

## Palisades School District Wellness Committee

### Components:

#### Nutrition Education

#### Offering Healthy meals

**Physical Activity-providing an environment that encourages students to join in activities.**

*Our School district continues to actively practice as well as recognize the role we play in modeling behaviors to support our initiatives. Through policies and procedures, the promotion of family health, physical activity, good nutrition, and awareness to environmental restoration.*

### Making it Happen

Our Buildings are committed K-12, in a sustainable program through each individual "building Wellness Committee" Implementation an Assessment is an evolving process as students grow through our grades. We offer outdoor classrooms, cooking clubs, after school non-competitive activities, gardening, composting and each building principal shall ensure implementation of the Wellness policy.

### Additional Resources at Palisades

Health and Safety Plan

All Hazards Plan

Comprehensive Plan

Wellness Policy

Regular policy updates occur through our School Board of Directors Policy Committee. We encourage additional input through parents, stakeholders, and students as well as require parent participation on the building Wellness committees, and Comprehensive planning committee. We maintain the agendas, plans and reports and they can be found on the district web site, on the Food Service tab as well as the building web pages.

As a tri-annual review procedure, the building principals, cafeteria crew chief and the food service director conduct the Assessment. Results of the Assessment are posted on our web site for the public to view. The building wellness committee meets and discusses action steps for needs. Wellness meetings are scheduled and dates and times announced by building.

DISTRICT WELLNESS COMMITTEE

Gerry Giarratana-Food Service Director

Palisades School District Comprehensive Plan 2023-2026

Action Plan - Student Services

Food Choice

*Provide a vehicle. Get the words out Feedback From*

Co-Chairs: Lou DeFonteny & Amber Schlosser

Team Members: Gerry Giarratana, Eric Hinrichs, Andrea Adams

**Goal:**

*WE MIGHT BE ON TRACK WITH CONTENT*

To increase public awareness regarding food services and student wellness requirements relative to the USDA guidelines and Pennsylvania Department of Education school code.

**Need/Challenge to be addressed by this goal:**

*2WAY*

- Educating the stakeholders on the requirements of the USDA and PA Dept. of Educ. regarding food choices
- Lack of understanding of the benefits of good nutrition
- Make stakeholders aware of the options that are available and provide them with opportunities to provide feedback

**Indicators of Effectiveness:**

Data Source	Specific targets	Type
<u>USDA Guidelines</u> <u>USDA Foods in Schools (FIS) Guidelines</u>	Provide an informational session for stakeholders to learn about the guidelines that impact food services and food choices.	<ul style="list-style-type: none"> <li>• Presentation to the public at EPS one time per year</li> </ul>
<u>Student Wellness Policy</u>	Educate students and parents regarding the value of proper nutrition	<ul style="list-style-type: none"> <li>• Presentation to the public at EPS one time per year</li> <li>• Ensure lessons are taught in health class at each level. (Consider having food services as part of the presentation)</li> </ul>
	Create a Food Services Open House where parents and staff have the opportunity to taste test the types of foods	<ul style="list-style-type: none"> <li>• Tasting sessions could be provided during Open House with a quick Q&amp;A following</li> </ul>

*Student*

	being prepared on a regular basis.	the session.
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**Strategies:**

Strategy 1	.Presentation to the public at EPS one time per year
Strategy 2	Ensure lessons are taught in health class at each level.
Strategy 3	Tasting sessions could be provided during Open House with a quick Q&A following the session.

**Implementation Plan - Action Steps:**

*CONTINUE to COMMUNICATE.*

Strategy 1	Provide an informational session for stakeholders to learn about the guidelines that impact food services and food choices.
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Action Step 1:	Present, annually, at the Educational Programs and Services Committee Meeting, on the Student Wellness policy, Tri-annual assessment, and federal and state guidelines relative to food services and food choices.
Implementation	Person Responsible: Gerry Giarratana
Implementation Completion Date:	Annually 2023 through 2025
PD	Will this action step necessitate <i>professional development</i> ? No
Anticipated Costs	\$0
Funding Services	Specify any outside contributions? Yes or No

*All Buildings have A wellness committee  
Attend meetings WITH Building staff.*

↓ RECORD + Post.

