



Book	Policy Manual
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Adopted

November 28, 2023

The Hopewell Area School District recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development and readiness to learn. The Board of School Directors and district are committed to providing a school environment that promotes student wellness, proper nutrition and nutrition education as well as reduces time spent on sedentary activities and advocates for 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.

Purpose

1. Physical activity has been shown to improve the health and well-being of all individuals who engage in regular exercise. Research supports that a positive health and fitness model improves attendance and academic achievement in all students.
2. Lifelong healthy habits are established in the developmental years through education, modeling and participation.
3. Obesity rates have doubled in children and tripled in adolescents. Research supports that physical inactivity and excessive calorie intake are the predominate causes of obesity.
4. Students at all grade levels need access to healthful foods and opportunities to be physically active on a regular basis in order to grow, learn and thrive.
5. Community participation is essential to the development and implementation of successful school wellness policies.

The Hopewell Area School District is committed to establishing guidelines that provide school environments that promote and protect our children's health, well-being and ability to learn by supporting healthy eating and physical activity.

Authority

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

To ensure the health and well-being of all students, the Board establishes that the district shall:

1. Maintain a district Wellness Committee to engage students, parents/guardians, teachers, food service professionals, health professionals and other community members in developing, implementing, monitoring and reviewing district-wide nutrition and physical activity policies.
2. Provide all students in grades K-12 with opportunities, support and encouragement to be physically active on a regular basis.
3. Provide food and beverages, at a reasonable cost, that meet or exceed the nutritional recommendations set forth by federal and state requirements.
4. Ensure all schools in our district participate in available federal school meal programs (including the School Breakfast Program and the National School Lunch Program) to the maximum extent practical.
5. Provide planned instruction in physical education that is aligned with the state's academic standards for health and physical education in addition to opportunities for developmentally appropriate physical activity during the school day.

6. Provide curriculum and programs for nutrition and physical education to foster lifelong habits of healthy eating and physical activity and establish linkages between health education, school meal programs and related community services.
7. Complete a triennial assessment including the following: compliance of participating school with wellness policy; comparison of the local policy to a model school wellness policy; and progress made in attaining the goals of the wellness policy.[\[1\]](#)[\[2\]](#)[\[3\]](#)

Guidelines

Wellness Committee

The district shall appoint a Wellness Committee comprised of at least one (1) of each of the following: School Board Member; district administrator; teacher of physical education; district food service professional; health professional; student; parent/guardian; and the public.[\[1\]](#)

The Wellness Committee shall serve as an advisory committee to promote awareness relevant to student and staff health issues.

The Wellness Committee shall be responsible for developing a Wellness Policy that complies with federal and state regulations to recommend to the Board for adoption.

The Wellness Committee will make policy recommendations to the Board related to other health issues necessary to promote student/staff wellness.[\[2\]](#)

Students and parents/guardians may be involved in providing recommendations for menu selections that fit within the federal guidelines.

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

The district shall establish guidelines to address food allergy management in district schools in order to:[\[4\]](#)

1. Reduce and/or eliminate the likelihood of severe or potentially life-threatening allergic reactions.
2. Manage foods that may be restricted on a case-by-case basis.
3. Ensure a rapid and effective response in case of a severe or potentially life-threatening allergic reaction.
4. Protect the rights of students by providing them, through necessary accommodations when required, the opportunity to participate fully in all school programs and activities.

Physical Education

All students in grades K-12, including students with disabilities and special health-care needs, will receive developmentally appropriate physical education opportunities each school year.[\[5\]](#)[\[6\]](#)[\[7\]](#)

The standard based health and physical education curriculum will emphasize participation in fitness based modalities and enable students to develop the physical literacy needed to adopt and maintain physically active lifestyles.

Physical education courses shall be the means through which all students learn and practice developmentally appropriate skills and gain the knowledge necessary for achieving a healthy lifestyle.

A varied and comprehensive curriculum that promotes students to become and remain physically active throughout their lifetime shall be provided in the physical education program.

Consistent with the Pennsylvania state standards for physical education, adequate planned instruction shall be provided for all students at all grade levels.[5][6][7]

Students will achieve moderate to vigorous levels of activity as part of the planned instruction during their 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 classes.

Student involvement in other activities (e.g. interscholastic or intramural) will not be substituted for meeting the physical education requirement.

Health and physical education shall be provided and curriculum will be reviewed and updated as appropriate. Instruction shall include, but not be limited to, social and emotional well-being, human development, hygiene and nutrition.

Nutrition Education and Promotion

Nutrition education and promotion will be provided within the sequential, comprehensive health education program in accordance with curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.[5][6][8]

The district's nutrition education and promotion goals are to teach, encourage and support healthful eating by all students.

