

| Current Policy | Strength of Policy | | | Implementation of Policy | | | | |
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| <i>Write any current strategy you have for your policy into the corresponding boxes below. Next you will score the strength and implementation of each strategy.</i> | <i>Compliant</i> | <i>Partially Compliant</i> | <i>Not Compliant</i> | <i>School Wide</i> | <i>Most Classrooms</i> | <i>A Few Classrooms</i> | <i>In Planning</i> | <i>No Classrooms</i> |
| Nutrition Education | | | | | | | | |
| Nutrition education 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. | HS MS | ES | | MS ES | | HS | | |
| Nutrition education in the District shall teach, model, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement. | HS MS | ES | | MS ES | | HS | | |
| Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives. | HS MS | ES | | MS ES | | HS | | |
| Nutrition education lessons and activities shall be age-appropriate. | HS MS ES | | | MS | | HS ES | | |
| Nutrition curriculum shall teach behavior-focused skills, which may include menu planning, reading nutrition labels and media awareness. | HS MS | ES | | MS | | HS ES | | |
| School food service and nutrition education classes shall cooperate to create a learning laboratory. | ES | HS | MS | | ES | HS | | MS |
| Nutrition education shall be integrated into other subjects such as math, science, language arts and social sciences to complement but not replace academic standards based on nutrition education. | MS | HS ES | | MS | | ES | | HS |
| Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity. | HS MS | ES | | MS ES | | HS | | |
| The staff responsible for providing nutrition education shall be properly trained and prepared and shall participate in appropriate professional development. The District shall develop standards for such training and professional development. | HS MS | ES | | MS ES | | HS | | |
| Nutrition education shall extend beyond the school environment by engaging and involving families and communities. | MS | HS ES | | HS MS ES | | | | |

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| Nutrition Promotion | | | | | | | | |
| Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. | HS MS ES | MS ES | | MS | | HS ES | | |
| District schools shall promote nutrition through the implementation of Farm to School activities, where possible. Activities may include, but not be limited to, the initiation/maintenance of school gardens, taste-testing of local products in the cafeteria and classroom, classroom education about local agriculture and nutrition, field trips to local farms and incorporation of local foods into school meal programs. | HS MS | ES | | HS MS | | ES | | |
| District staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition. | HS MS | ES | | HS MS | ES | | | |
| District food service personnel shall review and implement research-based, behavioral economics techniques in the cafeteria to encourage consumption of more whole grains, fruits, vegetables and legumes, and to decrease plate waste. | MS | HS ES | | HS MS ES | | | | |
| Consistent nutrition messages shall be disseminated and displayed throughout the District, schools, classrooms, cafeterias, homes, community and media. | | HS MS ES | | HS MS ES | | | | |
| District schools shall offer resources about health and nutrition to encourage parents/guardians to provide healthy meals for their children. | HS MS | ES | | HS MS | | ES | | |
| Physical Activity | | | | | | | | |
| District schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students. | HS MS ES | | | HS MS ES | | | | |
| District schools shall contribute to the effort to provide students opportunities to accumulate at least sixty (60) minutes of age-appropriate physical activity daily, as recommended by the Centers for Disease Control and Prevention. Opportunities offered at school will augment physical activity outside the school environment, such as outdoor play at home, sports, etc. | HS MS ES | | | HS ES | MS | | | |
| Students shall be encouraged to participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness and performance benefits. | HS MS ES | | | HS ES | MS | | | |
| Age-appropriate physical activity opportunities, such as outdoor and indoor recess, before and after school programs, during lunch, clubs, intramurals and interscholastic athletics, shall be provided to meet the needs and interests of all students, in addition to planned physical education. | HS MS | ES | | HS MS | | | | ES |

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| A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained. | HS MS ES | | | HS MS ES | | | | |
| Extended periods of student inactivity, one (1) hour or more, shall be discouraged. | HS MS ES | | | HS MS ES | | | | |
| Physical activity breaks shall be provided for students during classroom hours. | HS MS | ES | | MS | ES | HS | | |
| Where practical, District-sponsored after-school programs shall provide developmentally appropriate physical activity for participating children. | HS MS | | ES | HS MS | | | | |
| District schools shall partner with parents/guardians and community members and organizations, such as YMCAs, Boys & Girls Clubs, local and state parks, hospitals, etc., to institute programs that support lifelong physical activity. | HS MS | | ES | HS MS | | | | |
| Physical activity shall not be used or withheld as a form of punishment. | HS MS | ES | | HS MS | | | | |
| District schools shall promote physical activity through encouragement of walking and biking as a means of transportation to and from school. | HS MS ES | | | HS MS ES | | | | |
| Students and their families shall be encouraged to utilize District-owned physical activity facilities, such as playgrounds and fields, outside school hours in accordance with established District rules. | HS MS | ES | | HS MS ES | | | | |
| The District shall provide training to enable teachers and other staff members to promote enjoyable lifelong physical activity among students. | HS MS | ES | | HS | | | ES | |
| Physical Education | | | | | | | | |
| A sequential physical education program consistent with curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented. All District students shall participate in physical education as state regulated. | HS MS ES | | | HS MS ES | | | | |
| Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided. | HS MS ES | | | HS MS ES | | | | |

