

**SCRANTON SCHOOL  
FOR  
DEAF AND HARD-OF-HEARING  
CHILDREN**



**SCHOOL WELLNESS POLICY**

*Newest*

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Scranton School for Deaf and Hard-of-Hearing Children is committed to providing a school environment that promotes and protects student health, well-being, and the ability to learn, by supporting healthy eating and physical activity. Scranton School for Deaf and Hard-of-Hearing Children will implement the following school wellness program to meet the needs of all students within our school.

### **NUTRITIONAL QUALITY OF FOODS AND BEVERAGES SOLD AND SERVED ON CAMPUS**

The Student Nutrition Program will

1. Meet or exceed the nutritional requirements (RDA) established by state and federal regulations
2. Offer a variety of fruit and vegetables
3. Participate in the National Breakfast, Lunch and Snack programs
4. Not permit the sale or provision of any soda or candy of any kind to students anywhere in school buildings from the beginning of the school day until the end of the school day.

### **NUTRITIONAL RECOMMENDATIONS FOR FOOD BEING SERVED / SOLD IN OUR BUILDINGS**

1. Breakfast: (Preschool-8 Grade) Fruits is a single component. A daily serving of one cup must be offered at breakfast, vegetables may be offered in place of fruits at breakfast only. Grains offer the daily and weekly serving ranges of grains at breakfast 8 to 10 ounces. Schools may substitute meat/meat alternate of grains once daily grains minimum is met. A daily allowance of one cup of fluid milk to include choices of fat-free, low-fat, or fat-free low-fat (lactose-reduced or lactose-free) must be offered. Calorie range between 400-500. Targeted sodium limit less than 540mg. Saturated fat less 10 percent.
2. Lunch: (Preschool-8 Grade) A daily serving of 4 ounce of fruit must be served. A daily serving of 6 ounces of vegetables must be served to include (dark green, red/orange, legumes, starchy, other). 8 to 9 ounces of grains weekly to include at least 75% whole grain rich products. 9 to 10 ounces of meat/meat alternates weekly. A daily serving of 1 cup of fluid milk served to include a variety: Skim/fat-free unflavored, skim/fat-free flavored, low-fat(1% or less) unflavored. Calorie range between 600-650. Targeted sodium limit less than 640mg. Saturated fat less than 10 percent.

### **FOOD SAFETY**

1. All foods in school buildings must adhere to all food safety and security guidelines.
2. Food Service areas will be restricted to Food service staff and authorized personnel in order to ensure food safety and to secure the facility food service areas.

### **FUND-RAISING/CONCESSIONS/SCHOOL SPONSORED EVENTS**

1. Food sold should adhere to the above nutritional recommendations
2. Sales should include 100% juices, water, fruit, and vegetables.

### **SNACKS**

1. Snacks served during the school day or in after-school or activity programs will make a positive contribution to children's diets and health.

### **NUTRITION AND PHYSICAL ACTIVITY PROMOTION**

#### **A. Nutrition Education and Promotion:**

The School aims to teach, encourage and support healthy eating habits of students by:

1. Offering at each grade level a standards-based program that provides students with the knowledge and skills necessary to promote and protect their health. This will be accomplished through health education classes and integrated into all other subject areas.
2. Promoting the consumption of fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.

3. Providing educational information and encouraging healthy eating and physical activity for families, both within the home and outside the home.
4. Eliminating activities centered strictly on the consumption of food.

**B. Staff Wellness**

The School supports and values the health and well-being of every staff member by:

1. Offering a Comprehensive Health Insurance Program
2. Inviting and encouraging staff to use school fitness equipment and facilities
3. Providing health and wellness information and training through the School Health Center

**PHYSICAL ACTIVITY OPPORTUNITIES AND PHYSICAL EDUCATION**

**A. Physical Education Pre school-8**

1. All students in grades Pre school-8 will receive physical education that meets the PA Department of Education mandates and aligns to the Pennsylvania Standards
2. All physical education will be taught by a certified physical education teacher.
3. Student involvement in other activities involving physical activity will not be substituted for meeting the physical education requirement.

**B. Daily Recess (Pre school-3)**

1. Students will have 15 minutes of supervised daily recess available, preferably outdoors and before lunch, during which time, students will be encouraged to engage in moderate to vigorous physical activity.
2. The School will provide space, equipment, and personnel for supervised recess.

**C. Physical Activity Opportunities Before and After School**

1. Interscholastic sports programs will be offered, as appropriate for all High School and Jr. High School students.
2. Intramural and/or residential activity programs will be offered as appropriate for students of all ages.

**OTHER SCHOOL BASED ACTIVITIES**

1. The School Nurse will be available to develop health care plans and offer student health education on a one-to-one basis when needed.
2. Programs such as hand washing, dental screening, blood pressure screening and body awareness will be offered by Health Center Nurses.
3. Support for the health of all students will be fostered by Health Center Nurses who provide vision and scoliosis screenings at appropriate grade levels, with referral for further treatment/care for those determined to have a problem.

**EATING ENVIRONMENT**

Food will not be used as a reward or punishment for student behaviors unless it is detailed in a student's Individualized Education Plan (IEP) and/or pre-approved by the Principal.

**MONITORING AND EVALUATION**

- A. The Principal or designee will ensure that the School is meeting requirement of the established wellness policy. Others in the School who are responsible to the Principal for ensuring compliance of the various components of the established wellness policy are:
1. Assistant Principal, Assistant to the Principal, Business Manager and the Physical Education Instructor.
  2. Food Services Director for nutrition policies within the school food service areas.

- B. This policy shall, upon evaluation and review, be revised as deemed necessary by the responsible parties established above for promoting continued healthful living for the students and staff of Scranton School for Deaf and Hard-of-Hearing Children.