

WHY IS SCHOOL HEALTH AND WELLNESS IMPORTANT?

Promoting healthy eating and physical activity can help schools meet the School District of Philadelphia's Outcome Goals for 2019-20 because **healthy students are better learners.**

Implementing strategies that help students eat healthy and be active can result in:

Decreased rates of student absenteeism



Outcome Goal:
At least 60% of students will attend school 95% of days or more

Fewer behavioral problems



Outcome Goal:
100% of K-2 students and at least 90% of 3-12 students will have zero out-of-school suspensions

Higher school-wide test scores and grades



Outcome Goal:
AimswebPlus scores, independent reading level growth, PSSA & Keystone scores, core course grades

WHAT DOES THE DISTRICT'S WELLNESS POLICY SAY?

SDP Policy 145: Student and Staff Wellness is a roadmap for schools to use on their journey to health and wellness! It provides information and guidance on:

Foods and beverages offered and sold at school

Nutrition education and promotion

Physical education and activity

The Policy also states that "each school shall establish a School Wellness Council comprised of school health professionals, faculty and administration, a student if a secondary school, a parent representative, and community representatives."

A Wellness Council can work to identify your school's needs and implement simple changes that help **make the healthy choice the easy choice** for students.

Flip over to learn more!



TAKE ACTION!

WHAT YOU CAN DO:

- ✓ **DEVELOP YOUR SCHOOL WELLNESS COUNCIL**
Invite the principal and other leadership staff, teachers, climate staff, school nurse, parents, community members, students, your Eat Right Philly educator, other partners - anyone with a passion for health and wellness! You could also incorporate this work in an existing school team like the SAC.
- ✓ **COMPLETE THE SCHOOL HEALTH INDEX**
This self-assessment and planning tool will help the council identify your school's needs around nutrition and physical activity. It is available in a downloadable, printable version or as an interactive, customizable online tool.
- ✓ **CREATE A WELLNESS ACTION PLAN**
Based on needs identified through the School Health Index, the council should select a few items that it wants to focus on and create goals for each. Keep in mind other goals that your school is working toward, such as the District's Outcome and Implementation Goals - wellness work can support those too!
- ✓ **IDENTIFY STRATEGIES AND RESOURCES**
What approaches and action steps will be most successful in helping you reach your goals? What is needed for implementation? Build on your school's existing strengths and utilize support from partners - like Eat Right Philly!
- ✓ **MEET REGULARLY AND MONITOR PROGRESS**
It is recommended that School Wellness Councils meet 3 times a year. During meetings, document successes and challenges and assign next steps.

WHAT EAT RIGHT PHILLY CAN DO:

Our team can help every step of the way! We are experts in school health and wellness and can provide resources, training, and technical assistance in the following areas:



Movement Breaks
Breakfast
Fundraisers
Recess



Rewards
Celebrations
Gardening
Hydration



CONTACT US TODAY TO GET STARTED!

Reach out to your Eat Right Philly Educator or visit our website to find out which partner is working in your school and access their contact information.