

## PENNSYLVANIA DISTANCE LEARNING CHARTER SCHOOL

<b>Book:</b>	<b>Policy Manual</b>
<b>Section:</b>	<b>Programs</b>
<b>Title:</b>	<b>Wellness Policy</b>
<b>Reference:</b>	<b>Public Law 108-25, Section 204</b>
<b>Adopted:</b>	<b>December 10, 2007</b>
<b>Revised:</b>	<b>December 10, 2010, November 1, 2017</b>

**PURPOSE:** The purpose of this policy is to outline Pennsylvania Distance Learning Charter School's (PDLCS) Wellness Policy in accordance with Public Law 108-265, Section 204.

**SCOPE:** This policy applies to all students and staff of PDLCS.

**POLICY AUTHORITY:** Policy draft is reviewed by the CEO of PDLCS; then (1) sent to the Board of Trustees, and (2) presented at the next formal, public Board Meeting for review, public comments and approval.

### **DETAILED POLICY STATEMENT:**

PDLCS is committed to helping students develop beneficial nutritional and physical health habits. Therefore, it is the policy of the School that:

- Student, parents, teachers, health professionals and community members will implement, monitor, and review the School's nutrition and physical activity policies.
- All students will be encouraged to stay physically active on a regular basis.
- The school will provide physical education curricula and nutrition education opportunities throughout the school year, as well as other developmentally appropriate activities that nurture enduring health habits.
- The student wellness policy shall be considered in planning all school-based activities.

### **Delegation of Responsibility:**

- The School's Administration or designee shall monitor the school's programs and curricula to ensure compliance with this policy, related policies and to establish guidelines or administrative regulations.
- The School's Administration shall report to the Board of Trustees on the school's compliance with laws and policies related to student wellness.

**Guidelines:** The Board of Trustees shall appoint a Wellness Committee comprised of five individuals including at least one of each of the following: School Board Member, School Administrator or designee, student, parent/guardian, member of the public and may also include:

- Teacher
- Staff member
- Health professional
- Community member
- Other individuals chosen by the Board

The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for maintaining compliance with the Wellness Policy. 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 recommendations to the Board related to other health issues necessary to promote student wellness.

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.

The Wellness Committee shall provide periodic reports to the School Administration or designee regarding the status of its work, as required.

Committee members will serve a two year term.

**Nutrition Education:** The goal of nutrition education is the development of healthy eating habits among students. Promoting student health and nutrition improves readiness for learning and increases potential for achievement.

The nutrition curricula shall be age appropriate and focused on the development of sound health habits. The curricula will be a comprehensive health education program in accordance with Pennsylvania State Board of Education curriculum regulations and the academic standards for Health, Safety and Physical Education and Family and Consumer Science.

**Physical Education:** Comprehensive K-12 physical education courses shall be the principle channel fall students learn, practice developmentally-appropriate skills and knowledge that are considered necessary to sustain lifelong, health-enhancing physical activity.

The physical education curricula shall be taught by certified health and physical education teachers. The curricula will be a sequential, comprehensive program in accordance with the Pennsylvania State Board of Education curriculum regulations and the academic standards for Health, Safety and Physical education.

**Physical Activity:** In addition to planned physical education, age appropriate physical education, age appropriate physical activity opportunities shall be encouraged to meet the needs of all students. These may include activities offered by the school district of residence including intramurals and interscholastic athletics. Parents will have access to limited educational support funds to enroll their child in private physical activities including the YMCA, gymnastics, dance or martial arts.