



Manheim Township School District

Student Wellness Policy #246

www.mtwp.net > Food Services

Manheim Township School District recognizes that for a child to succeed, the overall wellness of a child must be taken into consideration. It is important for a school district's efforts to establish a school environment that promotes student wellness and proper nutrition, which is related to students' physical well-being, growth, development, and readiness to learn.

What is a Student Wellness Policy?

Under the Healthy, Hunger-Free Kids Act of 2010, and provisions by the USDA Food and Nutrition Service in 2016, school districts were required to establish written guidelines related to student wellness initiatives in the school environment. MTSD adopted a wellness policy in 2006, however during the 2016-17 school year, the district reviewed recommendations from the Pennsylvania School Board Association (PSBA), and initiated a district-wide wellness committee to provide input, collaborate and update the district's existing policy. The Manheim Township School District Student Wellness Policy was approved by the MT School Board in September of 2021. You can read a copy of the policy on our website, under School Board >School Board Policies>Student Wellness Policy #246.

Content of the Student Wellness Policy

What is student wellness?

MTSD believes student wellness in a school environment can be divided into three parts:

1. Physical activity through recess, physical education classes, sports, and before/after school activities
2. Nutrition education offered as part of comprehensive health education program and linking nutrition and physical activity as a lifelong lifestyle balance
3. Nutrition promotion to provide a consistent message via cafeteria posters, resources for families to encourage healthy meals at home, health fairs, school gardens, and adults serving as role models for wellness-based lifestyle

Key Phrases in the revised Student Wellness Policy #246

- *Elementary Students "Moving"*: Physical activity is critical for student development and will not be fully withheld from a student for disciplinary purposes. Principals or teachers may institute shorter or specified recess locations as a function of addressing discipline.
- *"Competitive foods"*: Foods that are available for sale to students during the school day that is not part of the School Lunch or Breakfast. This includes a la carte snacks available at the cafeteria, vending machines, and school store items.
- *"Smart Snack"*: Criteria that takes into account a food's first ingredient (e.g. protein, whole grain), sugar content, fat content (that includes saturated fat content), total calories and sodium content.
- *Food-Related Fundraisers*: There are procedures to follow for running fundraisers that constitute the sale of food, particularly sales that would transpire during the school day. Procedures for requesting permission to conduct food-related fundraisers can be obtained by calling the school's main office.
- *"Non-sold competitive food"*: Non-sold competitive foods are "foods available to students" that are not purchased by students. This includes foods used as rewards, incentives (e.g. pizza parties, ice cream socials), birthday celebrations, and cultural celebrations.

Rewards, Incentives and Classroom Parties

- Non-food rewards are welcomed and encouraged! Please visit www.mtwp.net > Food Services for a list of ideas to be used in the classroom.
- Food rewards that meet the Smart Snacks in School nutrition standards are welcome.

- Policy #246 does outline the following specific criteria for any rewards and incentives that do not meet the Smart Snacks in School nutrition standards:
 - Classroom parties/celebrations with food/beverages shall be limited to no more than one (1) per month in each classroom.
 - Classroom parties shall offer a minimal amount of foods (maximum 2 items) containing added sugar as the primary ingredient (e.g., cupcakes, cookies) and will provide the following:
 - Fresh fruits/vegetables; and
 - Water, 100 percent juice, 100 percent juice diluted with water, low-fat milk or nonfat milk.
 - Appropriate accommodations must be made for students with food allergies.
 - When possible, foods/beverages for parties and celebrations shall be provided by the Food Service department to help prevent food safety and allergy concerns.
 - Additionally, it is important to be aware of and accommodate for any food-related allergies for the students in your class. **Consult with Health Room nurses with any needs/questions.**

Frequently Asked Questions

- Question:** May parents bring in outside food/treats for their child’s birthday?
Answer: No. In order to make our classrooms as safe and inclusive as possible, only non-food items are permitted for birthday celebrations.
- Question:** May parents/students bring in a snack for the class?
Answer: Yes, but, only if the snack adheres to the guidelines in Policy # 246 under “*Non-Sold Competitive Foods*,” and, with the approval from the classroom teacher, and the health room nurse.
- Question:** The Policy refers to “during the school day.” What timeframe does this constitute?
Answer: The “school day” is defined as midnight to 30-minutes after the closing bell of the school day.
- Question:** Is it appropriate for food to be brought in and consumed in the classroom setting when it applies directly to the curriculum for a course?
Answer: If there is a direct curricular connection, a sampling of food is permissible (ensuring clearance from the health room nurses). If the selections do not meet the Smart Snacks in School standards, then the guidelines that are featured on the policy under “non-sold competitive foods” do apply.
- Question:** If a teacher, parent, coach, or other staff member wants to collaborate with MTSD’s Food Service and Health Services Departments to arrange for food for their class, group, or team, can they do that?
Answer: Yes! Contact Stacy Smith (smithst@mtwp.net) and Jackie Dudzic (dudzicja@mtwp.net) to make such arrangements. The Food Services Department has a listing of approved “Smart Snacks in Schools” foods/snacks.
- Question:** How can a parent who is bringing in food ensure that their homemade recipe meets the Smart Snacks in Schools standards?
Answer: We do encourage the use of our Food Services Department to meet your food service needs. Still, parents are welcome to contact Kristen Feaga, MTSD Nutritionist (feagakr@mtwp.net) in advance and we can help with speaking to such inquiries. Remember to also consult with the nurses in the health room.
- Question:** Can teachers give out candy to students in class for small rewards/incentives?
Answer: Yes, as long as the food-item meets the Smart Snacks in School standards. Remember to also consult with the nurses in the health room.