<b>Action Step 2:</b>	Post presentations on the Palisades School District Website and/or Patch regarding Student Wellness policy and federal and state guidelines relative to food services and food choices.
Implementation	Person Responsible: Gerry Giarratana
Implementation Completion Date:	Annually 2023 through 2025
PD	Will this action step necessitate <u>professional development</u> ? No
Anticipated Costs	\$0
Funding Sources	Specify any outside contributions? Yes or No

<b>Action Step 3:</b>	High School & Middle School Student panel discussion. Wellness Policy, Tri-annual assessment, State and Federal nutritional guidelines
Implementation	Person Responsible: Cafeteria Crew Chief, & FSD.
Implementation Completion Date:	Annually 2023-2025
PD	Will this action step necessitate <u>professional development</u> ? No
Anticipated Costs	0
Funding Sources	Specify any outside contributions? Yes or No

<b>Strategy 2</b>	<b>Educate students and parents regarding the value of proper nutrition.</b>
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<b>Action Step 1:</b>	Review the current health curriculum to ensure that nutrition is taught in the health program.
Implementation	Person Responsible: Health Teacher
Implementation Completion Date:	2023-2024 School Term
PD	Will this action step necessitate <u>professional development</u> ? Yes or No

I will connect with the health Teacher.

FBLA  
students

Healthy Foods  
Calculator

Anticipated Costs	0
Funding Sources	Specify any outside contributions? Yes or No

<b>Action Step 2:</b>	Utilize current food choices in the cafeteria to help explain nutrition during classroom presentations.
Implementation	Person Responsible: Cafeteria Crew Chief, & FSD
Implementation Completion Date:	Annually 2023-2025
PD	Will this action step necessitate <i>professional development</i> ? No
Anticipated Costs	0
Funding Sources	Specify any outside contributions? Yes or No

<b>Action Step 3:</b>	Display and share menu items at Back to School night.
Implementation	Person Responsible: Cafeteria Crw Chief & FSD
Implementation Completion Date:	Annually 2023-2025
PD	Will this action step necessitate <i>professional development</i> ? No
Anticipated Costs	Food & Labor Costs not to exceed \$200 per building.
Funding Sources	Specify any outside contributions? Yes or No

<b>Strategy 3</b>	<b>Provide the community to engage in "Tasting Sessions" of school cafeteria offerings during Open House Night.</b>
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<b>Action Step 1</b>	<u>Coordinate with school administration to provide a 15 minute tasting session at each school's Open House.</u>
Implementation	Person Responsible: Gerry Giarratana
Implementation Completion Date:	Annually 2023-2025
PD	Will this action step necessitate <i>professional development</i> ? Yes or

Back to  
School  
NIGHTS

	No
Anticipated Costs	Food and Labor costs, not to exceed \$200 per building
Funding Sources	Specify any outside contributions? Yes or No

<b>Action Step 2</b>	Establish a menu of foods to be offered at each <u>tasting session</u> .
Implementation	Person Responsible: Gerry Giarratana
Implementation Completion Date:	Annually 2023-2025
PD	Will this action step necessitate <i>professional development</i> ? Yes or No
Anticipated Costs	0
Funding Sources	Specify any outside contributions? Yes or No

EDUCATE

<b>Action Step 3</b>	<u>Prepare handouts and an FAQ for parents regarding school nutrition. Maintain Wall of Wellness Brochures @ High School &amp; Middle School.</u>
Implementation	Person Responsible: Gerry Giarratana & Crew Chief
Implementation Completion Date:	Annually 2023-2025
PD	Will this action step necessitate <i>professional development</i> ? No
Anticipated Costs	\$200
Funding Sources	Specify any outside contributions? Yes or No

## **Wellness initiative**

## **Physical Activity**

Physical education is provided during the school day. Of concern would be after school, and during summer, weekends and free time, encouraging healthy awareness to exercise.

