

# CARBON CAREER & TECHNICAL INSTITUTE

SECTION: PUPILS

TITLE: STUDENT WELLNESS

ADOPTED: November 17, 2005

REVISED: October 16, 2008, June 15, 2017,  
December 18, 2025

	246. STUDENT WELLNESS
1. Purpose	<p><b>Purpose</b> The Carbon Career &amp; Technical Institute (CCTI) Joint Operating Committee (JOC) recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. The JOC is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education, and 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 that can improve student achievement.</p>
2. Authority	<p><b>Authority</b> To ensure the health and well-being of all students, the JOC 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 foods and beverages that meet established nutritional guidelines.</li> <li>3. Physical education courses and opportunities for developmentally appropriate physical activity during the school day.</li> <li>4. Curriculum and programs for grades 9-12 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>
3. Delegation of Responsibility	<p><b>Delegation of Responsibility</b> The Administrative Director or designee shall be responsible for the implementation and oversight of this policy to ensure school, its programs, and curriculum is compliant with this policy, related policies and established guidelines or administrative regulations.<sup>[1][2]</sup></p> <p>The building principal or designee shall report to the Administrative Director or designee regarding compliance in his/her school.<sup>[2]</sup></p> <p>Staff members responsible for programs related to student wellness shall report to the Administrative Director or designee regarding the status of such programs.</p> <p>The Administrative Director or designee shall annually report to the JOC on the school's compliance with law and policies related to student wellness.</p>

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1. Assessment of school environment regarding student wellness issues.
2. Recommendations for policy and/or program revisions.
3. Feedback received from staff, students, parents/guardians, community members and the Wellness Committee.
4. An assurance that school guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law shall be provided annually by the Culinary Arts Department.
5. Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.
6. Recommendations for policy and/or program revisions.

The Administrative Director or designee and the appointed Wellness Committee shall periodically conduct an assessment at least every three (3) years on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation. The assessment shall include the extent to which school is in compliance with law and policies related to student wellness, and shall describe the progress made by the school in attaining the goals of this policy. The triennial assessment shall be made available to the public in an accessible and easily understood manner and include:

1. The extent to which the school is in compliance with law and policies related to school wellness.
2. The extent to which this policy compares to model wellness policies.
3. A description of the progress made by the school in attaining the goals of this policy. At least once every three (3) years, the school shall update or modify this policy as needed, based on the results of the most recent triennial assessment and/or as school and community needs and priorities change; wellness goals are met; new health science information and technologies emerge; and new federal or state guidance or standards are issues.<sup>[2]</sup>
4. The school shall annually inform and update the public, including parents/guardians, students and others in the community, about the contents, updates and implementation of this policy via the school website, student handbooks, newsletters, posted notices and/or other efficient communication methods. This annual notification shall include information on how to access the School Wellness policy; information about the most recent triennial assessment; information on how to participate in the development, implementation and periodic review and update of the School Wellness policy; and a means of contacting Wellness Committee leadership.<sup>[1][2]</sup>

