# Monday, November 2, 2026
# Pennridge School District - Policy Committee Meeting

## Pennridge School District
## Board of School Directors
## Policy Committee

**Committee Chairperson: Mrs. Carly Taylor**
**Committee Members: Mr. Brian McMullen, Mr. Bradley Merkl-Gump, Mrs. Leah Rash, and Mrs. Carolyn Sciarrino**
**Cabinet Liaison: Mr. Ernest Johnson**

## Location: Pennridge School District Board Room
## Time: 6:30 PM

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**1. Public Comment on Agenda Items**

**1.A. Public Comment According to Policy #903**
**Description:** According to Policy #903, public comment on matters of concern, official action or deliberation is limited to three minutes should be directed to the entire School Board following the announcement of your name and municipality. Under this policy, the presiding officer has the authority to warn or stop a public commenter when violation of this policy occurs.

**2. Policy Update Plan**

**2.A. Policy Update Plan**

**3. Review of Policies for Second Reading**

**3.A. Policy #249 Bullying/Cyber Bullying**

**4. Review of Policy for First Reading**

**4.A. Policy #204.1 Virtual Attendance and Wellness Checks**

**4.B. Policy # 246 School Wellness**

**5. Public Comment**

**6. Next Meeting**

**6.A. The next Policy Committee Meeting is scheduled for Wednesday, January 6, 2027.**

**PSD Policy Update Plan**

As we review and develop policies for our district, we will work with the administration, key stakeholders, legal counsel, and each other to ensure our policies are:

- Safe for all students – Does not allow for, or put our students at risk of physical or mental harm
- Fair – Does not put a group of students at an advantage or disadvantage
- Clear – limit vague wording, provide definitions
- Can be implemented – ensure effected staff, facilities, etc. have the tools needed or updates necessary prior to policy approval
- Can be enforced – how do we ensure the policy is being followed?
- Does not make the district susceptible to litigation – Does any aspect of the policy, its implementation or enforcement, violate legal precedent, staff or student's rights, our own policies, etc.

Policy Updates:

To be transparent with each other and the community, we will maintain a priority list of policies to be addressed. This list will identify policies that require updates based on PSBA, as well as "Board Initiated" policies that will need more extensive discussion and updating.

| **Policy** | **Type of Update** | **First Read Second Read** | **Comments** | **Solicitor Review?** |
|---|---|---|---|---|
| **Policy 315.2** Staff Use of Generative Artificial Intelligence in Education | Board Initiated | Board Approved 8/31/26 | Board Initiated | |
| **Policy 218** Student Discipline | PSBA | Board Approved 10/26/26 | PSBA update | |
| **Policy 249** Bullying/Cyber Bullying | PSBA | Second Read 11/2/26 | PSBA update | |
| **Policy 204.1** Virtual Attendance and Wellness Checks | PSBA | First Read 11/2/26 | NEW policy | |
| **Policy 246** School Wellness | PSBA | First Read 11/2/26 | PSBA update | |
| **Policy 113.2** Behavior Support/Restraint | Compliance with Special Ed Plan | January 2027 | | |
| Responsible Contractor Policy | Board Initiated | January 2027 | NEW policy | |

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|---|---|---|---|---|
| **Policy 803** School Calendar | PSBA | January 2027 | PSBA update | |
| **Policy 805.2** School Security Personnel | PSBA | February 2027 | PSBA update | |
| **Policy 605.1** District-Initiated Tax Assessment Appeals | New Policy | February 2027 | District Administration | |
| **Policy 102** Academic Standards | PSBA | TBD | PSBA update | |
| **Policy 105** Curriculum | PSBA | TBD | PSBA update | |
| **Policy 123** Interscholastic Athletics | PSBA | TBD | PSBA update | |
| **Policy 209** Health Exams | PSBA | TBD | PSBA update | |
| **Policy 822** Automated External Defibrillators (AED)/Cardiopulmonary Resuscitation (CPR) | PSBA | TBD | PSBA update | |
| **Policy 910** Code of Civility | New Policy | TBD | District Administration | |

*This is a working document that will be updated for each meeting.*

*11.2.*26

BOARD POLICY

# 249 Bullying/Cyberbullying

| POLICY NUMBER | ADOPTED | REVISED | VERSION |
|---|---|---|---|
| 249 | 9/24/2012 | 2/25/2026 | v1.20 |
| **DOCUMENT STATUS** | **PRINTED** | | |
| DRAFT | 10/22/2026 | | |

Proposed addition Proposed deletion

## Purpose

~~The Board is committed to providing a safe, positive learning environment for district students. The Board recognizes that bullying creates an atmosphere of fear and intimidation, detracts from the safe environment necessary for student learning, and may lead to more serious violence. Therefore, the Board prohibits bullying by district students.~~

The Board recognizes that bullying and cyberbullying create an atmosphere of fear and intimidation, detracts from the safe environment necessary for student learning and may lead to more serious violence. The Board is committed to providing a safe, positive learning environment for district students that is free from bullying and cyberbullying.