Students are always given an option to join a sports team. Football, Tennis, Soccer, Softball, Basketball, etc. BUT, what happens to the students that do not participate in a school team competitive sport?

**Goal:** Provide an opportunity for a students to join in “NON COMPETITIVE” activities. Activities that there is not a score driven, winner or loser, and students are excercising at their own pace, regardless of their ability or physical capability.

The Palisades School district continues to offer students a choice of after school activities to achieve this goal.

# Student Wellness

## Purpose:

In order for students to thrive academically, personally, and socially, it is important for schools to encourage a connection with nutrition and other aspects of wellness. Through

1. Education. Inspire students to make healthy choices.
2. Meal Guidelines Follow rules- (NSBP/NSLP)
3. Waste reduction Composting, Gardens. Outdoor classrooms.
4. Assessments Building Wellness committee

Here are the key points we recommend to enhance the Wellness experience for students:

1. Students have access to nutritious food throughout the school day, and the school should monitor that all students are fed.
2. Schools purchase local / farm-to-school breakfast and lunches.
3. Students should be given the adequate amount of time to eat meals in order to flourish in the classroom. Monitor line times
4. Nutrition curriculum-informing students of the importance of proper nutrition and physical activity, highlighting the connection between food, environment, culture, and local food.
5. Building level implementation of a garden that supports the connection between local and organic foods, while reinforcing a sense of belonging through student farming to stimulate creativity and mental wellbeing.
6. Staff should contribute to the effort to reduce overall waste. Tracking daily, as well as forecasting meals properly.

Education and Promotion of Healthy Eating: Positive contributors to a sustainable, healthy future for students.

1. **Instructional garden**-Each school should establish an instructional garden. *Students gain experience in planting, caring for a garden, harvesting, and teamwork through gardening. If the school does not have the ability to accommodate a garden, the school may make arrangements with another school and/or local farm or community garden.*



## Student Wellness

2. **Activity periods**-Schools should schedule physical education and other activity periods before meals or at least 1 hour after a meal.  
*Students should be given proper time to digest their meal before they are required or encouraged to participate in any form of physical activity. Students should not feel like they need to rush through their meal in order to spend time outside.*
3. **Student awareness** of nutrition and the food system should be developed through science, social studies, family and consumer science, foreign language, and health classes.  
*Teachers should show how food expresses the customs, history, and traditions of various cultures to strengthen students' understanding of diversity within themselves, their peers, and the world around them. Foreign language and social studies courses are excellent places to discuss how food goes beyond nutrition.*
4. **Hands-on experiences** for students surrounding food should be provided through science, social studies, family and consumer science, foreign language, and health classes.  
*Hands-on experiences help students with different learning styles to get the best understanding of these topics. Examples of this may include cooking, sampling, tasting, planting, and garden upkeep, as well as how fresh fruit and vegetables can be preserved by canning, drying, or pickling.*
5. **Student activities**-such as farmer's market tours, local farm tours, and community garden field trips. After school cooking clubs and events.  
*These field trips will work to support the connection between food production and health. It is important for student understanding to be able to see how the system they are learning about works within a community.*
6. **Classes**-Each school should provide grade-appropriate classes to discuss the nutritional aspects of food, including the nutrients each person needs, complex vs. simple carbs, refined vs. natural sugar, different types of proteins (both animal and plant), how to read nutrition labels, and more.  
*Nutrition education should properly prepare students to make choices that will best support their health both in and outside of school.*
7. **Curriculum** should discuss the difference between whole foods vs. processed foods, encourage organic, farm-to-table, and local foods, and educate students on how native produce and other native plants support health.  
*Learning about the details of food labels can help students choose the healthiest foods for them in ways most adults are not able to do for themselves. Classes should also*

## Student Wellness

*learn about government food assistance programs to understand the support resources that are available to them and their families.*

8. **Recycling**-Students should be introduced to recycling practices when they enter school. Every year through high school. Schools provide a refresher on recycling. *Recycling practices may vary depending on regional practices, so educating students on the practices the recycling company each school uses is crucial for proper waste management.*
9. **Composting**-Science classes should teach about the positive impacts of composting and how to compost in science classes. *Teaching students about composting is an opportunity to show how important systems like the life cycle of a plant and biodegradation work.*

### **Meal Guidelines**

Meals provide a great way to generate more understanding than classroom lessons, including how food can be delicious, nutritious, and culturally diverse. While expanding their palates and enjoying tasty food, students should make connections with one another through conversation and the food.