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| Physical education classes shall be the means through which all students learn, practice and are assessed on developmentally appropriate skills and knowledge necessary for lifelong, health enhancing physical activity. | HS MS ES | | | HS MS ES | | | | |
| A comprehensive physical education course of study that focuses on providing students the skills, knowledge and confidence to participate in lifelong, health-enhancing physical activity shall be implemented. | HS MS ES | | | HS MS ES | | | | |
| A varied and comprehensive curriculum that promotes both team and individual activities and leads to students becoming and remaining physically active for a lifetime shall be provided in the physical education program. | HS MS ES | | | HS MS ES | | | | |
| Adequate amounts of planned instruction shall be provided in order for students to achieve the proficient level for the Health, Safety and Physical Education academic standards. Students with documented physical or mental limitations will be challenged to achieve their potential, but will be exempted from the proficient level for the Health, Safety and Physical Education academic standards. | HS MS ES | | | HS MS ES | | | | |
| A local assessment system shall be implemented to track student progress on the Health, Safety and Physical Education academic standards. | HS MS ES | | | HS MS ES | | | | |
| Students shall be moderately to vigorously active as much time as possible during a physical education class. Documented medical conditions and disabilities shall be accommodated during class. | HS MS ES | | | HS MS ES | | | | |
| Safe and adequate equipment, facilities and resources shall be provided for physical education courses. | HS MS ES | | | HS MS ES | | | | |
| Physical education shall be taught by certified health and physical education teachers. | HS MS ES | | | HS MS ES | | | | |
| Appropriate professional development, including opportunities for professional dialog, shall be provided for physical education staff. | HS MS ES | | | HS MS ES | | | | |
| Physical education classes shall have a teacher-student ratio comparable to those of other courses for safe and effective instruction. | HS MS ES | | | HS MS ES | | | | |
| Physical activity shall not be used or withheld as a form of punishment. | HS MS | ES | | HS MS ES | | | | |

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| | Other School Based Activities | | | | | | | |
| 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 | HS MS ES | | | HS MS ES | | | | |
| 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. | HS MS ES | | | HS MS ES | | | | |
| District schools shall provide adequate space, as defined by the District, for eating and serving school meals. | HS MS ES | | | HS MS ES | | | | |
| Students shall be provided a clean and safe eating environment. | HS MS ES | | | HS MS ES | | | | |
| Students shall be provided adequate time to eat: ten (10) minutes sit down time for breakfast; twenty (20) minutes sit down time for lunch. | HS MS | ES | | HS MS | ES | | | |
| District schools shall implement alternative service models to increase school breakfast participation where possible, such as breakfast served in the classroom, “grab & go breakfast”and breakfast after first period to reinforce the positive educational, behavioral and health impacts of a healthy breakfast. | MS | HS ES | | MS | HS ES | | | |
| Meal periods shall be scheduled at appropriate hours, as required by federal regulations and as defined by the District. | HS MS ES | | | HS MS ES | | | | |
| Students shall have access to hand washing or sanitizing prior to eating any food. | HS MS ES | | | HS MS ES | | | | |
| Students shall be discouraged from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children’s health or diets. | HS ES | MS | | HS MS ES | | | | |
| Nutrition professionals who meet criteria established by the District shall administer the school meals program. | HS MS ES | | | HS MS ES | | | | |
| Professional development shall be provided for District nutrition staff. | HS MS ES | | | HS MS ES | | | | |

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| Access to the food service operation shall be limited to and controlled by authorized staff. | HS MS | ES | | HS MS | ES | | | |
| Nutrition content of school meals shall be available to students and parents/guardians. | | HS ES | MS | HS | ES | | | MS |
| Food items served and sold in schools shall reflect the cultural diversity of the student body and be considerate of individual special dietary needs, food preferences and practices. | HS MS | ES | | HS MS | ES | | | |
| Students and parents/guardians may be involved in menu selections through various means, such as taste testing and surveys. | HS MS | ES | | HS MS | ES | | | |
| To the extent possible, the District shall utilize available funding and outside programs to enhance student wellness. | HS MS | ES | | HS MS | ES | | | |
| Food shall not be used in the schools as a punishment. Nonfood rewards shall be encouraged. | HS MS ES | | | HS MS ES | | | | |
| The District shall provide appropriate training to all staff on the components of the Student Wellness policy. | MS | HS ES | | HS MS | ES | | | |
| Goals of the School Wellness policy shall be considered in planning all school-based activities. | | HS MS ES | | HS MS | ES | | | |
| Fundraising projects submitted for approval shall be supportive of healthy eating and student wellness. | HS | MS ES | | HS | ES | | MS | |
| The District shall develop and recommend to the administration guidelines on nutrition standards for food and beverages offered through parties, celebrations, social events, and any school functions (including concession stands at sporting and academic events). See Guidelines for Food and Beverages Offered at School Functions. | | HS MS ES | | HS | ES | | MS | |
| Students shall receive positive, motivating messages, both verbal and nonverbal, about healthy eating and physical activity throughout the school setting. All school personnel will help reinforce these positive messages. | MS | HS ES | | HS MS | ES | | | |