## Definitions

Artificial Intelligence generated or Modified Media means texts, code, images, audio or video data that has been created or modified from its original source data through the use of artificial intelligence technology, programs or

platforms.

**Bullying** means an intentional electronic, written, verbal or physical act or series of acts directed at another student or students, which occurs in a school setting

{ X }

and/or outside a school setting,

that is severe, persistent or pervasive and has the effect of doing any of the following:[1]

1. ~~Substantial interference~~ Substantially interfering with a student's education; or ~~.~~

2. ~~Creation~~Creating ~~of~~ a threatening environment~~.~~; or

3. ~~Substantial disruption of~~ Substantially disrupting the orderly operation of the school.

~~**Bullying**, as defined in this policy, includes cyberbullying.~~

Cyberbullying means bullying through the use of electronic technology or communication, including data, computer software or online platforms regardless of their origin, using a device, system network, internet service, email, social media or digital means, including artificial intelligence-generated or modified media. Cyberbullying includes bullying conduct which occurs in a school setting.

{ X } and/or outside a school setting.

**School setting** means in the school, on school grounds, in school vehicles, at a designated bus stop or at any activity sponsored, supervised or sanctioned by the school.[1]

## Authority

The Board prohibits all forms of bullying and cyberbullying by district students and requires that this policy be accessible in every classroom. The policy shall be posted in a prominent location within each school building and on the district website. [1]

The Board encourages students who believe they or others have been bullied to promptly report such incidents to the building principal or designee.

The Board directs that complaints of bullying and cyberbullying be investigated promptly, and appropriate corrective or preventative action be taken when allegations are substantiated. The Board directs that any complaint of bullying or cyberbullying brought pursuant to this policy to also be reviewed for conduct which may not be proven to be bullying or cyberbullying under this policy but merits review and possible action under other Board policies.

~~Students are encouraged to use the district's report form, available from the building principal, or to put the complaint in writing; however, oral complaints shall be accepted and documented. The person accepting the complaint shall handle the report objectively, neutrally and professionally, setting aside personal biases that might favor or disfavor the student filing the complaint or those accused of a violation of this policy.~~

~~The Board directs that verbal and written complaints of bullying shall be investigated promptly, appropriate corrective or preventative action be taken when allegations are substantiated. The Board directs that any complaint of bullying brought pursuant to this~~

~~policy shall also be reviewed for conduct which may not be proven to be bullying under this policy but merits review and possible action under other Board policies.~~

~~When a student's behavior indicates a threat to the safety of the student, other students, school employees, school facilities, the community or others, district staff shall report the student to the threat assessment team, in accordance with applicable law and Board policy. [2] [3]~~

~~Discrimination/Harassment~~

~~Every report of alleged bullying that can be interpreted at the outset to fall within the provisions of policies addressing potential violations of laws against discrimination or harassment shall be handled as a joint, concurrent investigation into all allegations and coordinated with the full participation of the Compliance Officer and Title IX Coordinator. If, in the course of a bullying investigation, potential issues of discrimination or harassment are identified, the Title IX Coordinator shall be promptly notified, and the investigation shall be conducted jointly and concurrently to address the issues of alleged discrimination or harassment as well as the incidents of alleged bullying. [4] [5]~~

Confidentiality

Confidentiality of all parties, witnesses, the allegations, the filing of a complaint and the investigation shall be handled in accordance with applicable law, regulations, this policy and the district's legal and investigative obligations.

Retaliation

Reprisal or retaliation relating to reports of bullying or cyberbullying or participation in an investigation of allegations of bullying or cyberbullying is prohibited and shall be subject to disciplinary action.

**Delegation of Responsibility**

Each student shall be responsible to respect the rights of others and to ensure an atmosphere free from bullying and cyberbullying.

The Superintendent or designee shall develop administrative regulations to ~~implement~~ support this policy.

The Superintendent or designee shall ensure that this policy and administrative regulations are reviewed annually with students.[1]

The Superintendent or designee, in cooperation with other appropriate administrators, shall review this policy every three (3) years and recommend necessary revisions to the Board.[1]

District administration shall annually provide the following information with the ~~Safe School Report~~ school safety and security incident report:[1] **[6]**

1. Board's Bullying/Cyberbullying Policy.
2. Report of bullying and cyberbullying incidents.
3. Information on the development and implementation of any bullying and cyberbullying prevention, intervention or education programs.

