

# SOUTHERN LEHIGH SCHOOL DISTRICT

SECTION: PUPILS

TITLE: STUDENT WELLNESS

ADOPTED:

REVISED: September 24, 2012

## 246 AR STUDENT WELLNESS GUIDELINES

- 1 No edible birthday treats.
- 2 Food is not used as a reward. No candy in the classroom.
- 3 All foods for parties must have a nutritional label to insure ingredients are allergy free and we can determine an accurate carbohydrate count.
- 4 In grades K-6, all food consumed in the classroom will be reviewed by the health room. Labels should be provided 24 hours in advance.
- 5 Students in 7-12 will be responsible to read labels of all food in the classroom. They may request assistance from the health room if desired.
- 6 K-6 Health Rooms will work with the parents and cafeteria staff to ensure students gets food that is safe for their medical condition.
- 7 Middle and High School cafeterias will post a daily list of foods containing the 7 common allergens. Students will be responsible for making safe choices.
- 8 All nutritional information regarding school lunches will be readily available to students and parents. This will be prepared by the Food Service Manager prior to the first day of the month.
- 9 Celebrations with food will be limited to a maximum of four times per year, i.e., Halloween, Winter Holiday, Valentine's Day, End of Year.
- 10 K-6 will have an approved list of food and drink. Only one "unhealthy" treat should be incorporated into a party menu. All treats must have a nutritional label.
- 11 Major curricular events involving food will be limited to twice per year per grade level. Alternative foods will be provided for students with food allergies and/or other health issues that meet the criteria listed in #3 above. Note: This does not apply to courses whose focus involves nutritious food preparation. (i.e. Family

	<p>and Consumer Science, Life Skills)</p> <p>12 All food sales that take place during the school day must comply with the National Standards for Competitive Foods in PA and be approved by the building principal.</p> <p>13 School provided snacks for PSSA testing will consist of water and something from the “Suggested Healthy Foods” list.</p>
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