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| Schools shall consider student needs in planning for a healthy school nutrition environment. Students will be asked for input and feedback through the use of student surveys, and attention will be given to their comments. | HS MS ES | MS ES | | HS MS | ES | | | |
| Schools shall promote healthy food choices and shall not permit advertising that promotes less nutritious food choices. | HS MS | ES | | HS MS ES | | | | |
| Healthy eating and physical activity shall be actively promoted to students, parents/guardians, teachers, administrators, and the community at registration, PTO meetings, Open Houses, Health Fairs, teacher inservices, etc. | HS MS | ES | | HS MS | ES | | | |
| Administrators, teachers, food service personnel, students, parents/guardians, and community members shall be encouraged to serve as positive role models through District programs, communications and outreach efforts. | HS MS ES | | | HS MS ES | | | | |
| The District shall support the efforts of parents/guardians to provide a healthy diet and daily physical activity for children by communicating relevant information through various methods. | HS MS ES | | | HS MS ES | | | | |
| The District shall maintain a healthy school environment, including but not limited to indoor air quality, in accordance with the District's healthy learning environment program and applicable laws and regulations. | HS MS ES | | | HS MS ES | | | | |
| Nutrition Guidelines | | | | | | | | |
| 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. | HS ES | MS | | HS ES | | | | |
| Foods and beverages provided through the National School Lunch or School Breakfast Programs shall comply with federal nutrition standards | MS ES | | HS | MS ES | | | | HS |
| 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. | HS ES | | MS | HS ES | | | | MS |

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| | Competitive Foods | | | | | | | |
| <p>If a District school participated in the National School Lunch Program or National School Breakfast Program any 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.</p> | MS ES | | HS | MS ES | | | | HS |
| <p>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.</p> | HS ES | | | HS ES | | | | |
| <p>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.</p> | HS MS | ES | | HS MS | ES | | | |
| <p>The District shall establish administrative regulations to implement fundraising activities in District schools, including procedures for requesting a fundraiser exemption.</p> | | HS MS ES | | HS ES | | | MS | |
| Non-Sold Competitive Foods | | | | | | | | |
| <p>Foods and beverages shall not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message (e.g., guest chef, field trip to a farm or farmers market, etc.).</p> | ES | HS MS | | HS ES | MS | | | |
| <p>Classroom parties/celebrations with food/beverages shall be limited to no more than four (4) per year in each classroom.</p> | HS ES | MS | | HS ES | MS | | | |
| <p>Parents/Guardians shall be informed through newsletters or other efficient communication methods that foods/beverages should only be brought in when requested for scheduled parties.</p> | HS MS ES | | | HS MS ES | | | | |
| <p>When possible, foods/beverages for parties and celebrations shall be provided by the food service department to help prevent food safety and allergy concerns.</p> | | ES | HS MS | | | ES | | HS MS |
| <p>Food celebrations shall not occur until thirty (30) minutes after the end of the last lunch period.</p> | MS | HS ES | | HS MS | ES | | | |

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| 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. | | ES | HS MS | | ES | | | HS MS |
| 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 SmartSnacks in School) and comply with established Board policy and administrative regulations | HS MS ES | | | HS MS ES | | | | |
| 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 | HS MS ES | | | HS MS ES | | | | |
| Management of Food Allergies in District Schools | | | | | | | | |
| The District shall establish Board policy and administrative regulations to address food allergy management in District schools in order to Reduce and/or eliminate the likelihood of severe or potentially life-threatening allergic reactions. | HS MS ES | | | HS MS ES | | | | |
| The District shall establish Board policy and administrative regulations to address food allergy management in District schools in order to: Ensure a rapid and effective response in case of a severe or potentially life-threatening allergic reaction. | HS MS ES | | | HS MS ES | | | | |
| The District shall establish Board policy and administrative regulations to address food allergy management in District schools in order to: Protect the rights of students by providing them, through necessary accommodations when required, the opportunity to participate fully in all school programs and activities. | HS MS ES | | | HS MS ES | | | | |
| Safe Routes to School | | | | | | | | |
| The District shall assess and, to the extent possible, implement improvements to make walking and biking to school safer and easier for students. | HS ES | MS | | HS MS ES | | | | |
| The District shall cooperate with local municipalities, public safety agency, police departments and community organizations to develop and maintain safe routes to school. | HS MS ES | | | HS MS ES | | | | |
| District administrators shall seek and utilize available federal and state funding for safe routes to school, when appropriate. | HS MS ES | | | HS MS ES | | | | |

KEY:

HS - High School MS - Middle School ES - Elementary Schools