

Agenda of Work Session

The Board of Trustees Shikellamy School District

A Work Session of the Board of Trustees of Shikellamy School District will be held Thursday, October 1, 2026, beginning at 7:00 PM Island Park Administration Center, 200 ISLAND BLVD, Sunbury, PA 17801.

- 1. Call to Order**
 - 1.A. Pledge of Allegiance
- 2. Public Comment (Agenda Items Only)**
- 3. Student Recognition —**
 - *Power Lifting Club**
 - *Kyle Hauck, Competitive Shooting**
- 4. Grading of College Courses - Mr. Freeman**
- 5. Review of BP 246 - Student Wellness**



BOARD POLICY

246 Student Wellness

POLICY NUMBER	ADOPTED	REVISED	VERSION
246	6/12/2006	3/12/2026	V1.3
DOCUMENT STATUS	PRINTED		
DRAFT	9/17/2026		

■ Proposed addition ■ Proposed deletion

Purpose

Shikellamy 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 promotion, 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.

Authority

The Board adopts this Policy based on the recommendations of the appointed Wellness Committee and in accordance with federal and state laws and regulations. The policy shall be included in the district's Strategic Plan.[\[1\]](#)[\[2\]](#)

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 nutritional 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]}

The extent to which school is in compliance with law and policies related to school wellness. 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.

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 Student 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 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 in 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 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.

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]

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

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 complement but not replace academic standards based on nutrition education.

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

The staff responsible for providing nutrition education shall be properly trained and prepared and shall participate in appropriate professional development. The district shall develop standards for such training and professional development.^[8]

Nutrition education shall extend beyond the school environment by engaging and involving families and communities.

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.

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.

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

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.

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

Physical Activity

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

Age-appropriate physical activity opportunities, such as recess; before and after school; during lunch; clubs; intramurals; and interscholastic athletics, shall be provided to meet the needs, PA State regulations, and interests of all students, in addition to planned physical education.

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

Physical activity breaks shall be provided for elementary students during classroom hours.

Physical Education

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.

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.^[10]

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.

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

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

Social Media

A social media literacy program consistent with curriculum regulations and academic standards shall be developed and implemented to address the following:^{[7][8][23]}

- 1. Mental, psychological 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

Other School Based Activities

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.^{[9][10][11][12]}

Nutrition professionals who meet hiring criteria established by the district and in compliance with federal regulations shall administer the school meals programs. Professional development and continuing education shall be provided for district nutrition staff, as required by federal regulations.^{[8][13][14][15]}

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

Students shall be provided a clean and safe meal environment.

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

Meal periods shall be scheduled at appropriate hours, as required by federal regulations and as defined by the district.^[9]

Drinking water shall be available at all meal periods and throughout the school day.

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

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

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 testings and surveys.

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

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 of all school based activities.

The district shall maintain a healthy school environment, including but not limited to indoor air quality, in accordance with the district's healthy learning environment program and applicable laws and regulations.

Fundraising projects submitted for approval shall be supportive of healthy eating and student wellness. Fundraisers which do not meet the Smart Snacks in Schools Standards shall be limited annually and will be based on the regulations established by the School Nutrition Program – Division of Food and Nutrition and will be as follows:

- Chief Shikellamy Elementary School – 5 fundraisers annually
- Oaklyn Elementary School – 5 fundraisers annually
- Priestley Elementary School – 5 fundraisers annually
- Shikellamy Middle School – 4 fundraisers annually
- Shikellamy High School – 10 fundraisers annually

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.

Nutrition Guidelines for All Food/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 childhood obesity.

Foods and beverages provided through the National School Lunch or School Breakfast Programs shall comply with established federal nutrition standards.[\[9\]](#)[\[10\]](#)[\[13\]](#)[\[14\]](#)

Competitive Foods/Beverages -

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.[\[16\]](#)[\[17\]](#)[\[2\]](#)

Competitive foods are defined as any 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.[\[2\]](#)[\[16\]](#)

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.[\[2\]](#)[\[16\]](#)

The district may impose additional restrictions on competitive foods, provided the restrictions are not inconsistent with federal requirements.[\[16\]](#)

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. [\[18\]](#)

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 in School nutrition standards. [\[16\]](#)

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

Non-Sold Competitive Food -

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.

- a. Foods and beverages shall not be used as a reward or incentive in district schools.

2. Classroom Parties and Celebrations.

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

- Fresh fruits/vegetable; and
- Water, 100 percent juice, 100 percent juice diluted with water, low-fat milk or nonfat milk

3. Shared Classroom Snacks.

- a. 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 handbooks, 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.

[\[2\]](#)[\[16\]](#)

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:

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.

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] Referenced policy 7 LEGAL REFERENCE	[8] Referenced policy 8 LEGAL REFERENCE
[9] 7 CFR 210.10 LEGAL REFERENCE	[10] 7 CFR 220.8 LEGAL REFERENCE
[11] 24 P.S. 701 LEGAL REFERENCE	[12] 24 P.S. 742 LEGAL REFERENCE
[13] 42 U.S.C. 1751 LEGAL REFERENCE	[14] 42 U.S.C. 1773 LEGAL REFERENCE
[15] 7 CFR 210.30 LEGAL REFERENCE	[16] 7 CFR 210.11 LEGAL REFERENCE
[17] 7 CFR 220.12 LEGAL REFERENCE	[18] Pol. 229 — Student Fundraising POLICY REFERENCE

Legal References

No additional references listed.

6. Review Regular Board Agenda Action Items - Minutes, Bills, and Resolutions

7. Public Comment (2nd)

8. Other

8.A. School Board Members

8.B. Administrators

8.C. Superintendent

9. Adjournment