**Guidelines**

~~The Code of Student Conduct, which shall contain this policy, shall be disseminated annually to students.[1][7]~~ **~~[8]~~**

~~This policy shall be accessible in every classroom. The policy shall be posted in a prominent location within each school building and on the district website.[1]~~

Reports of bullying or cyberbullying may be made orally or in writing and may be anonymous, except where made by district staff. Students are encouraged to use the district's reporting form attached to this policy, or to submit a written complaint; however, oral complaints will be accepted, documented and investigated.

Any individual receiving a complaint shall handle the report objectively, neutrally and professionally, setting aside personal biases that might favor or disfavor any person involved.

District staff who observe bullying/cyberbullying or receive a report of bullying/cyberbullying shall not conduct an independent investigation but shall take appropriate action to protect the safety of involved students and promptly provide a summary of the observed or reported conduct to the building principal or designee.

For purposes of this policy, a reporter is an individual, other than district staff, who reports alleged bullying/cyberbullying directed at one or more students. A complainant is the alleged victim or target of the conduct. In some circumstances, the same individual may serve as both reporter and complainant.

The building principal or designee shall encourage the complainant or reporter to complete the district's designated report form. If, due to age, disability or other incapacity, the complainant or reporter is unable to complete the form, the building principal or designee shall document the report and complete the form on the individual's behalf. If the report is made by someone other than the complainant, the complainant shall be notified promptly, informed of the report, and encouraged to complete the district reporting form.

As soon as practicable after the receipt of a report of bullying or cyberbullying, the district shall notify the parent(s)/guardian(s) of any student involved in the incident.

If the complainant, district staff, or other professionals with knowledge of the complainant's health and well-being indicate that notifying a parent/guardian could place the complainant or another person at risk of abuse, neglect or other imminent harm, the building principal, in consultation with the Superintendent and legal counsel, and as appropriate, law enforcement, child welfare authorities and other qualified professionals, may determine whether parental notification should be delayed as permitted by law. The basis for the delay must be documented , and parent/guardian notification shall occur as soon as legally and safely practicable.

Every report of bullying/cyberbullying shall be reviewed and investigated promptly and sufficiently to address the alleged misconduct, even if the report is anonymous or the complainant requests that no action be taken.

**Threat Assessment**

When a student's behavior indicates a threat to the safety of the student, other students, school employees, school facilities, the community, or others, district staff shall make a referral to the district's threat assessment team in accordance with applicable law and Board policy.

**Discrimination/Harassment**

If, at the time of the report or at any time during the investigation of the alleged bullying/cyberbullying, there is reason to believe that the conduct may fall within the provisions of the district's discrimination/harassment policies, the Title IX Coordinator must be promptly notified. Upon notification, the Title IX Coordinator will immediately initiate steps to comply with appropriate policies and procedures. The investigation will be handled as a joint and concurrent investigation to address all applicable allegations and legal requirements.

**Investigation Procedures**

After determining that the matter does not require handling under Policy 103, the building principal shall determine whether the investigation may be conducted by the principal or designee or whether the matter must be referred to the Superintendent or another appropriate administrator.

If law enforcement has been notified, a law enforcement report has been filed, or substantiated allegations could result in expulsion, the building principal shall consult with the Superintendent or appropriate administrator, who may seek advice from legal counsel.

Investigations shall be timely, impartial, thorough and comprehensive. The investigation may include:

1. Interviewing the complainant.
2. Interviewing the individual(s) accused of the conduct.
3. Interviewing witnesses.

4. Reviewing physical, electronic or documentary evidence.
5. Reviewing any other relevant information provided during the investigation.
6. Conducting any additional inquiry reasonably necessary to determine the facts and address proven misconduct.

## Investigative Findings

The investigator shall prepare findings that summarize the investigation, determine whether the allegations have been substantiated, identify any violation of any Board policy or applicable law, and recommend appropriate corrective action.

As soon as practicable after determining that an incident of bullying or cyberbullying has occurred, the district shall notify the parent(s)/guardian(s) of any student involved in the incident of the determination of the investigation.

The complainant/reporter and the accused shall be informed of the outcome of the investigation within a reasonable period of time, consistent with the Family Educational Rights and Privacy Act (FERPA) and other applicable laws. The accused shall not be informed of any individual remedies provided to the complainant.

