

# MIDDLE BUCKS INSTITUTE OF TECHNOLOGY

SECTION: PUPILS

TITLE: STUDENT WELLNESS

ADOPTED: June 12, 2006

REVISED: October 8, 2012

246. STUDENT WELLNESS	
<p>1. Purpose 42 U.S.C. Sec. 1751 nt</p>	<p>This policy is adopted in compliance with the Child Nutrition and WIC Reauthorization Act. Middle Bucks Institute of Technology recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development and readiness to learn.</p>
<p>2. Authority</p>	<p>In cooperation with the sending school districts, the Executive Council, in order to promote the health and well-being of all students, shall provide to students:</p> <ol style="list-style-type: none"> <li>1. Access at reasonable cost to food and beverages that meet nutritional guidelines established by the Child Nutrition and WIC Reauthorization Act.</li> <li>2. Opportunities for developmentally appropriate physical activity during the school day.</li> <li>3. Curriculum and programs that are designed to educate students about healthy lifestyle and lifelong physical activity in accordance with State Board of Education curriculum regulations and academic standards.</li> </ol>
<p>3. Delegation of Responsibility  Pol. 808</p>	<p>The Director or designee shall be responsible to monitor technical school programs and curriculum to ensure compliance with the policy and related procedures.</p> <p>The Director or designee shall periodically report to the Executive Council the school's compliance with law and policies related to student wellness. The report may include:</p> <ol style="list-style-type: none"> <li>1. Evaluation of food services.</li> <li>2. Summary of activities and programs conducted to promote healthy lifestyle and physical activity.</li> </ol>

<p>4. Guidelines</p>	<p><u>Physical Activity</u></p> <p>A physical education program consistent with the Pennsylvania State Board of Education curriculum regulations and the academic standards for Health, Safety, and Physical Education will be provided to all students at either MBIT or the sending high schools.</p> <p><u>Other School Based Activities</u></p> <p>Local wellness policy goals will be considered in planning all school-based activities.</p> <p>Students will have access to hand washing or hand sanitizing.</p> <p><u>Nutrition Guidelines</u></p> <p>All foods provided by district schools during the school day shall be offered to students with consideration for promoting student health.</p> <p>Nutrition standards for foods and beverages sold in MBIT shall comply with nutrition guidelines established by the Child Nutrition and WIC Reauthorization Act.</p> <p>References:</p> <p>Child Nutrition and WIC Reauthorization Act of 2004 – 42 U.S.C. Sec. 1751 notes</p> <p>Executive Council Policy – 102, 105, 808</p>
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