



# WELLNESS POLICY 145

school district of philadelphia

Wellness Policy 145 sets guidelines for health in schools. Here are a few highlights of important health topics that the Wellness Policy covers:



## WELLNESS COUNCILS

- Central Level Wellness Council will serve as an advisory committee for student health, meet 4 times each year & be open to the public to support student health.
- Every school should have a wellness council with representatives from students, parents, school administrators, & teachers.

## PHYSICAL ACTIVITY



- Physical activity cannot be used as a punishment or consequence.
- At least 50% of PhysEd class must be used for moderate to vigorous physical activity.
- Elementary schools should have movement breaks every 90 minutes & a safe and scheduled recess.



## NUTRITION STANDARDS



- Food & beverages cannot be taken away as punishment.
- Breakfast at school should be varied to encourage students to eat.
- Lunch at school should be served between 11 AM and 1 PM as much as possible.
- Food sold in schools and at school celebrations should meet the federal nutrition guidelines.
- School food fundraisers that do not meet the nutrition guidelines can only happen 5 times a year in elementary and middle schools, and 10 times a year in high schools.
- Water must be available to student for free during meal times and throughout the day.



## OTHER

- Schools should be safe, clean, and hygienic
- Students can give feedback on the school food menu
- Students with chronic conditions (asthma, diabetes, etc) receive care





# WHAT CAN YOU DO?

Start a HYPE council, a group of students who identify a health issue to improve

Contact: Paulette at:  
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Review the wellness policy and then schedule a meeting with your principal. Use the information in the policy to make your case!

Set up a meeting with your cafeteria staff to discuss how to improve the cafeteria

Join your school wellness council; if there isn't one, ask how you can help start one.

Find an adult/teacher who cares about your issue and will help you make a change.

Ask your principal if your school can be a new menu item tasting school, attend district tasting event

fill out student feedback surveys on the school menu- encourage your school/peers to do all of these things

Start a student petition for your issue and present it to the Central Wellness Council

Get your fellow students moving with a movement break. Maybe over the morning announcements or in the middle of the school day

Be a recess captain to lead games and make sure everyone is included in games

Find out if you have a nutrition educator at your school and meet with your nutrition educator to discuss ways to be healthy

Request a field trip to a farm, urban garden or other healthy organization