

PUBLIC HEALTH MANAGEMENT CORPORATION	
FAIRWOLD ACADEMY at PHMC	
POLICY & PROCEDURE HANDBOOK	
CATEGORY: SCHOOL PROCEDURES	POLICY #: 1005
DATE LAST UPDATED: April 30, 2024	PAGE: 1 of 5
TITLE: WELLNESS POLICY AND NONDISCRIMINATION STATEMENT (NSLP)	

Purpose

Public Health Management Corporation (PHMC) is the public health parent organization of Fairwold Academy and Mill Creek School. PHMC is committed to providing school environments that promote student wellness, proper nutrition, nutrition education and promotion, and regular physical activity as part of the wholistic 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 purpose of this policy is to help students at Fairwold Academy and Mill Creek School become more knowledgeable and skilled in making behavior choices that support optimum health.

PHMC Integrated – DBA Fairwold shall establish a Wellness Committee comprised of the Executive Director, Director of Education, Food Service Workers, teachers, clinicians, nurses, teachers, parents, and staff. The Executive Director or Education shall be responsible for overseeing implementation and compliance of our school Wellness Policy in accordance with federal and state laws and regulations.

As PHMC special education schools are comprised of students from several home communities, the composition of the committee shall reflect the diversity of the community and include representation from each school building. The committee shall be responsible for developing, implementing, and periodically reviewing and updating the Wellness Policy. The committee shall establish goals for nutrition education and promotion, physical activity, and other school- based activities that promote student wellness.

1. **Nutrition education** activities shall be age-appropriate and teach, model, and encourage and support healthy eating by students. All student shall be provided with the knowledge and skills needed to lead healthy lives. PHMC Schools partner with the PHMC Health Promotion Council (HPC) to deliver SNAP education programs for all school-aged special education students.
2. **Nutrition promotion** shall include consistent messaging and discourage the use of unhealthy food items in classrooms. Resources about health and nutrition shall be offered to students and parents/guardians to be available in the home and home community, and shall be displayed throughout the school classrooms, cafeterias, and social media. Food environments that inform healthy nutrition choices and encourage participation in the school meals programs shall be created. Students shall be encouraged to consume more whole grains, fruits, vegetables, and legumes, and to reduce plate waste.

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3. **Physical and health education** is consistent and aligned with the regulation established by the PA State Standards and guidelines for Health, Safety, and Physical Education. Students participate in physical education activities that include the required instructional minutes and level of rigorous physical activity.

4. **Promotion of physical activities** reflects awareness and sensitivity to gender and cultural differences in students' interests and ensures safety protocols are implemented. Classroom teachers are encouraged to integrate concepts of movement and wellness activities across the curriculum by design. Developmentally appropriate physical activity during the school day shall be provided to all students in an environment that fosters safe and enjoyable activities. Physical activity shall not be used or withheld as punishment. Through team and individual activities, students shall be encouraged to become physically active and remain so for life.

Guidelines for School Food Service Programs

1. All foods and beverages available in PHMC schools during the school day shall be offered to students at no cost to families and with consideration for promoting student health and reducing childhood obesity.
2. Foods and beverages provided through the National School Lunch or School Breakfast Programs shall comply with established federal nutrition standards.
3. Food service staff shall meet the Professional Standards required by federal regulations. Professional development and continuing education shall be provided for nutrition staff, as required by Federal regulations.
4. Adequate space shall be made available for eating and serving meals. Meals shall be scheduled at appropriate hours and provided in a clean and safe environment.
5. Drinking water shall be available at no cost to all students, without restriction, at all meal periods and throughout the school day.
6. Access to hand washing facilities shall be available to all students prior to meals and snacks.
7. Access to the food service operation shall be limited to authorized staff.

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School Meal Guidelines

Foods and beverages provided through the National School Lunch and School Breakfast Programs shall comply with established federal nutrition standards. The nutrient content of school meals shall be made available to students and parents/guardians.

1. Parents/Guardians and students shall be notified of the availability of school meal programs and includes information about the nutritional content of meals.
 - a. All grains offered in meals are whole-grain rich,
 - b. Foods are free of artificial sweeteners, flavors, or colors, and
 - c. A variety of fruits and vegetables are served daily, including dark green, red/orange, and legumes weekly.
2. Students and parents will be invited to participate in surveys to inform the Food Services Program about healthful and appealing food choices.
3. The schools shall use various methods to serve school breakfast, including serving breakfast in the special education classroom, grab-and-go breakfast, or scheduled breakfast in the cafeteria.
4. Students are discouraged from sharing their foods or beverages with one another, given concerns about allergies and diet restrictions.
5. School staff will not withhold food or beverages as a punishment.

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 Schools) and comply with established Board policy and administrative guidelines.

This includes competitive foods, items offered to students on school property that are not part of the reimbursable breakfast or lunch (snack carts as part of curriculum-based life skills or Positive Behavior Interventions and Supports (PBIS) programs. These food items shall only be accessible at times that do not conflict with the NSLP requirements. All food items available during the school day shall be offered with consideration for promoting student health and are available at no cost to students.

1. In addition to filtered water available at no cost and on demand to students, bottled water will have no additional additives (sports drinks, vitamin enriched, etc.)

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2. 100% fruit and/or vegetable juice (100% juice diluted with water, without carbonation, with no added sweeteners or additives) up to 8-ounce servings in elementary school or up to 12-ounces for middle and high school.
3. Only caffeine-free, non-carbonated beverages are allowed for all students.

Committee Responsibilities and Procedures

This Wellness Policy shall be reassessed at least every three years and the results shared with the public in an accessible and easily understood manner. Information and updates shall be made available on the website at least annually and will include:

1. The extent to which each site is in compliance with law and policies related to school wellness,
2. The extent to which this policy compares to model wellness policies, and
3. A description of the progress made by PHMC in attaining the goals of this policy.

All efforts to review and update the Policy shall be documented and maintained on file in the Executive Director's office and shall include those who participated in the review and the methods used.

1. The Executive Director or designee shall oversee the implementation, monitoring, and assessment of this policy, related policies, and established guidelines and/or administrative procedures.
2. The Executive Director shall provide assessment results to the Chief Program Officer and the PHMC Integrated Board, including, but not limited to:
 - a. The current, approved, Wellness Policy
 - b. Documentation demonstrating that the school administration has informed the public, on an annual basis, about the contents of the Wellness Policy and any updates to the policy
 - c. Documentation of efforts to review and update the 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, and
 - d. Documentation demonstrating the most recent assessment on the implementation of the Wellness Policy and notification of the assessment results to the school community.

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Nondiscrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:**
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. **fax:**
(833) 256-1665 or (202) 690-7442; or
3. **email:**
Program.Intake@usda.gov

This institution is an equal opportunity provider.