

THE SCHOOL DISTRICT OF PHILADELPHIA

SECTION: PROGRAMS

TITLE: STUDENT AND STAFF
WELLNESS

ADOPTED: October 5, 2011

REVISED:

<p>1. Purpose</p> <p>2. Authority SC 1422.1 42 U.S.C. Sec. 1751 nt Pol. 100</p> <p>3. Guidelines</p> <p>SC 1513 Pol. 105, 106</p> <p>SC 1512.1 Pol. 105, 106</p>	<p style="text-align: center;">145. STUDENT AND STAFF WELLNESS</p> <p>The School Reform Commission is committed to providing a school environment that promotes student and staff wellness and supports students in their efforts to become fit, healthy and ready to learn. Through implementation of this policy, students shall become more knowledgeable and skilled in making behavior choices that support optimum health.</p> <p>The SRC adopts the Wellness Policy based on the recommendations of the Central Level School Wellness Council and in accordance with federal and state laws. The policy shall be included in the district’s Strategic Plan.</p> <p>The Wellness Policy will establish the following:</p> <ol style="list-style-type: none"> 1. Coordinated School Wellness Councils – development of a Coordinated School Wellness Council at each school, using the CDC Coordinated School Health Program Model as a template for wellness council development. 2. Nutrition standards for all foods available on school property during the school day – district schools shall establish standards to address all foods and beverages sold or served to students, including those available outside of reimbursable school meal programs. 3. Nutrition education – all students shall receive nutrition education that is interactive and teaches the skills they need to adopt healthy behaviors. Nutrition education will be provided within or in addition to the sequential, comprehensive, standards-based health education program. 4. Physical education – all students will have access to a sequential, comprehensive, standards-based physical education program taught by a certified health and physical education teacher.
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42 U.S.C.
Sec. 1751 nt

5. Physical activity – opportunities shall be provided for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short and long-term benefits of a physically active and healthful lifestyle.
6. Other school-based activities – a healthy school environment shall be promoted and maintained that provides consistent wellness messages and is conducive to overall health for students, staff and the school environment.

Central Level School Wellness Council

1. The Health, Safety and Physical Education Department will coordinate the Central Level School Wellness Council, which shall be comprised of but not be limited to the following: SRC member, district administrators, students, parent/guardian, and health-related organizations and agencies. The Central Level School Wellness Council may also include representatives from private and public agencies, as determined by the council leadership.
2. The Central Level School Wellness Council may evaluate current health-related SRC policies and administrative procedures, and raise awareness about student health issues.
3. The Central Level School Wellness Council can identify and communicate health-related issues from local school wellness councils to upper administration and the SRC.

Nutrition Standards

All foods available in district schools during the school day shall be offered to students with consideration for promoting student health and reducing childhood obesity.

School Meal Guidelines –

1. Information shall be shared with parents/guardians and students about the nutritional content of meals.
2. The district shall engage students and parents/guardians in focus groups using taste-tests of new entrees and surveys to identify new, healthful and appealing food choices.

<p>Pol. 808.1</p>	<ol style="list-style-type: none">3. The district shall arrange bus schedules and utilize various methods to serve school breakfasts, including serving breakfast in the classroom, “grab-and-go” breakfast, or scheduled breakfast in the cafeteria.4. Parents/Guardians and students shall be notified of the availability of school meal programs and the possibility of providing free or reduced-price meals.5. Parents/Guardians shall be encouraged to provide a healthy breakfast for their child(ren) through newsletter articles, take-home materials, or other means.6. Students shall be discouraged from sharing their foods or beverages with one another, given concerns about allergies and diet restrictions.7. School celebrations that involve food during the school day will occur no more than one (1) time per class per month. Each celebration should include foods or beverages that meet established nutrition standards and applicable administrative procedures.8. District schools will not use unhealthy foods or beverages as rewards for academic performance or good behavior.9. District schools will not withhold food or beverages as a punishment.
<p>Pol. 808.1</p>	<p>All reimbursable school meals served through the National School Lunch and School Breakfast Programs, After School Feeding Program, Universal Breakfast and Feeding Programs, and any other reimbursable school meal programs implemented by the district shall:</p> <ol style="list-style-type: none">1. Be appealing and attractive to students.2. Be served in clean and pleasant settings.3. Be in compliance, at a minimum, with nutrition requirements established by local, state, and federal statutes and regulations, including USDA guidelines under the School Meals Initiative.4. Ensure that half of the offered grains are whole grain.5. Offer additional servings of a variety of fruits, vegetables, and whole grains.6. Decrease the salt and sugar content in meals, and limit the total fat content to thirty percent (30%) of calories and saturated fat content to ten percent (10%) of calories in a weekly average.

7. Be in accordance with the beverage guidelines established by the district.

Meal Times And Scheduling –

1. The district shall ensure that schools are open in time for student meal times.
2. Students shall be provided with at least ten (10) minutes to eat after sitting down for breakfast and twenty (20) minutes after sitting down for lunch.
3. Meal periods shall be scheduled at appropriate hours, as defined by the district. Schools should make every attempt to schedule lunch between 11 a.m. to 1 p.m.
4. Student tutoring and club or organizational meetings or activities shall not be scheduled during mealtimes, unless students may eat during such activities.
5. In elementary schools, lunch periods shall normally be scheduled to follow lunchtime recess periods.
6. Students shall be provided access to hand washing or hand sanitizing before meals or snacks.
7. The district shall accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

Snacks –

The district will not purchase for sale to students, during the school day, any snacks that do not comply with the following regulations:

1. Total fat content must be less than or equal to 7 grams per serving.
2. Saturated fat content must be less than or equal to 2 grams per serving.
3. Sodium content must be less than or equal to 360 milligrams per serving.
4. Sugar content must be less than or equal to 15 grams per serving.
5. Candy will not be sold or served during the school day.

