

# MIDDLE BUCKS INSTITUTE OF TECHNOLOGY

SECTION: PUPILS

TITLE: STUDENT WELLNESS

ADOPTED: June 12, 2006

REVISED: January 29, 2007

	<p style="text-align: center;">246. STUDENT WELLNESS</p> <p>1. Purpose This policy is adopted in compliance with the Child Nutrition and WIC Reauthorization Act (P.L. 108-265). 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.L. 108-265 To promote the health and well-being of all students, the Executive Council establishes that the school shall provide to students:</p> <ol style="list-style-type: none"> <li>1. A comprehensive nutrition program consistent with federal and state requirements.</li> <li>2. Access at reasonable cost to food and beverages that meet nutritional guidelines established by administrative regulations.</li> <li>3. Physical education courses and opportunities for developmentally appropriate physical activity during the school day.</li> <li>4. Curriculum and programs that are designed to educate students about proper nutrition and lifelong physical activity in accordance with State Board of Education curriculum regulations and academic standards.</li> </ol> <p>3. Delegation of Responsibility The Director or designee shall be responsible to monitor technical school programs and curriculum to ensure compliance with their policy, related policies and administrative regulations.</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 program.</li> <li>2. Summary of activities and programs conducted to promote nutrition and physical activity.</li> </ol>
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<p>P.L. 108-265 Sec.204</p> <p>Guidelines</p>	<p>An assurance that administrative regulations for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law shall be provided periodically by the Director or designee.</p> <p><u>Nutrition Education</u></p> <ol style="list-style-type: none"><li>1. The goal of nutrition education is to teach, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.</li><li>2. Nutrition education will be provided within the sequential, comprehensive health education program in accordance with State Board of Education curriculum regulations and the academic standards for Health, Safety and Physical Education.</li></ol> <p><u>Physical Activity</u></p> <ol style="list-style-type: none"><li>1. A physical education program consistent with the Pennsylvania State Board of 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.</li></ol> <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 before meals.</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>Foods provided through the National School Lunch or School Breakfast Programs shall comply with federal nutrition standards under the School Meals Initiative.</p> <p>Nutrition standards for foods and beverages sold in MBIT shall comply with nutrition guidelines established by administrative regulations.</p>
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