

THE SCHOOL DISTRICT OF PHILADELPHIA

SECTION: 100 Programs

TITLE: Student and Staff Wellness

ADOPTED: December 15, 2016

REVISED: September 14, 2017

STUDENT AND STAFF WELLNESS

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 behaviour choices that support optimum health.

Authority

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 and regulations.[\[1\]](#)[\[2\]](#)[\[16\]](#)

The district shall inform and update the public, including parents/guardians, students, and others in the community, about the contents, implementation, and assessment of this policy.

Mandated Regulatory Procedures

The Wellness Policy will establish the following:

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. Nutrition promotion – the district aims to teach, encourage, and support healthful eating by students. District schools shall promote nutrition by providing appropriate nutrition education in accordance with this policy.[\[2\]](#)
5. 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.

6. 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.
7. 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, internal and external health and wellness partners and include the following: SRC member, district administrators. The Central Level School Wellness Council may also include representatives from private and public agencies, as determined by the council leadership. The Council will meet 4 times per year, advertise the meetings and open them to the public.[\[2\]](#)

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.

2. The Central Level School Wellness Council shall serve as an advisory committee regarding student health issues and shall be responsible for developing, implementing and periodically reviewing and updating a Wellness Policy that complies with law to recommend to the SRC for adoption.
3. The Central Level School Wellness Council shall review and consider evidence-based strategies and techniques in establishing goals for nutrition education and promotion, physical activity and other school based activities that promote student wellness as part of the policy development and revision process:[\[16\]](#)
4. The Central Level School Wellness Council may evaluate current health-related SRC policies and administrative procedures, and raise awareness about student health issues.
5. The Central Level School Wellness Council may identify and communicate health-related issues from local school wellness councils to upper administration and the SRC.

Nutrition Guidelines for All Foods/Beverages at School

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

Foods and beverages provided through the National School Lunch or School Breakfast Programs shall comply with established federal nutrition standards.[\[3\]](#)[\[4\]](#)[\[5\]](#)[\[6\]](#)

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.
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.[7]
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.[8]
7. District schools will not withhold food or beverages as a punishment.

All reimbursable school meals served through the National School Lunch and School Breakfast Programs, After School Feeding Program, and any other reimbursable school meal programs implemented by the district shall:[7]

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 all grains offered in meals are whole grain rich.
5. Ensure that foods are free of artificial sweeteners, flavors or colors.
6. Offer a variety of fruits and vegetables daily, including dark green, red/orange and legumes weekly.

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).

Beverages

Drinking water shall be available and accessible to students, without restriction and at no cost to the student, at all meal periods and throughout the school day.[\[5\]](#)[\[6\]](#)

The district observes a stricter beverage policy than the products allowed in the Smart Snack standards of the Healthy, Hunger-Free Kids Act of 2010. Product selection for schools must be made from the guidelines listed below for beverages. Online tools cannot be used to evaluate beverage products:

1. Drinking water with no additives except those minerals normally added to tap water.
2. Unflavored low-fat milk, and unflavored nonfat milk (including nutritionally equivalent milk alternatives as permitted in the school meal programs): elementary schools - may be sold in up to 8-ounce servings; middle and high school - may be sold up to 12 ounces.
3. 100% fruit and/or vegetable juice (100% juice diluted with water, without carbonation with no added sweeteners or additives): elementary schools - maximum serving size is 8 ounces; middle and high schools - maximum serving size is 12 ounces.
4. Caffeine: Only caffeine-free beverages allowed for elementary, middle and high school students. Foods and beverages that contain trace amounts of naturally-occurring caffeine substances, such as chocolate milk, are exempt.
5. No artificial sweeteners, flavors or colors. 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. These sugars are not chemically derived.

Additional beverages for high school students (grades 9-12):

1. Calorie-free beverages: maximum serving size is 16 fluid ounces. Calorie-free flavored water without carbonation. No carbonated beverages allowed in high schools.