Beverages

Guidelines limit the total beverage product line to the following:

1. Fruit-based drinks composed of no less than 100% fruit juice with no artificial sweeteners, artificial flavors or colors.
2. Drinking water with no additives except those minerals normally added to tap water.
3. Drinking water with essences that are pure flavor and aroma products with a maximum dilution of 0.5 to 1 per 1000 and contain no artificial sweeteners, flavorings or colors.
4. Milk and flavored milks – pasteurized fluid types of unflavored or flavored, whole, low-fat (1%), skim milk (fat-free), or cultured low fat or nonfat buttermilk, which meet USDA, state, and local standards and regulations. All milk should contain vitamins A and D at levels specified by the Food and Drug Administration and shall be consistent with state and local milk standards.
5. Caffeinated beverages containing naturally occurring caffeine in cocoa with less than 15 milligrams per 8-ounce serving. No artificial sweeteners, flavors or colors.
6. Beverage products, except for drinking water, not to exceed 12-ounce serving size in elementary schools (pre-K to 8th grade) and 16-ounce serving size in high school (9th to 12th grade).
7. Allowable sweeteners in beverages include but are not limited to the following: sugar (raw, refined, unrefined, cane, brown, turbinado, white), invert sugar, dextrin, sucrose, honey, corn syrup, high fructose corn syrup, cane juice, molasses, xylitol, sorbitol, mannitol, galactose, lactose, fructose and Splenda.
8. Grades 9-12: Electrolyte replacement drinks that do not contain more than 20 grams of added sweetener per 8-ounce serving. Sodium should not exceed 110 milligrams per 8-ounce serving. Potassium should not exceed 60 milligrams per 8-ounce serving. Electrolytes and minerals added might include: sodium, potassium, chlorine and phosphorous. No artificial flavorings or sweeteners. These drinks will be placed in gymnasiums, field houses, and other areas where high intensity athletic activities take place.

<p>SC 504.1</p> <p>SC 504.1</p>	<p><u>Competitive Foods/Beverages</u></p> <p>All competitive foods and beverages available to students in district schools shall comply with the established nutrition standards, including the district’s snack and beverage guidelines, and any applicable administrative procedures.</p> <p>Competitive foods and beverages are defined as any food or beverage offered or sold outside the school day, including school-sponsored events, outside of reimbursable school meal programs, such as through vending machines, cafeteria a la carte (snack) lines, fundraisers, school stores, or fundraising activities.</p> <p>Exclusive competitive food and/or beverage contracts shall be approved by the SRC, in accordance with provisions of law.</p> <p><u>Nutrition Education</u></p> <p>Nutrition education is part of the district’s comprehensive health education standards-based program. Nutrition education programs will:</p> <ol style="list-style-type: none"> 1. Teach, encourage and support healthy eating by students. 2. Be taught across the curriculum. 3. Include enjoyable, developmentally appropriate, culturally relevant, participatory activities such as contests, promotions, taste testing, farm visits and school gardens. 4. Promote fruit, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices. 5. Emphasize caloric balance between food intake and energy expenditure. 6. Provide links with school meal programs, other school foods, nutrition-related community services and Central Level and local Coordinated School Wellness Councils. 7. Teach media literacy with an emphasis on food marketing. 8. Provide professional development to teachers and nutrition professionals to enhance their skills in nutrition education training.
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Physical Education

All students enrolled, K-12, will have access to a sequential, comprehensive, standards-based physical education program taught by a certified Health and Physical Education teacher. The physical education program will:

1. Not be listed and referred to as a prep course.
2. Be recognized as an integral part of the core curriculum.
3. Be consistent and aligned with local, state and federal standards and guidelines.
4. Ensure that every effort is made to optimize physical education time in shared spaces (cafeterias, auditoriums, etc.).
5. Include a physical fitness assessment for each student, using a fitness assessment tool for grades 3 to 12.
6. Devote at least fifty percent (50%) of class time to moderate to vigorous physical activity.
7. Be designed to meet the needs of all students (athletic and nonathletic), feature cooperative as well as competitive activities, and focus on understanding and ownership of personal fitness and wellness for life.
8. Include components related to self-management, movement, cooperation, fair play and social skills.
9. Take into account gender and cultural differences in students' interests.
10. Encourage classroom teachers to integrate concepts of movement and wellness across the curriculum.
11. Be an enjoyable experience.
12. Provide quality professional development to all physical education teachers to stay current with research and current programs.
13. Encourage and actively engage families and community members to become advocates for quality physical education.
14. Not support or include "contract" or "waiver" opportunities for students.

15. Not being allowed to participate in PE class will not be used as a punishment or consequence.

Physical Activity

1. Students will acquire the knowledge and skills to understand the benefits of being physically active.
2. Time will be devoted, in the elementary schedule, for supervised and safe recess.
3. Elementary students will be given “Movement Breaks” every ninety (90) minutes of seat time.
4. Opportunities will be provided before and after school for school physical activities, including clubs, intramurals and interscholastic athletics.
5. Opportunities for district staff to be physically active will be encouraged.
6. The Coordinated School Wellness Council at each school will apprise students, staff and families of programs that support physical activity and wellness in the community.
7. Physical activity shall not be used as a form of punishment or consequence.

Other School-Based Activities

Other school-based activities related to student and staff wellness shall ensure that:

1. A non-stigmatizing atmosphere is provided for all students.
2. Screenings are provided for students for optimum health.
3. Care is provided to students for chronic conditions.
4. A safe, clean and hygienic environment is maintained in all schools.
5. Students may be involved in menu selections through various means, including annual student surveys.
6. To the extent possible, the district shall utilize available funding and outside programs to enhance student wellness.

