify households/families of the availability of the triennial progress report.

The Local Wellness Committee will update or modify this LWP based on the results of **Penn-Mont Academy's** annual self-assessment, the USDA triennial administrative review, and on other variables, including if/when the school's health priorities change; the community's health needs change; the wellness goals are met; new health science arises, new technology emerges; and new federal or state guidance/standards are issued.

Nutrition Education

Penn-Mont Academy will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

- is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
- includes enjoyable, developmentally appropriate, culturally relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;
- includes nutrition education training for teachers and other staff

Nutrition Promotion

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

- implementing 10 or more evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques; and
- contracting with food service vendors that utilize locally grown, locally processed and unprocessed foods from growers engaged in sustainable agriculture practices

Penn-Mont Academy is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, lean protein and fat-free or low-fat dairy, that are moderate in sodium, low in saturated fat, have zero grams trans-fat per serving (nutrition label or manufacturer's specification), and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of students, help mitigate childhood obesity, model healthy eating habits to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

Other School Based Activities

To promote hydration, free, potable drinking water will be available to all students throughout the school day and throughout every school campus. **Penn-Mont** will make drinking water available where school meals are served during mealtimes.

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

Staff Qualifications and Professional Development

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA Professional Standards for Child Nutrition Professionals.

Nutrition professionals who meet the criteria established by the School shall administer the school meals program. Access to the food service operation shall be limited to authorized staff only.

Penn-Mont Academy is committed to offering school meals through the National School Lunch Program (NSLP), School Breakfast Program (SBP), and other supplemental programs, that:

- are accessible to all students;
- are appealing and attractive to students;
- are served in clean and pleasant settings;
- provide an adequate space for serving and eating;
- meet or exceed current nutrition requirements established by local and federal statutes and regulations;
- provide at least 30 minutes for students to eat lunch and sufficient time during the lunch period for every student to pass through the service line; and
- promote healthy food and beverage choices by using Smarter Lunchroom techniques

Competitive Foods and Beverages

Penn-Mont Academy is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools, are available [here](#).

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards.

Classroom Parties/Celebrations

Penn-Mont will provide a list of suggested healthy food options to parents/guardians which will be posted in the student handbook. Any other food items brought into the school for any parties or celebrations will be refused.

Rewards

Penn-Mont Academy will not use foods or beverages as rewards, incentives, or prizes for academic performance or good behavior that do not meet the nutritional requirements above.

Fundraising

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 by the Head of School.

PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

Penn-Mont Academy acknowledges the positive benefits of physical activity for student health and academic achievement. It is the goal of the school that students engage in the recommended 30 minutes per day of physical activity. Additionally, recognizing that physical education is a crucial and integral part of a child's education, we will provide opportunities to ensure that students engage in healthful levels of vigorous physical activity to promote and develop the students' physical, mental, emotional, and social well-being.

The components of **Penn-Mont's** physical education program shall include a variety of kinesthetic activities, including team, individual, and cooperative sports and physical activities.

Students shall be given opportunities for physical activity through a range of before-and/or after-school programs. **Penn-Mont** will ensure that:

- physical education teachers shall develop and implement a curriculum that connects and demonstrates the interrelationship between physical activity, good nutrition, and health;
- physical education staff shall appropriately limit the amount or type of physical exercise required of students during air pollution episodes, excessively hot weather, or other inclement conditions; and
- physical activity is neither required nor withheld as punishment.

Ensuring Quality Nutrition Education, Health Education and Physical Education

Penn-Mont Academy aims to provide age-appropriate and culturally sensitive instruction in nutrition, health and physical education that help students develop the knowledge, attitudes, and skills to enjoy healthy eating habits and a physically active lifestyle.