## District Response and Corrective Action

If an investigation results in a finding that bullying or cyberbullying or other misconduct occurred the district shall take prompt and appropriate corrective action designed to stop the conduct, prevent its reoccurrence, protect affected students, eliminate any hostile or disruptive environment, and prevent retaliation.

The district shall document corrective actions taken and, when permitted by law, inform the complainant or reporter of responsive measures. District administrators shall monitor the effectiveness of corrective actions and take additional measures when necessary.

If an investigation reveals violations of other Board policies or circumstances requiring additional review, referral, discipline or intervention, the district shall address those matters through the appropriate disciplinary, administrative or support processes.

Any disciplinary action imposed shall be consistent with the Code of Student Conduct, Board policies, and administrative regulations, applicable collective bargaining agreements and state and federal law, and may include:

{ X } Counseling within the school.

{ X } Parental conference.

{ X } Loss of school privileges.

{ X } Transfer to another school building, classroom, or school bus.

{ X } Exclusion from school-sponsored activities.

{ X } Detention.

{ X } Suspension.

{ X } Expulsion.

{ X } Counseling/Therapy outside of school.

{ X } Referral to law enforcement officials.

**The Code of Student Conduct, which shall contain this policy, shall be disseminated annually to students.**

**Education**

The district

{ _ } may
{ X }
shall

develop, implement and evaluate bullying prevention and intervention programs and activities. Programs and activities shall provide district staff and students with appropriate training for effectively responding to, intervening in and reporting incidents of bullying.[1][9] **[10]** [11]

**School Safety and Security Incidents Report**

Annually, by July 31, the Superintendent shall report on the designated form, to the PA Department of Education, all new incidents as required by state law. The report must include the total number of bullying and cyberbullying incidents that occur during the school year, including the number of cyberbullying incidents suspected to involve artificial intelligence-generated or modified media.

~~Consequences for Violations~~

~~A student who violates this policy shall be subject to appropriate disciplinary action consistent with the Code of Student Conduct, which may include:[1]~~ ~~**[8]**~~ ~~**[12]**~~

~~Counseling within the school.~~

1. ~~Parental conference.~~

   ~~Loss of school privileges.~~

   ~~Transfer to another school building, classroom or school bus.~~

   ~~Exclusion from school-sponsored activities.~~

   ~~Detention.~~

   ~~Suspension.~~

   ~~Expulsion.~~

   ~~Counseling/Therapy outside of school.~~

   ~~Referral to law enforcement officials.~~

1.

## Legal Footnotes

**[1]** 24 P.S. 1303.1-A
LEGAL REFERENCE

**[2]** 24 P.S. 1302-E
LEGAL REFERENCE

**[3]** Pol. 236.1 — Threat Assessment
POLICY REFERENCE

**[4]** Pol. 103.1 — Nondiscrimination — Qualified Students With Disabilities
POLICY REFERENCE

**[5]** Pol. 103 — Nondiscrimination in School and Classroom Practices
POLICY REFERENCE

**[6]** Pol. 805.1 — Relations With Law Enforcement Agencies
POLICY REFERENCE

**[7]** 22 PA Code 12.3
LEGAL REFERENCE

**[8]** Pol. 218 — Student Discipline
POLICY REFERENCE

**[9]** 24 P.S. 1302-A
LEGAL REFERENCE

**[10]** Pol. 236 — Student Assistance Program
POLICY REFERENCE

**[11]** 20 U.S.C. 7118
LEGAL REFERENCE

**[12]** Pol. 233 — Suspension and Expulsion
POLICY REFERENCE

BOARD POLICY

# 204.1 Virtual Attendance and Wellness Checks

| POLICY NUMBER | VERSION | DOCUMENT STATUS | PRINTED |
|---|---|---|---|
| 204.1 | v1.2 | DRAFT | 10/22/2026 |

## PURPOSE

This policy establishes standards for wellness checks for students who receive academic instruction exclusively through the district's virtual instruction program for the full school year. Wellness checks are conducted to verify attendance and to facilitate the safety and well-being of students.

## AUTHORITY

The Board directs the maintenance of a wellness check process that complies with state law.[1]

This policy shall be posted on the district's publicly accessible website.[1]

## DEFINITION

**District employee/representative** – a district teacher, administrator or other district representative who is subject to mandated reporter requirements for child abuse under the Child Protective Services Law.[2][3]

## DELEGATION OF RESPONSIBILITY

The Superintendent or designee shall be responsible for implementing this policy.

It shall be the responsibility of the designated district employee/representative to administer wellness check procedures in accordance with applicable law and this policy.