<p>4. Guidelines</p>	<p><b>Guidelines</b>  <u>Recordkeeping</u></p> <p>The school shall retain records documenting compliance with the requirements of the School Wellness policy, which shall include:[2][3]</p> <ol style="list-style-type: none"> <li>1. The written School Wellness policy.</li> <li>2. Documentation demonstrating that the school has informed the public, on an annual basis, about the contents of the School Wellness policy and any updates to the policy.</li> <li>3. Documentation of efforts to review and update the School Wellness policy, including who is involved in the review and methods used by the school to inform the public of their ability to participate in the review.</li> <li>4. Documentation demonstrating the most recent assessment on the implementation of the School Wellness policy and notification of the assessment results to the public.</li> </ol> <p><u>Wellness Committee</u></p> <p>“It is the mission of the Carbon Career &amp; Technical Institute’s Wellness Committee to promote student, staff, and community wellness, nutritional education, and regular physical activity as part of the total learning experience through educational programs, accessible resources, and use of facilities.”</p> <p>The Joint Operating Committee shall appoint a Wellness Committee comprised of at least one (1) of each of the following: Joint Operating Committee member, administrator, food service representative, school health professional, teacher of physical education, student, parent/guardian, member of the public, and individuals chosen by the Joint Operating Committee.[1]</p> <p>The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing a Student Wellness Policy that complies with law to recommend to the JOC for adoption.</p> <p>The Wellness Committee may examine related research and laws, assess student needs and the current school environment, review existing Board policies and administrative regulations, and raise awareness about student health issues. The Wellness Committee may make policy recommendations to the JOC related to other health issues necessary to promote student wellness.</p> <p>The Wellness Committee may survey parents/guardians and/or students; conduct community forums or focus groups; collaborate with appropriate community agencies and organizations; and engage in similar activities, within the budget established for these purposes.</p> <p>The Wellness Committee shall provide periodic reports to the Administrative Director or designee regarding the status of its work, as required.</p>
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	<p>Individuals who conduct student medical and dental examinations shall submit to the Wellness Committee annual reports and later reports on the remedial work accomplished during the year, as required by law.</p> <p><u>Nutrition Education</u></p> <p>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.[4][5][6]</p> <p>The goal of nutrition education is to teach, model, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.</p> <p>Nutrition education will be provided within the sequential, comprehensive health education program in accordance with Pennsylvania Department of Education's (PDE's) curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.</p> <p>Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.</p> <p>Nutrition education lessons and activities shall be age-appropriate across all buildings.</p> <p>Nutrition education curriculum teaches behavior-focused skills such as menu planning, reading nutrition labels, and media awareness.</p> <p>Classes may work together to create a learning laboratory.</p> <p>Nutrition education shall be integrated into other subjects to complement but not replace academic standards based on nutrition education.</p> <p>Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.</p> <p>CCTI staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.</p> <p>Consistent nutrition messages shall be disseminated throughout the school, classrooms, cafeterias, homes, community and media.</p> <p><u>Nutrition Promotion</u></p> <p>Nutrition promotion and education positively influences 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.</p> <p>CCTI 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</p>
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	<p>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.</p> <p>CCTI shall implement behavioral economics techniques in the cafeteria to encourage consumption of whole grains, fruits, and vegetables and to decrease plate waste.</p> <p>Consistent nutrition messages shall be disseminated and displayed throughout the school, classroom, cafeterias, homes, community and media. Parents shall be offered health and nutrition resources to help them provide healthy meals for their children.</p> <p><u>Physical Activity</u></p> <p>CCTI shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.</p> <p>Age-appropriate physical activity opportunities, such as recess; before and after school; 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.</p> <p>We maintain a physical and social environment that encourages safe and enjoyable activity for all students.</p> <p>CCTI schools shall partner with parents/guardians and community members to institute programs that support physical activity.</p> <p>CCTI does not use physical activity as a punishment (e.g., running laps).</p> <p>CCTI encourages students and families to use physical activity facilities, such as playgrounds and ball fields, outside of school hours in accordance with school rules.</p> <p><u>Physical Education</u></p> <p>CCTI implements a Physical Education program consistent with state academic standards with all students participating in physical education. Certified Health and Physical Education teachers shall teach physical education classes with continuing professional development to be provided. Physical education classes have a teacher-student ratio similar to other courses for safe and effective instruction.</p> <p>Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.</p> <p>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.[5][6][7]</p> <p>Physical education classes provide the means for students to learn, practice, and be assessed on developmentally appropriate skills. The curriculum promotes both team and individual activities.</p>
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	<p>CCTI offers a comprehensive physical education course of study with planned instruction time for students to meet standards at the proficient level. Local assessment systems are used to track student progress on state standards.</p> <p>Safe and adequate equipment, facilities and resources shall be provided for physical education courses.</p> <p>Students are moderately to vigorously active as much time as possible during physical education class. Accommodations are made in physical education class for documented medical conditions or disabilities.</p> <p>The District does not use or withhold physical activity as a form of punishment in physical education class.</p> <p><u>Other School Based Activities</u></p> <p>Safe drinking water shall be available and accessible to students, without restriction and at no cost to the student, at all meal periods, throughout the school day and at other school-based activities.[8][9][10][11]</p> <p>If needed, Nutrition professionals who meet hiring criteria established by CCTI and in compliance with federal regulations shall administer the school meals program. Professional development and continuing education shall be provided for CCTI nutrition staff, as required by federal regulations.[12][13][14][15]</p> <p>CCTI shall provide adequate space for eating and serving school meals.</p> <p>Students shall be provided a clean and safe meal environment.</p> <p>Students shall be provided adequate minimum times to eat: ten (10) minutes sit down time for breakfast; twenty (20) minute sit down time for lunch and schedule meal periods at appropriate hours.</p> <p>CCTI may implement an alternate school breakfast service model to increase participation, such as "grab &amp; go," breakfast served in the classroom, or breakfast after first period.</p> <p>Students have access to hand washing or sanitizing before meals.</p> <p>Access to the food service operation shall be limited to authorized staff.</p> <p>Nutrition content of school meals shall be available to students and parents/guardians.</p> <p>Students and parents/guardians may be involved in menu selections through various means.</p> <p>Goals of the Student Wellness Policy shall be considered in planning all school based activities.</p> <p>CCTI may utilize outside funding and programs toward enhancing school wellness.</p>
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	<p>Fundraising projects submitted for approval shall be supportive of healthy eating and student wellness. Fundraisers which do not meet the Smart Snacks in Schools Standards must be preapproved annually by the building principal. They will be limited annually and will be based on the regulations established by the School Nutrition Program - Division of Food and Nutrition.</p> <p>CCTI encourages administrators, teachers, staff, school nutrition professionals, students, and community members to serve as positive role models through programs, communications, and outreach.</p> <p>CCTI shall communicate information to parents/guardians to support their efforts to provide a healthy diet and daily physical activity for their children.</p> <p>Indoor air quality is in accordance with our healthy learning environment program and applicable laws and regulations.</p> <p><u>Nutrition Guidelines for All Foods/Beverages at School</u></p> <p>All foods available in the school during the school day shall be offered to students with consideration for promoting student health and reducing childhood obesity.</p> <p>Foods and beverages provided through the National School Lunch and School Breakfast Programs comply with federal meal standards.[8][9][12][13]</p> <p>Competitive foods and beverages are defined as foods offered at school other than through the National School Lunch or School Breakfast Programs and include a la carte foods, snacks and beverages; vending food, snacks and beverages; school store food, snacks and beverages; classroom parties; holiday celebrations; and food from home.</p> <p><i>Competitive Foods -</i></p> <p>Competitive foods, which are sold to students at school during the school day, meet or exceed the established federal competitive food standards (USDA Smart Snacks in School). Venues include vending, a la carte items, school store, and non-exempt fundraisers.[2][16][17]</p> <p>Competitive foods are defined as foods and beverages offered or sold to students on school campus during the school day, which are not part of the reimbursable school breakfast or lunch.</p> <p>All competitive foods available to students in school, outside the school meal programs, shall comply with the Nutritional Standards for Competitive Foods in Pennsylvania Schools as applicable.</p> <p>The nutritional standards shall be implemented as a three-year plan.</p> <p>Exclusive competitive food and/or beverage contracts shall be approved by the JOC, in accordance with provisions of the law.</p>
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*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 CCTI.

