



## **STUDENT WELLNESS: A 3-STEP PROCESS TO SUCCESS**

**Note: Please share this article and the administrative regulations with your advisory health council or other school health council, and all staff involved with student health issues in your district.**

### **Review Of Policy Requirement – Step 1**

The school environment is one of the most powerful influences in the lives of students and can significantly help to create and promote healthy habits and behaviors. As a result, school entities that receive federal funding for food service programs were required to adopt a wellness policy by the first day of the school year beginning after June 30, 2006. (Child Nutrition and WIC Reauthorization Act of 2004 – 42 U.S.C. Sec. 1751 notes.) The intent of this mandate was to encourage schools to educate students about nutrition and physical activity, offer healthier foods on school campuses, increase physical activity of students, and address the costly public health threat of obesity.

### **Student Wellness Administrative Regulations – Step 2**

For over a year, PSBA policy staff has worked cooperatively with the Pennsylvania Department of Education and Penn State Institute for the Collective Advancement of Activity & Nutrition (I-CAAN)/PA Advocates for Nutrition & Activity (PANA), as well as many other state and national organizations, to come up with tangible, realistic ways in which school entities can implement student wellness in schools. Through this cooperative effort, PSBA has developed administrative regulations that will provide the tools necessary to implement adopted student wellness policies.

Before implementing administrative regulations, it is important to understand what information should be included in policy and what should be contained in an administrative regulation.

#### **Board policy –**

- A clear statement that sets forth a course of action
- Related to a general topic
- Clarifies what the board wants to accomplish
- Consists of a broad statement guiding administrative action

WHAT  
WHY  
HOW MUCH  
WHO HAS GENERAL RESPONSIBILITY

#### **Administrative regulations –**

- Implement board policy
- Step-by-step procedures
- Specific responsibilities
- Forms and timelines
- May be changed by the designated administrator without board approval

HOW  
BY WHOM  
WHERE  
WHEN

### **It should also be noted that –**

Administrative regulations developed by PSBA are **OPTIONAL**. School districts can choose from a variety of topics and can modify the language to fit their needs.

Administrative regulations are designed to be used as a “springboard” to generate discussion among staff, students, parents and the community AND to assist those responsible for implementing student wellness in schools by providing them with ideas on how to promote student wellness and develop action plans, which are discussed below.

### **Highlights of the student wellness administrative regulations include:**

- Nutrition standards for competitive foods and beverages sold in district schools, including vending machines (developed by PDE)
- Activity ideas for nutrition education in schools
- How to involve families and communities in supporting nutrition education and physical activity
- Providing appropriate staff development opportunities
- Alternative fundraising ideas for healthy schools
- Suggestions for parents looking for healthier food ideas and nonfood ideas for birthday celebrations
- Promoting an overall healthy school environment
- Marketing techniques and activities for student wellness
- How improvements can be made to school zone traffic safety for safer routes to school

### **Action Plans – Step 3**

The Pennsylvania Department of Education recently concluded an analysis, through Project PA, of the adopted student wellness policies that school entities were required to submit. As a result, Project PA developed action plans based on the 10 most commonly selected goals of the wellness policies.

The goal of the action plans is similar to that of the administrative regulations. They are designed to be used as a “springboard” for discussion and can be altered to fit the needs of the school entity. Where administrative regulations provide the mechanics needed to implement policy (**Step 1**) and ideas on how to promote student wellness at the administrative level (**Step 2**), action plans provide the details that bring everything to fruition (**Step 3**).

### **The goals addressed in the action plans are:**

- Providing adequate space for eating and serving school meals
- Age-appropriate nutrition education lessons and activities
- Consistent nutrition messages
- Developmentally appropriate physical activity
- Drinking water available during meal periods and throughout the school day
- Hand washing or hand sanitizing
- Staff development for nutrition education
- Physical activity during and after the school day
- Student and community access to school/district physical activity facilities
- Safe and clean meal environment for students

Each action plan also contains helpful resources that school entities can access for further information or assistance.

### **Access To Administrative Regulations And Action Plans**

School entities will be able to access administrative regulations on PSBA’s web site under Policy Services and on PDE’s web site through the Division of Food and Nutrition.

**Action plans** developed by PDE will be available on PDE’s web site through the Division of Food and Nutrition.