

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

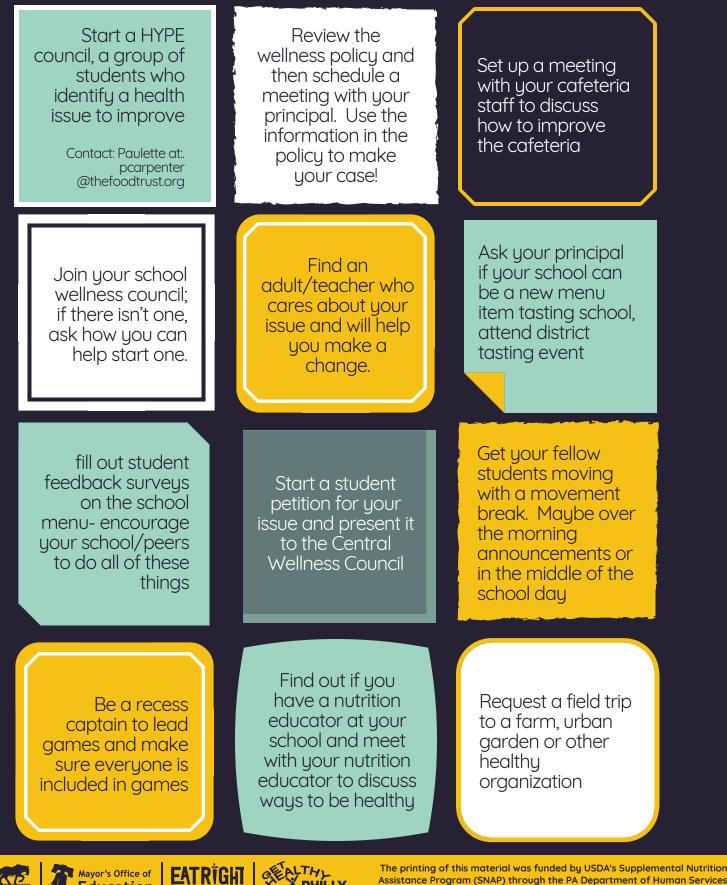
- Food & beverages cannot be taken away as punishment.
- Breakfast at school should be varied to encourage students to eat.
- Lunch at school should be served between 11 AM and 1 PM as much as possible.
- Food sold in schools and at school celebrations should meet the federal nutrition guidelines.
- 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.

Mayor's Office of Education

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







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Education

Assistance Program (SNAP) through the PA Department of Human Services (DHS). This institution is an equal opportunity provider.