2. 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. These drinks may not be placed in cafeterias or food service areas.

Competitive Foods/Non-Sold Competitive Foods

All competitive foods available for sale to students in district schools shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School), district guidelines, and any applicable administrative procedures. [\[10\]\[9\]\[16\]](#)

Competitive foods are defined as all foods and beverages offered or sold to students outside the school meal programs, on the school campus, and at any time during the school day. Sold refers to the exchange of money, tokens, or the use of some type of prepaid account to purchase an item and includes items sold a la carte, in vending machines, at school stores, during fundraisers, or at any other venue that sells food/beverages to students during the school day. For purposes of this definition, school campus shall include all areas of the property under the jurisdiction of the school that are accessible to students during the school day, and school day shall include the period from the midnight before school begins until thirty (30) minutes after the end of the official school day. [\[16\]\[9\]](#)

Non-Sold Competitive Foods -

Non-sold competitive foods available to students, which may include but are not limited to foods and beverages offered as rewards and incentives, at classroom parties and celebrations, or as shared classroom snacks, shall meet or exceed the standards established by the district.

If the offered non-sold competitive foods do not meet or exceed the Smart Snacks in School nutrition standards, the following standards shall apply:

1. Rewards and Incentives:
 - a. District schools will not use unhealthy foods or beverages as rewards for academic performance or good behavior.
2. Classroom Parties and Celebrations:
 - a. 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.

The district shall provide a list of suggested nonfood ideas and healthy food and beverage alternatives to parents/guardians and staff, which may be posted via the district website, student handbooks, newsletters, posted notices and/or other efficient communication methods.

Marketing/Contracting

Any foods and beverages marketed or promoted to students on the school campus during the school day shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School) and comply with established SRC policy and administrative procedures. [\[16\]](#)[\[9\]](#)

Exclusive competitive food and/or beverage contracts shall be approved by the SRC, in accordance with provisions of law. Existing contracts shall be reviewed and modified to the extent feasible to ensure compliance with established federal nutrition standards, including applicable marketing restrictions. [\[11\]](#)

Fundraisers

All foods that meet the established nutrition standards may be sold for fundraising purposes on the school campus during the school day without a limit on frequency. The standards do not apply to items sold during nonschool hours, weekends, or off-campus fundraising events. A maximum of five (5) exempt fundraisers in each elementary and middle school building per year, and a maximum of ten (10) exempt fundraisers will be permitted in each high school building per year. Each fundraiser may not exceed one (1) school week. Exempt fundraisers may not be sold in the food service areas during the meal period. [\[9\]](#)

Recordkeeping - Schools must keep a record of all exempt fundraisers to assure they are not exceeding the yearly limits. Fundraising records must be kept on file for four (4) years and made available, upon request. Schools need to ensure that receipts, nutrition labels or product specifications are maintained by those designated as responsible for competitive food service at the various venues in the school. All parts of the school involved with selling food to students during the school day will have a role in meeting these requirements.

Nutrition Education

Nutrition education programs will:

1. Be consistent with law, regulations and established academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences. [\[12\]](#)[\[13\]](#)
2. Teach, encourage and support healthy eating by students.
3. Be taught across the curriculum.
4. Include enjoyable, developmentally appropriate, culturally relevant, participatory activities such as contests, promotions, taste testing, farm visits and school gardens.
5. Promote fruit, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.
6. Emphasize caloric balance between food intake and energy expenditure.
7. Provide links with school meal programs, other school foods, nutrition-related community services and Central Level and local Coordinated School Wellness Councils.

8. Teach media literacy with an emphasis on food marketing.
9. Provide professional development to teachers and nutrition professionals to enhance their skills in nutrition education training.

Nutrition Promotion[\[2\]](#)

District staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.

Consistent nutrition messages shall be disseminated and displayed throughout the district, schools, classrooms, cafeterias, homes, community and media.

Consistent nutrition messages shall be demonstrated by avoiding use of unhealthy food items in classroom lesson plans and school staff avoiding eating less healthy food items in front of students.

