



## Student Wellness Planning

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Healthy, Hunger-Free Kids Act of 2010  
Warwick School District Board Policy no. 246

Student Wellness Mission Statement:

***Through the collaborative efforts of the classroom, school, district, and community, our students will achieve optimal health status so that they can attain academic success at a higher level.***

As per School Board Policy no. 246, the Warwick School District recognizes that student wellness and proper nutrition are related to students' physical wellbeing, growth, development, and readiness to learn. The Board 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.

The following goals are designed to promote Warwick School District's compliance with the Board Policy no. 246 and the Healthy, Hunger-Free Kids Act of 2010:

### Nutrition Promotion

- 1) Provide students with access to reasonably priced foods and beverages that promote a healthy lifestyle.
- 2) Provide nutrition guidelines for all foods and beverages sold during the school day at all schools participating in the National School Lunch Program that are consistent with Federal regulations for:
  - a. School meal nutrition standards; and,
  - b. *Smart Snacks in School* nutrition standards.
- 3) Market/advertise only foods and beverages that encourage healthy nutrition.

### Nutrition Education

- 1) Engage in curriculum mapping of the *Food Science and Nutrition* standards (11.3) of the PA Academic Standards for Family and Consumer Science for grades 3-11.
- 2) Review the curriculum alignment between the Pennsylvania Academic Standards and the Division of Food and Nutrition Interdisciplinary Nutrition Curriculum to identify which Academic Standards are covered in the existing curriculum for four content/subject areas:
  - a. Health, Safety and Physical Education (HSPE);
  - b. Family and Consumer Sciences (FCS);
  - c. Science and Technology (Science); and,
  - d. Environment and Ecology (E & E).

### Physical Activity

- 1) Offer school-based activities that promote physical activity and lifelong fitness/wellness opportunities for students.
- 2) Encourage student participation in school and community sports programs and wellness activities.
- 3) Provide resources to parents to support physical activities for students outside of the school setting.

### Other School-Based Activities that Promote Student Wellness

- 1) Provide mental health supports to students within the school setting to develop positive social-emotional wellbeing.
- 2) Identify and apply research-based strategies/recommendations for implementing a systematic process for promoting students' social and emotional development and supporting parental/family involvement.

### Public Sharing of Student Wellness Progress Reports

- 1) Conduct an assessment of the wellness policy every three (3) years (at a minimum) that involves the following components:
  - a. District compliance with the wellness policy;
  - b. District student wellness policy's alignment with proposed federal model wellness policies; and,
  - c. Progress attained in achievement of established student wellness goals.
- 2) Post an annual progress report on the district website that summarizes schools' achievement of student wellness goals, school level wellness events & activities, and strategies for family/community support.