1. POS system protects the confidentiality of students who receive free or reduced-price meals. *Making payments completely confidential will prevent other students from being aware, and potential overt identification.*
2. Schools should provide students with a minimum of fifteen (15) minutes to eat after sitting down for breakfast and twenty (20) minutes after sitting down for lunch. Whenever possible, lunch should occur after outdoor exercise. *By allowing students to have more time to eat, they have more time to enjoy their food, build connections, and digest their food. Outdoor exercise exposes students to vitamin D as well as fresh air.*
3. Food services should use no less than one (1) product from a local farm each week to the extent possible. Local is defined as within a 400 mile in state demographic. *Using at least one local farm food item for student meals each week will allow students to experience a taste of what farm-to-school programs can offer.*
4. Food services should encourage a plant-based diet providing whole foods and optional less meat. Meatless Mondays as an example. *A menu that prioritizes fruits and vegetables is essential for combating serious health issues related to meat. See the fact sheet for more information.*

## Student Wellness

5. Food services should ensure that each food item is clearly marked to indicate dietary classifications such as vegetarian, vegan, halal, or kosher.  
*By using indicators, students and staff can make informed decisions about the food being served to see if it aligns with their diet.*
6. Students should be served culturally diverse and appropriate food to reflect various cuisines and flavors.  
*Inclusion should intersect with as many areas in the students' school day as possible.*
7. If staff members or students wish to provide a product, that may not follow the nutritional guidelines, a waiver system is in place. The building Principal is required to submit an (exception request), waiver to be approved by the Food Service Director.

### **Waste Reduction**

The school district will make waste reduction a priority and expect students and staff to recycle. Recycling bins should be clearly marked to separate recyclables, trash, and compostable food waste. A recycling bin should be located adjacent to each trash bin. Cafeteria staff, lunch monitors, and custodians should help guide students to properly separate their trash from recyclables and compost items.

1. Food waste and food scraps should be composted and returned for use in the school garden program or landscaping. Arrangements should be made for surplus food waste to (or picked up by) a local composting service or local farm.  
*See the fact sheets for more information on composting.*
2. When possible, cafeteria staff should use canning and/or pickling to prolong the shelf-life of fresh produce.

### **Implementation and Assessment**

The building principal, shall support the goals through the building wellness committee, policy implementation, and action plans as listed. The Building Wellness committee shall evaluate each school's implementation of all aspects of this Wellness Assessment and report the results to the Board, including plans for any improvements that may be needed.

## **Health and Safety Plan Summary: Palisades School District**

**Initial Effective Date: July 1, 2023**

**Introduction:** School district operations will be implemented in the same manner as those in place prior to the pandemic; the exceptions will be fully described within this document. Palisades School District was open all year for in person instruction, for five days a week, during the **2020-2021, 2021-2022, and 2022-2023** school years. This plan reflects those components we will keep in place to promote general health and safety for all students, employees and visitors as well as remaining compliant with national, state and local health guidance.

This plan will continue to be adapted as conditions change.

**1. How will the LEA, to the greatest extent practicable, support prevention and mitigation policies in line with the most up-to-date guidance from the CDC for the reopening and operation of school facilities in order to continuously and safely open and operate schools for in-person learning?**

This plan will continually be monitored to include updated CDC and Bucks County Department of Health (BCDH) recommendations. The plan will be reviewed and revised as necessary at the district level by the district's Health and Safety Planning team as well as the building level teams but at a minimum it will be reviewed every 6 months. The revisions will be recommended to the Board for approval and changes will be communicated to students, staff and the greater school community.