District schools shall encourage parents/guardians to provide healthy meals for their children through newsletter articles, take-home materials or other means.

Physical and Health Education

The health and physical education program will:

1. Be consistent with law, regulations and established academic standards for Health, Safety and Physical Education.[\[13\]](#)[\[14\]](#)[\[15\]](#)
2. Not be listed and referred to as a prep course.
3. Be recognized as an integral part of the core curriculum, K-12.
4. Be consistent and aligned with local, state and federal standards and guidelines.
5. Ensure that every effort is made to optimize physical education time in shared spaces (cafeterias, auditoriums, etc.).
6. Include a physical fitness assessment for each student, using a fitness assessment tool for grades 3 to 12.
7. Devote at least fifty percent (50%) of class time to moderate to vigorous physical activity.
8. 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.
9. Include components related to self-management, movement, cooperation, fair play, social skills, healthy decision-making and advocacy for wellness.
10. Take into account gender and cultural differences in students' interests.

11. Encourage classroom teachers to integrate concepts of movement and wellness across the curriculum.
12. Be an enjoyable experience.
13. Provide quality professional development to all health and physical education teachers to stay current with research and current programs.
14. Encourage and actively engage families and community members to become advocates for quality physical education.
15. Not support or include “contract” or “waiver” opportunities for students.
16. Include topics of pedestrian and bicycle safety and traffic rules at appropriate grade levels.
17. Prevention education, including topics of substance abuse, violence, HIV/STD/teen pregnancy, mental health and suicide, CPR/AED and fire/water safety will be provided to appropriate grades using appropriate resources and curriculum.

All district students must participate in physical education.[\[14\]](#)

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.
8. The district will encourage active commuting to and from school for both students and staff.

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.

Staff Wellness

The district will encourage and may provide opportunities and programs related to staff wellness, in collaboration with employee unions, insurance providers and outside agencies.

Safe Routes to School

The district shall cooperate with local municipalities, public safety agency, police departments and community organizations to develop and maintain safe routes for students to travel to and from school.

Assessment of Wellness Program

Assessment methods shall be implemented in accordance with established guidelines and/or administrative procedures. Designated administrators, the Central Level School Wellness Council, and the Coordinated School Wellness Council at each school shall participate, at different levels, in the assessment of this policy and established guidelines and/or administrative procedures.

1. The Superintendent or designee shall oversee the implementation, monitoring and assessment of this policy, related policies and established guidelines and/or administrative procedures. S/He shall be responsible for monitoring district schools, programs and curriculum to ensure compliance.[\[2\]](#)[\[7\]](#)
2. The Superintendent or designee shall provide assessment results to the SRC.[\[2\]](#)
3. Implementation, assessment and monitoring of this policy are subject to review and approval by the Superintendent or designee.

The Superintendent or designee and the established Central Level School Wellness Council shall conduct an assessment at least once every three (3) years on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation.

Legal References:

1. [24 P.S. 1422.1](#)
2. [42 U.S.C. 1758b](#)
3. [42 U.S.C. 1751 et seq](#)

4. 42 U.S.C. 1773
5. 7 CFR 210.10
6. 7 CFR 220.8
7. Pol. 808
8. Pol. 209.1
9. 7 CFR 210.11
10. 7 CFR 220.12a
11. 24 P.S. 504.1
12. 24 P.S. 1513
13. Pol. 105
14. 24 P.S. 1512.1
15. 22 PA Code 4.27
16. 7 CFR 210.31
17. 7 CFR 210.15
24 P.S. 1337.1
24 P.S. 1422
24 P.S. 1422.3

Related Information:

P.L. 111-296

7 CFR Part 210

7 CFR Part 220

Pol. 103

Pol. 103.1

CDC Coordinated School Health Program

Alliance for a Healthier Generation - Smart Snacks Calculator -

<https://foodplanner.healthiergeneration.org/calculator>