## GUIDELINES

### Weekly Wellness Checks

Weekly wellness checks must be conducted for each student enrolled in the district's virtual instruction program who receives academic instruction exclusively through virtual means for the full school year.[1]

At least once during any week consisting of three (3) or more full or partial academic instructional days, a district employee/representative shall ensure that each student is visibly seen and communicated with in real time either, in person or through electronic means.[1]

### Wellness Check Methods

Acceptable methods of conducting wellness checks include:[1]

1. A student turning on a webcam and the district employee/representative visibly seeing and communicating with the student during synchronous online instruction.

2. Virtual or face-to-face participation by the student in any of the following activities:
    a. Health screenings.
    b. Standardized testing.
    c. Advising sessions.
    d. Tutoring sessions.
    e. In person, school-sponsored activities chaperoned by a district employee/representative.

**Excused Absence Exemptions**

A student may be exempt from a wellness check on the day a check is attempted if the student has an excused absence pursuant to applicable attendance requirements.[1] [4][5]

If this occurs, the district shall conduct the wellness check on the next school day or another school day during the same week. If a student has an excused absence for all school days during the same week, the student shall be exempt from the wellness check requirement for that week.[1] [4][5]

**Internet or Power Outage Exemptions**

A student may be exempt from a wellness check when the student's household experiences a documented Internet or power outage during the day and time of the attempted wellness check.[1]

If this occurs, the district shall conduct the wellness check on the next school day or another school day during the same week following resolution of the outage.[1]

The student's parent/guardian shall provide documentation of the outage to the district as soon as possible.[1]

**Failure to Complete a Required Wellness Check**

Within one (1) school day after a student fails to complete a required wellness check, the district shall:[1]

1. Make documented and ongoing efforts to complete the required wellness check and contact the student's parent/guardian using at least two (2) different methods of communication; and
2. Provide written notice to the parent/guardian, in the parent's/guardian's preferred language, stating that the required wellness check has not been completed.

**Wellness Review Conference**

If the required wellness check is not completed within three (3) school days following the issuance of written notice, the district shall immediately schedule a wellness review conference to occur within one (1) school day. The wellness review conference may be conducted in person or through electronic means.[1]

The wellness review conference will be conducted to:[1]

1. Complete the required wellness check through real-time visual interaction with the student;
2. Reestablish communication with the student and the student's parent/guardian; and
3. Identify interventions to facilitate future participation in wellness checks.

The wellness review conference shall convene as scheduled regardless of whether the student or the student's parent/guardian participates.[1]

**In-Person Wellness Check**

If a student does not participate in the wellness review conference, the district must conduct an in-person wellness check within twenty-four (24) hours of the scheduled conference, even if this time period falls on a weekend or holiday.[1]

{ } When the district has been unable to reach or obtain a response from the student or the student's parent/guardian, the Superintendent or designee shall consult with the district solicitor for guidance.

**Wellness Check Records**

The district shall maintain accurate records of all wellness checks, including the date, time, method, and outcome of each check.[1]

District administrators are prohibited from altering attendance records for wellness checks after a wellness check has been performed, except to correct an identified error.[1]

**Reporting Requirements**

Any district employee/representative who observes any indication of abuse, neglect or harm to a child during a wellness check, wellness review conference, or related contact, the district employee/representative is required to report the concerns in accordance with law and Board policy.[1][2][3]

The district shall maintain documentation sufficient to demonstrate compliance with this policy and applicable law.[1]

Such documentation shall be provided to the Pennsylvania Department of Education (PDE) upon request. Failure to comply with such requests may result in:[1]

1. A requirement to report to PDE the date, time and method of each wellness check for each student enrolled exclusively in the district's virtual instruction program.
2. Mandating district educators, administrators and staff to complete child abuse recognition, prevention and reporting training annually.
3. Requiring the district to meet in person with each student enrolled in a virtual instruction program at least once during the school year following the school year in which the district was found to be out of compliance.
4. Prohibiting the district from being awarded a competitive state grant by PDE until the district demonstrates compliance.

## Legal Footnotes

**[1]** **24 P.S. 1327.4**
LEGAL REFERENCE

**[2]** **23 Pa. C.S.A. 6301 et seq**
LEGAL REFERENCE

**[3]** **Pol. 806 — Child Abuse**
POLICY REFERENCE

**[4]** **24 P.S. 1329**
LEGAL REFERENCE

**[5]** **Pol. 204 — Attendance**
POLICY REFERENCE

BOARD POLICY

# 246 School Wellness

| POLICY NUMBER | ADOPTED | REVISED | LAST REVIEWED |
|---|---|---|---|
| 246 | 5/15/2006 | 9/25/2017 | 9/27/2021 |
| **VERSION** | **DOCUMENT STATUS** | **PRINTED** | |
| v1.33 | DRAFT | 10/22/2026 | |

Proposed addition Proposed deletion

## Purpose

Pennridge School District recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. The Board 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.