**2. How will the LEA ensure continuity of services, including but not limited to services to address the students' academic needs, and students' and staff members' social, emotional, mental health, and other needs, which may include student health and food services?**

Our methods for educational delivery for the **2023-2024** school year will be:

1. Instruction will resume on **August 28, 2023**, on a normal, Monday through Friday schedule.
2. The following options will be available to families:
  - a. Face to face, in classroom instruction
  - b. Homeschool/face to face (this option has long been available to our homeschool families)
  - c. Virtual courses (as offered prior to the pandemic)

Student medical issues which require a temporary leave from school will be addressed on a case by case basis to determine appropriate instructional alternatives to continue the student's education in consideration of information provided by the student's health care provider, parent/guardians, principal and counselor, and IEP team, if applicable.

To address the issue of mental health concerns for our students and staff, the following measures will be in place for the **2023-2024** school year:

1. A licensed professional counselor (LPC), in addition to the 6 building school counselors, are available to provide mental health support for students and connect families with services
2. Staff will be routinely reminded of how to access the district Employee Assistance Program
3. Professional development options will continue that support mental health/stress reduction
4. Behavioral health supports will also be added through a Board Certified Behavior Analyst (BCBA)

3. Use the table below to explain how the LEA will maintain the health and safety of students, educators, and other staff and the extent to which it has adopted policies, and a description of any such policy on each of the following safety recommendations established by the CDC.

ARP ESSER Requirement	Strategies, Policies, and Procedures
<p>a. Universal and correct wearing of <u>masks</u>;</p>	<p>Masking is optional for students and staff.</p> <p>If a student/employee is actively coughing/sneezing when they enter the nurse's suite, they may be asked to wear a mask until they can be assessed.</p>
<p>b. Modifying facilities to allow for <u>physical distancing</u> (e.g., use of cohorts/podding);</p>	<ul style="list-style-type: none"> <li>● Classroom configurations will promote learning and maximize distancing where feasible.</li> <li>● Students may be taken outdoors for instruction</li> <li>● Building faculty meetings, full administrative team meetings, and professional development activities will occur in person unless designated as virtual by the meeting coordinator.</li> </ul>
<p>c. <u>Handwashing and respiratory etiquette</u>;</p>	<ul style="list-style-type: none"> <li>● General hand hygiene will be practiced throughout the day to minimize spread through use of common items.</li> <li>● Proper hand washing technique signs will be posted in all bathrooms and sinks</li> </ul>
<p>d. <u>Cleaning and maintaining healthy facilities, including improving ventilation</u>;</p>	<ul style="list-style-type: none"> <li>● All high-touch surfaces cleaned/disinfected by custodial crew daily (water fountains, door handles, desks, light switches, etc.) following posted EPA/CDC/manufacture guidelines.</li> <li>● Clean desks on a frequent basis (soap and water for students/cleaning solution for faculty/staff).</li> <li>● Students and staff should sanitize/wash hands on a frequent basis. (Make hand sanitizer available in common areas, hallways, and/or in classrooms where sinks for handwashing are not available).</li> <li>● PE equipment and fitness center will be cleaned daily with Victory Sprayer.</li> <li>● Faculty/staff and students are encouraged to bring water bottles from home and use filling stations. The water fountains will be reconnected for those that do not have a water bottle.</li> <li>● Personal cloth furniture and area rugs are not permitted.</li> <li>● Ventilate all classrooms and common areas when available/possible using windows. Use air circulation patterns that push inside air towards open windows. Doors and windows will be open to the maximum extent feasible (doors locked and propped in case we need to lockdown classrooms quickly) and ceiling fans will be operational to promote proper ventilation. Pedestal fans will be used in multipurpose rooms/gyms/cafeterias. If AC is running - doors and windows will be closed. Exterior doors will remain locked. Quarterly filter changes will occur to maximize air flow</li> </ul>
<p>e. <u>Contact tracing in combination with isolation and quarantine</u>, in collaboration with the State and local</p>	<ul style="list-style-type: none"> <li>● COVID infections will be handled similarly to other communicable diseases as noted in policy 203  <a href="http://go.boarddocs.com/pa/pall/Board.nsf/goto?open&amp;id=BSTJPH4D5692">http://go.boarddocs.com/pa/pall/Board.nsf/goto?open&amp;id=BSTJPH4D5692</a></li> </ul> <p>According to policy 203, students may return to school when the criteria for readmission following a communicable disease, as set forth in law, regulations or guidance from state or local health officials, have been met.</p>