1. Rewards and Incentives:

- a. Foods and beverages shall not be used as a reward for classroom or school activities unless the reward is an activity that promotes positive nutrition message (e.g., guest chef, field trip to a farm or farmers market, etc.).
- b. Teachers and staff are encouraged to use non-food items as rewards and incentives.

2. Classroom Parties and Celebrations:

- a. Classroom parties shall offer a minimal amount of foods (maximum 2-3 items) containing added sugar as the primary ingredient (e.g., cupcakes, cookies) and will provide the following:
  - Fresh fruits/vegetables; and
  - Water, 100 percent juice, 100 percent juice diluted with water, low-fat milk or non-fat milk.
  - Suggestions of non-food items (such as pencils, erasers, bookmarks, mini notepads, crayons, stickers, or other small party favors)

3. When possible, food/beverages for parties and celebrations shall be provided by the food service department to help prevent food safety and allergy concerns.

4. Shared Classroom Snacks:

- a. Shared classroom snacks are not permitted in District schools.

*Marketing/Contracting -*

Only foods and beverages that meet or exceed federal nutrition standards (USDA Smart Snacks in School) are permitted to be marketed or promoted to students during the school day. (Examples: posters, vending machines, menu boards, cups for beverage dispensing, coolers, trashcans, etc.).<sup>[2][16]</sup>

Exclusive competitive food and/or beverage contracts shall be approved by the JOC, 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.<sup>[18]</sup>



	<p><u>Management of Food Allergies in School</u></p> <p>CCTI shall establish JOC policy and administrative regulations to address food allergy management in school in order to:</p> <ol style="list-style-type: none"> <li>1. Reduce and/or eliminate the likelihood of severe or potentially life-threatening allergic reactions.</li> <li>2. Ensure a rapid and effective response in case of a severe or potentially life-threatening allergic reactions.</li> <li>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.</li> </ol> <p>Legal</p> <ol style="list-style-type: none"> <li>1. <u>42 U.S.C. 1758b</u></li> <li>2. <u>7 CFR 210.31</u></li> <li>3. <u>7 CFR 210.15</u></li> <li>4. <u>24 P.S. 1513</u></li> <li>5. Pol. 102</li> <li>6. Pol. 105</li> <li>7. <u>24 P.S. 1512.1</u></li> <li>8. <u>7 CFR 210.10</u></li> <li>9. <u>7 CFR 220.8</u></li> <li>10. <u>24 P.S. 701</u></li> <li>11. <u>24 P.S. 742</u></li> <li>12. <u>42 U.S.C. 1751 et seq</u></li> <li>13. <u>42 U.S.C. 1773</u></li> <li>14. <u>7 CFR 210.30</u></li> <li>15. Pol. 808</li> <li>16. <u>7 CFR 210.11</u></li> <li>17. <u>7 CFR 220.12</u></li> <li>18. <u>24 P.S. 504.1</u></li> <li><u>24 P.S. 1337.1</u></li> <li><u>24 P.S. 1422</u></li> <li><u>24 P.S. 1422.1</u></li> <li><u>24 P.S. 1422.3</u></li> <li><u>P.L. 111-296</u></li> <li><u>7 CFR Part 210</u></li> <li><u>7 CFR Part 220</u></li> <li>Pol. 103</li> <li>Pol. 229</li> </ol>
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