~~The Board adopts this policy in accordance with federal and state laws and regulations~~.[1][2]

## Authority

The Board adopts this policy based on the recommendations of the Wellness Committee and in accordance with federal and state laws and regulations.

To ensure the health and well-being of all students, the Board establishes that the district shall provide to students:

1. A comprehensive nutrition program consistent with federal and state requirements.
2. Access at reasonable cost to foods and beverages that meet established nutrition guidelines.
3. Physical education courses and opportunities for developmentally appropriate physical activity during the school day.

4. Curriculum and programs for grades K-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.

**Delegation of Responsibility**

The Superintendent or designee shall be responsible for the implementation and oversight of this policy to ensure each of the district's schools, programs and curriculum is compliant with this policy, related policies and established guidelines or administrative regulations.[1][2]

Each building principal or designee shall annually report to the Superintendent or designee regarding compliance in his/her school.[2]

Staff members responsible for programs related to school wellness shall report to the Superintendent or designee regarding the status of such programs.

{ X }The Superintendent or designee shall annually report to the Board on the district's compliance with law and policies related to school wellness. The report may include:

1. { X } Assessment of school environment regarding school wellness issues.

~~1.~~2.{ X } Evaluation of food services program.

3.{ X } Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.

~~2.~~ 4.{ X } Listing of activities and programs conducted to promote nutrition and physical activity.

~~3.~~ 5.~~Recommendations for policy and/or program revisions.~~

6.{ X } Suggestions for improvement in specific areas.

~~4.~~ 7.{ X } Feedback received from district staff, students, parents/guardians, community members and the Wellness Committee.

The Superintendent or designee and the established Wellness Committee shall conduct an assessment at least once 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. This triennial assessment shall be made available to the public in an accessible and easily understood manner and include:[1][2]

1. The extent to which each district 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 district in attaining the goals of this policy.

At least once every three (3) years, the district shall update or modify this policy as needed, based on the results of the most recent triennial assessment and/or as district 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 issued.[2]

The district 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 district 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.[1][2]

**Guidelines**

Recordkeeping

The district shall retain records documenting compliance with the requirements of the School Wellness policy, which shall include:[2][3]

1. The written School Wellness policy.

2. Documentation demonstrating that the district has informed the public, on an annual basis, about the contents of the School Wellness policy and any updates to the policy.

3. Documentation of efforts to review and update the School Wellness policy, including who is involved in the review and methods used by the district to inform the public of their ability to participate in the review.

4. Documentation demonstrating the most recent assessment on the implementation of the School Wellness policy and notification of the assessment results to the public.

Wellness Committee

The district shall establish a Wellness Committee comprised of, but not necessarily limited to, at least one (1) of each of the following: School Board member, district administrator, district food service representative, student, parent/guardian, school health professional, physical education teacher and member of the public. It shall be the goal that committee membership will include representatives from each school building and reflect the diversity of the community.[1]

The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing, implementing and periodically reviewing and updating a School Wellness policy that complies with law to recommend to the Board for adoption.

The Wellness Committee shall review and consider evidence-based strategies and techniques in establishing goals for nutrition education and promotion, physical activity and other school based activities that promote student wellness as part of the policy development and revision process.[2]

{ } ~~Advisory Health Council~~

~~{ } An Advisory Health Council may be established by the Superintendent to study student health issues and to assist in organizing follow-up programs.[4]~~

~~{ } The Advisory Health Council may examine related research, assess student needs and the current school environment, review existing Board policies and administrative regulations, and raise awareness about student health issues.~~

~~{ } The Advisory Health Council may make policy recommendations to the Board related to other health issues necessary to promote student wellness.~~

~~{ } The Advisory Health Council may survey parents/guardians and/or students; conduct community forums or focus groups; collaborate with appropriate community agencies and organizations; and engage similar activities, within the budget established for these purposes.~~

~~{ } The Advisory Health Council shall provide periodic reports to the Superintendent or designee regarding the status of its work, as required.~~

~~Individuals who conduct student medical and dental examinations shall submit to the Advisory Health Council annual reports and later reports on the remedial work accomplished during the year, as required by law.[4]~~

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.[5] **[6]** **[7]**

{ X } 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.

{ X } Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.