<p>health departments;</p>	<p>For instance, once a student has resolving symptoms and has been fever-free for 24 hours without medication, they may return to school.</p> <p>According to BCDH, if a person tests positive for COVID, but they are asymptomatic it is recommended that the person remains home for one to two days to ensure they aren't about to become sick (they were pre-symptomatic when they tested).</p> <p>Palisades will excuse a student that has tested positive for COVID but remains asymptomatic for up to two days to see if symptoms emerge.</p> <p>Testing of asymptomatic individuals is not recommended by BCDH</p> <ul style="list-style-type: none"> <li>• Although the flu vaccine and COVID vaccine are not required for school attendance or employment, it is highly encouraged for all students and staff to get the flu vaccine and COVID vaccine.</li> </ul>
<p>f. <u>Diagnostic and screening testing;</u></p>	<ul style="list-style-type: none"> <li>• Educate all stakeholders (students, staff, parents/guardians) on the signs and symptoms of communicable diseases, including COVID-19, at home before sending children to school and/or reporting to work.</li> <li>• The nurse or designated employee will evaluate any individual who presents with symptoms and advise parents/guardians how to obtain a COVID test. No student will be tested without parental permission.</li> <li>• Testing of asymptomatic individuals is not recommended by BCDH</li> <li>• Emergency contacts must be up to date. A symptomatic student must be picked up within an hour and will not be sent home on the bus.</li> <li>• Until further notice, recognitions or awards for perfect attendance will not occur. Maintaining this recognition may encourage symptomatic students to attend school.</li> </ul>
<p>g. <u>Efforts to provide vaccinations to school communities;</u></p>	<ul style="list-style-type: none"> <li>• Continue to work with BCDH to provide opportunities for students and community members to receive vaccinations. No student will be vaccinated without parental permission.</li> </ul>
<p>h. <u>Appropriate accommodations for students with disabilities with respect to health and safety policies; and</u></p>	<ul style="list-style-type: none"> <li>• Director of Student Services, IEP case managers, school nurses, principals and counselors will work with families to develop a student-specific education plan for students with complex needs.</li> <li>• The district will also collaborate with BCIU and other education providers to coordinate plans for students with complex needs.</li> </ul>
<p>i. <u>Coordination with state and local health officials.</u></p>	<ul style="list-style-type: none"> <li>• Regular communication will continue with the Bucks County Department of Health to confirm updated guidance from the CDC and other health officials.</li> <li>• In accordance with Policy 203, the school nurse shall report the presence of suspected communicable diseases to the appropriate local health authority, as required by the Pennsylvania Department of Health.</li> </ul>

## Health and Safety Plan Governing Body Affirmation Statement

The Board of Directors/Trustees for Palisades School District reviewed and approved the School Health and Safety Plan on June 21, 2023

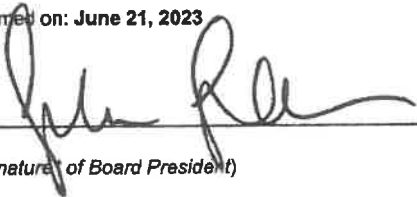
The plan was approved by a vote of:

- Yes

- No

Affirmed on: June 21, 2023

By:



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*(Signature of Board President)*

Silvia LeBlanc

*(Print Name of Board President)*

\*Electronic signatures on this document are acceptable using one of the two methods detailed below.

**Option A:** The use of actual signatures is encouraged whenever possible. This method requires that the document be printed, signed, scanned, and then submitted. **Option B:** If printing and scanning are not possible, add an electronic signature using the resident Microsoft Office product signature option, which is free to everyone, no installation or purchase needed.