District schools shall promote nutrition by providing appropriate nutrition education in accordance with the Student Wellness Policy during course offerings, assemblies and special programming. Consistent nutritional messages shall be disseminated and displayed throughout the district.

The district shall offer resources about health and nutrition to promote healthy eating for children.

Management of Food Allergies in District Schools

The district shall establish guidelines to address food allergy management in district schools in order to:[4]

1. Reduce and/or eliminate the likelihood of severe or potentially life-threatening allergic reactions.
2. Ensure a rapid and effective response in case of a severe or potentially life-threatening allergic reaction.
3. Protect the rights of students by providing them, through necessary accommodations when required, the opportunity to participate fully in all school programs and activities.

Physical Activity

In addition to physical education, district schools shall strive to provide opportunities for developmentally appropriate physical activity throughout the school year for all students.

Age-appropriate physical activity opportunities (e.g. after school programs, recess and interscholastic athletics) shall be provided to meet the needs and interests of all students. These activities will not take the place of a structured or planned physical education course.

A physical and social environment that encourages safe and enjoyable activities for all students shall be maintained at all times.

District schools shall partner with parents/guardians and community members to institute or support extra-curricular and community programs that support physical activity.

Other School Based Activities

Safe drinking water shall be available and accessible to students, without restriction and at no cost to the student, at all meal periods and throughout the school day.[9][10][11][12]

Nutrition professionals who meet hiring criteria established by the district and in compliance with federal regulations shall administer the school meals program. Professional development and continuing education shall be provided for district nutrition staff, as required by federal regulations.[13][14][15][16]

District schools shall provide adequate space and time, as defined by the district, for eating and serving school meals.

District schools shall implement alternative service models to increase school breakfast participation where possible, such as breakfast served in the classroom, "grab & go breakfast."

District schools shall make content of school meals available to students and parents/guardians.

Nutrition Guidelines for All Foods/Beverages at School

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 obesity.

Foods and beverages provided through the National School Lunch or School Breakfast Programs shall comply with established federal nutrition standards.[9][10][14][15]

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 available for sale shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School). These standards shall apply in all locations and through all services where foods and beverages are sold to students, which may include, but are not limited to: a la carte options in cafeterias, vending machines, school stores, snack carts and fundraisers.[2][17][18]

Competitive foods are defined as foods and beverages offered or sold to students in district schools during the school day, which are not part of the reimbursable school breakfast or lunch.

For purposes of this policy, **district schools** means any area of property under the jurisdiction of the school that students may access during the school day and **school day** means the period from midnight before school begins until thirty (30) minutes after the end of the official school day.[2][17]

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.[19]

The district may allow a limited number of exempt fundraisers as 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.[17]

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 used as a reward or incentive shall promote a positive nutrition message and will be approved by the building principal.
2. Classroom Parties and Celebrations: When appropriate, foods/beverages for parties and celebrations shall be provided by the food service department to help prevent food safety and allergy concerns. Classroom parties shall offer a minimal amount of foods (maximum 2-3 items) containing added sugar as the primary ingredient (e.g., cupcakes, cookies). Parents/Guardians shall be informed through annual communication regarding guidelines for classroom parties and celebrations with foods/beverages.

The district shall provide a list of suggested nonfood ideas and healthy food and beverage alternatives to parents/guardians and staff, which may be posted via the district website, student handbooks, newsletters, posted notices and/or other efficient communication methods.

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.[\[2\]](#)[\[17\]](#)

Exclusive competitive food and/or beverage contracts shall be approved by the Board, in accordance with provisions of law. Existing contracts shall be reviewed and modified to the extent feasible to ensure compliance with established federal nutrition standards, including applicable marketing restrictions.[\[20\]](#)

Delegation of Responsibility

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

The Superintendent or designee shall annually report to the Board on the district's compliance with law and policies related to student/staff wellness. The report may include:[\[2\]](#)

1. Assessment of school environment regarding student wellness issues.
2. Evaluation of food services program.
3. Evaluation of applicable curriculum.
4. Review of foods and beverages sold in schools for compliance with established nutrition guidelines.
5. Examples of activities and programs conducted to promote nutrition and physical activity.
6. Recommendations for policy and/or program revisions.
7. Suggestions for improvement in specific areas.

8. Feedback received from district staff, students, parents/guardians, community members and the Wellness Committee.

School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Superintendent (or if done at the school level, to the school principal). In addition, the district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes.

The Superintendent or designee will develop a summary report every three (3) years on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district. The report will include a summary of the findings of the triennial assessment and will be used to update the local wellness policy. That report will be provided to the Board and also distributed to all school health councils, parent/teacher organizations, school principals and school health services personnel in the district.[\[1\]](#)[\[2\]](#)

The district shall inform and update the public, including parents/guardians, students and others in the community, about the contents and implementation of this policy on an annual basis.[\[1\]](#)[\[2\]](#)