{ X } Nutrition education lessons and activities shall be age-appropriate.

~~{ } Nutrition curriculum shall teach behavior-focused skills, which may include menu planning, reading nutrition labels and media awareness.~~

~~{ } School food service and nutrition education classes shall cooperate to create a learning laboratory.~~

~~{ } Nutrition education shall be integrated into other subjects, such as math, science, language arts, and social sciences to compliment but not replace academic standards based on nutrition education.~~

~~{ } Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.~~

{ X } The staff responsible for providing nutrition education shall be properly trained and prepared and shall participate in appropriate professional development. **[8]**

The district shall develop standards for such training and professional development.

~~{ } Nutrition education shall extend beyond the school environment by engaging and involving families in the community~~

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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.

{ X } 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.

{ X } District staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.

{ X } 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.

{ } ~~Consistent nutrition messages shall be disseminated and displayed throughout the district, schools, classrooms, cafeterias, homes, community and media.~~

~~{ } Consistent nutrition messages shall be demonstrated by avoiding use of unhealthy food items in classroom lesson plans and school staff avoiding eating less healthy food items in front of students.~~

{ X } District schools shall offer resources about health and nutrition to encourage parents/guardians to provide healthy meals for their children.

Physical Activity

{ X } District schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.

{ X } 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.

{ X } Students shall participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness and performance benefits.

{ X } 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.

{ X } A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.

{ X } Extended periods of student inactivity, two (2) hours or more, shall be discouraged.

{ X } Physical activity breaks shall be provided for students during classroom hours.

~~{ } Before and/or after school programs shall provide developmentally appropriate physical activity for participating children.~~

{ X } 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.

{ X } Physical activity shall not be used or withheld as a form of punishment.

~~{ } District schools shall promote physical activity through encouragement of walking and biking as a means of transportation to and from school.~~

{ X } 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.

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 must participate in physical education. **[6]** **[7]** [9]

Instruction involving the collection of a student's height and weight measurements must be conducted in a manner that protects student confidentiality. The calculation of body mass index (BMI) is prohibited.

{ X } Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.

{ X } 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.

{ X } 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.

{ X } 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.

{ X } 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.

{ X } A local assessment system shall be implemented to track student progress on the Health Safety and Physical Education academic standards.

{ X } 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.

{ X } Safe and adequate equipment, facilities and resources shall be provided for physical education courses.

{ X } Physical education shall be taught by certified health and physical education teachers.

{ X } Appropriate professional development shall be provided for physical education staff.

{ X } Physical education classes shall have a teacher-student ratio comparable to those of other courses for safe and effective instruction.

{ X } Physical activity shall not be used or withheld solely as a form of punishment.

**Social Media**

A social media literacy program consistent with curriculum regulations and academic standards shall be developed and implemented to address the following:

1. Mental, physiological, and physical effects of social media and mobile device use.

2. Potential impacts of social media and mobile device use on academic growth and learning.

3. Safe use of social media, including how to recognize suspicious online behavior including, but not limited to;

a. Cyberbullying.

b. Predatory behavior.

c. Potential human trafficking.

4. Personal security and privacy on mobile devices.

Other School Based Activities

Safe drinking ~~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.[10][11][12][13]

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. **[8]** [14][15][16]

{ X } District schools shall provide adequate space, as defined by the district, for eating and serving school meals.

{ X } Students shall be provided a clean and safe meal environment.

{ X } Students shall be provided adequate time to eat: ten (10) minutes sit down time for breakfast; twenty (20) minutes sit down time for lunch.

{ X } District schools shall implement alternative service models to increase school breakfast participation where possible, such as breakfast served in the classroom, "grab and go breakfast" and breakfast after first period to reinforce the positive educational, behavioral and health impacts of a healthy breakfast.

{ X } Meal periods shall be scheduled at appropriate hours, as required by federal regulations and as defined by the district.[10]

{ X } Students shall have access to hand washing or sanitizing before meals and snacks.

{ X } Access to the food service operation shall be limited to authorized staff.

{ X } Nutrition content of school meals shall be available to students and parents/guardians.

{ _ } Students and parents/guardians may be involved in menu selections through various means, such as taste testing and surveys.

{ X } To the extent possible, the district shall utilize available funding and outside programs to enhance student wellness.

{ X } The district shall provide appropriate training to all staff on the components of the School Wellness policy.

{ _ } Goals of the School Wellness policy shall be considered in planning all school based activities.

{ _ } Fundraising projects submitted for approval shall be supportive of healthy eating and student wellness.

{ X } 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.

{ _ } 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.

