



# 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?

- Review the wellness policy and talk to your child about it.
- Join the school Wellness Committee that sets policies for health & wellness and work to include language about physical activity, nutrition & hydration.
- Offer to help with school-wide initiatives to promote physical activity, nutrition or hydration.
- Volunteer to help identify and lead classroom physical activity breaks in your child's classroom.
- Share wellness programs with school administrators and classroom teachers.
- Email or discuss with other parents the importance of classroom physical activity, access to healthy foods at school and hydration

## YOUR THOUGHTS



For more information on the full Wellness Policy:

<https://bit.ly/2ExOeY0>