

## POTTSTOWN SCHOOL DISTRICT

### WELLNESS POLICY

7260

It is the policy of the Pottstown School District that we are committed to provide a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Students in Grades K-12 will have the opportunity, support, and encouragement to be physically active on a regular basis.

- 7260.1 All foods and beverages sold at the Pottstown School District during school hours will comply with the newly implemented nutrition standards set forth by the Department of Education, Division of Child Nutrition.
- 7260.2 All schools in the Pottstown School District will participate in the National School Lunch and Breakfast Program and will comply with federal and state requirements.
- 7260.3 Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity and will establish links between health education and the school meals program so that students will be prepared to make healthy choices.
- 7260.4 The school environment is safe, comfortable, pleasing, and allows ample time and space for eating.
- 7260.5 Healthy food and/or activity may be used as a positive reinforcement. The healthy food or physical activity must be reviewed by a building administrator.
- 7260.6 It is highly recommended that school staff should act as role models for good nutrition and activity.
- 7260.7 The school administrators will coordinate and monitor the school nutrition and physical activity policy as it relates to their building.
- 7260.8 Parent/teacher organizations, students, teachers, parents and guardians, and media outlets will receive information from the district and/or building principals regarding nutrition education and physical activity initiatives within the district or individual school.
- 7260.9 The school district's wellness policy will be monitored by the school food service director annually to be sure that the school district continues to meet the wellness policy goals.

Adopted: February 16, 2006

Revised: August 16, 2007