{ X } The district shall maintain a healthy school environment to optimize conditions for learning and minimize potential health risks to students, in accordance with the district's school environmental health program and applicable laws and regulations.

Nutrition Guidelines for All Foods/Beverages at School

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.

Foods and beverages provided through the National School Lunch or School Breakfast Programs shall comply with established federal nutrition standards.[10][11][15][16]

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.

*Competitive Foods* –

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.[2][17][18]

~~**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.~~

For purposes of this policy, **school campus** means any area of property under the jurisdiction of the school that students may access during the school day.[2][17]

For purposes of this policy, **school day** means the period from midnight before school begins until thirty (30) minutes after the end of the official school day.[2][17]

The district may impose additional restrictions on competitive foods, provided that the restrictions are not inconsistent with federal requirements.[17]

*Fundraiser Exemptions –*

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. **[19]**

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.[17]

The district shall establish administrative regulations to implement fundraising activities in district schools, including procedures for requesting a fundraiser exemption.

*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 the district.

If the offered competitive foods do not meet or exceed the Smart Snacks in School nutrition standards, the following standards shall apply:

1. Rewards and Incentives **(CHOOSE ONE OF THE OPTIONS BELOW):**

    a. ~~Foods and beverages may be used as a reward for classroom or school activities that are encouraged to promote a positive nutrition message.~~ a.
    { X } Foods and beverages shall not be used as a reward or incentive in district schools.

    b.{ _ } 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 farmer's market, etc.).

2. Classroom Parties and Celebrations **(CHOOSE ONE OR MORE OF THE OPTIONS BELOW):**

    a.
    { _ } Only non-food based parties and celebrations shall occur on the school campus during the school day in district schools.

    b.
    { _ } Classroom parties/celebrations with food/beverages shall be limited to no more than one (1) per month in each classroom.

    c.
    { X } 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.

    d.
    { _ } Classroom parties shall offer a minimum amount of foods (maximum 2 - 3 items ) containing added sugar as the primary ingredient (e.g., cupcakes, cookies) and will provide the following:

    i. Fresh fruits / vegetables; and

    ii. Water, 100 percent juice, 100 percent juice diluted with water, low-fat milk or nonfat milk.

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

    f.{ X } Food celebrations shall not occur until thirty (30) minutes after the end of the last lunch period.

3. Shared Classroom Snacks:

    a. { __ } Shared classroom snacks are not permitted in district schools.

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 handbook, newsletters, posted notices and/or other efficient communication methods.

*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 Smart Snacks in School) and comply with established Board policy and administrative regulations. [2][17]

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.[20]

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: **[21]**

1. Reduce and/or eliminate the likelihood of severe or potentially life-threatening allergic reactions.
2. Ensure a rapid and effective response in case of a severe or potentially life-threatening allergic reaction.
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.

~~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.

~~The district shall cooperate with local municipalities, public safety agency, police departments and community organizations to develop and maintain safe routes to school.~~
{ } District administrators shall seek and utilize available federal and state funding for safe routes to school, when appropriate.

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## Legal Footnotes

**[1]** **42 U.S.C. 1758b**
LEGAL REFERENCE

**[2]** **7 CFR 210.31**
LEGAL REFERENCE

**[3]** 7 CFR 210.15
LEGAL REFERENCE

**[4]** 24 P.S. 1422
LEGAL REFERENCE

**[5]** 24 P.S. 1513
LEGAL REFERENCE

**[6]** Pol. 102 — Academic Standards
POLICY REFERENCE

**[7]** Pol. 105 — Curriculum Development
POLICY REFERENCE

**[8]** Pol. 808 — Food Services
POLICY REFERENCE

**[9]** 24 P.S. 1512.1
LEGAL REFERENCE

**[10]** 7 CFR 210.10
LEGAL REFERENCE

**[11]** 7 CFR 220.8
LEGAL REFERENCE

**[12]** 24 P.S. 701
LEGAL REFERENCE

**[13]** 24 P.S. 742
LEGAL REFERENCE

**[14]** 7 CFR 210.30
LEGAL REFERENCE

**[15]** 42 U.S.C. 1751 et seq
LEGAL REFERENCE

**[16]** 42 U.S.C. 1773
LEGAL REFERENCE

**[17]** 7 CFR 210.11
LEGAL REFERENCE

**[18]** 7 CFR 220.12
LEGAL REFERENCE

**[19]** Pol. 229 — Student Fundraising
POLICY REFERENCE

**[20]** 24 P.S. 504.1
LEGAL REFERENCE

**[21]** Pol. 209.2 — Severe Food Allergy Management
POLICY REFERENCE