

THE SCHOOL DISTRICT OF
PHILADELPHIA

No. 145

Section: 100 Programs

Title: School Wellness: Nutrition
and Physical Education and Activity

Adopted: December 15, 2016

Revised: November 19, 2020

145 SCHOOL WELLNESS:
NUTRITION AND PHYSICAL EDUCATION AND ACTIVITY

Purpose

The Board of Education (“Board”) is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education and promotion, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement. The purpose of this policy is to help students in the School District of Philadelphia (“District”) to become more knowledgeable and skilled in making behavior choices that support optimum health.

Authority

State and federal law require the Board to adopt a school wellness policy.

The Board adopts this Wellness Policy based on the recommendations of the Central Wellness Council (“Council”) and in accordance with federal and state laws and regulations. [1][2][3]

Delegation of Responsibility

The Board directs the Superintendent or their designee, through the Office of Academic Supports, to implement and oversee this policy to ensure each of the District’s schools, programs, and curriculum is compliant with this policy, related policies, and established guidelines or administrative regulations.

Each building principal or designee shall annually report to the Office of Health, Safety, and Physical Education regarding compliance in their school.

Principal or designee shall act as a local school wellness representative to monitor compliance with this Policy and act as a liaison for communicating student wellness concerns to the Council.

The District shall create administrative procedures that establish the following:

1. Nutrition education that is consistent with law, regulation, and relevant established academic standards; [4][5]
2. Nutrition promotion that is disseminated and displayed throughout the District, schools, classrooms, cafeterias, homes, community, and media;
3. Physical and health education that:
 - a. is consistent and aligned with law, regulations, and established PA State and National academic standards and guidelines for Health, Safety, and Physical Education; [5][6][7]
 - b. ensures that all District students participate in physical education where at least fifty percent (50%) of class time is dedicated to moderate to vigorous physical activity; and
 - c. sets forth the expected instructional minutes for physical and health education;
4. Promotion of physical activity that:
 - a. reflects awareness and sensitivity to gender and cultural differences in students' interests; and
 - b. encourages classroom teachers to integrate concepts of movement and wellness across the curriculum;
5. Ideas for other school-based activities related to student wellness that ensure a safe and supportive atmosphere for all students;
6. Procedures for assessment of the District's Wellness Plan; and
7. Procedures to ensure that stakeholders are made aware of their ability to participate in the development, review, update, and implementation of this Policy.

Mandatory Regulatory Procedures

Central Wellness Council

1. The Office of Health, Safety, and Physical Education will coordinate the Central Wellness Council, which shall be comprised of but not be limited to internal and external health and wellness partners and include the following: a District food service representative, a District nutrition representative, and a District health professional. The Council may also include representatives from private and public agencies and members of the public, as determined by the Council leadership.
2. The Council will host two publicly advertised and accessible meetings per year. [2]
3. The Council shall serve as an advisory committee regarding student health issues and shall be responsible for developing, implementing, and periodically reviewing and updating this Wellness Policy subject to Board approval.
4. The 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. [3]
5. The Council may evaluate current health-related Board policies and administrative procedures, and raise awareness about student health issues.

6. The Council may identify and communicate health-related issues from local school wellness representatives to appropriate District administration and the Board.
7. The Council shall report to the Board on the District's compliance with law and policies related to school wellness. The report may include:
 - Assessment of school environment regarding school wellness issues;
 - Review of all foods and beverages sold in schools for compliance with established nutrition guidelines;
 - Listing of activities and programs conducted to promote nutrition and physical activity;
 - Recommendations for policy and/or program revisions;
 - Suggestions for improvement in specific areas; and
 - Feedback received from District staff, students, parents/guardians, community members, and the Council.

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. [8][9][10][11]

School Meal Guidelines

1. Parents/Guardians and students shall be notified of the availability of school meal programs and the possibility of providing free or reduced-price meals. [12] Information shall be shared with parents/guardians and students about the nutritional content of meals.
2. The District may 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 utilize various methods to serve school breakfasts, including serving breakfast in the classroom, "grab-and-go" breakfast, or scheduled breakfast in the cafeteria.
4. Students shall be discouraged from sharing their foods or beverages with one another, given concerns about allergies and diet restrictions. [13]
5. 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: [12]

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; and
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. Meal schedules shall provide students 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 Pennsylvania Department of Education. Schools should make every attempt to schedule lunch between 10 a.m. and 2 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, recess should be scheduled before lunch, when possible.
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. [10][11]

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 must not have 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) may be sold in up to 8-ounce servings in elementary schools and up to 12-ounce servings in middle and high schools.
3. 100% fruit and/or vegetable juice (100% juice diluted with water, without carbonation, with no added sweeteners or additives) may be sold in up to 8-ounce servings in elementary schools and up to 12-ounce servings in middle and high schools.
4. Only caffeine-free beverages are 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 are allowed. 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. The maximum serving size for calorie-free beverages is 16 fluid ounces. Calorie-free flavored water without carbonation is allowed. Carbonated beverages are not allowed in high schools.
2. Electrolyte replacement drinks that do not contain more than 20 grams of added sweetener per 8-ounce serving are allowed. Sodium should not exceed 110 milligrams per 8-ounce serving. Potassium should not exceed 60 milligrams per 8-ounce serving. Allowable electrolytes and minerals added might include: sodium, potassium, chlorine, and phosphorous. No artificial flavorings or sweeteners are allowed. These drinks may only be placed in gymnasiums, field houses, and other areas where high intensity athletic activities take place. These drinks may not be placed in cafeterias, food service areas, school stores, or hallways where students have unsupervised access to beverage machines, or be sold as fundraisers.

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. [3][14][15]

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. [3][14]

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 Board policy and administrative procedures. [3][12][13][14]

Exclusive competitive food and/or beverage contracts shall be approved by the Board, in accordance with provisions of law and Board procurement policies and procedures. Existing contracts shall be reviewed and modified to the extent feasible, if necessary, to ensure compliance with established federal nutrition standards, including applicable marketing restrictions. [16]

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. Unless otherwise permitted by the Pennsylvania Department of Education, a maximum of five (5) exempt fundraisers in each elementary and middle school building per year, and a maximum of ten (10) exempt fundraisers in each high school building per year will be permitted. Each fundraiser may not exceed one (1) school week. Exempt fundraisers may not be sold in the food service areas during the meal period. [14][17]

Fundraising 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.

Non-Sold Competitive Foods: Rewards, Incentives, Shared Classroom Snacks, and Celebrations

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:** District schools shall not use such foods or beverages as rewards for academic performance or good behavior.
2. **Classroom Parties and Celebrations:** 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.

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 Wellness Council, and the local school wellness representative 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, through the Office of Academic Supports, shall oversee the implementation, monitoring, and assessment of this policy, related policies, and established guidelines and/or administrative procedures. [2][12]
2. The Superintendent or designee shall provide assessment results to the Board. [2]

An assessment shall be conducted 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. [3]

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.

Recordkeeping

The District shall retain records documenting compliance with the requirements of the School Wellness policy, which shall include:

1. The written School Wellness policy;
2. Documentation demonstrating that the district has informed the public, on an annual basis, about the contents of the School Wellness policy and any updates to the policy;
3. Documentation of efforts to review and update the School Wellness policy, including who is involved in the review and methods used by the district to inform the public of their ability to participate in the review; and
4. Documentation demonstrating the most recent assessment on the implementation of the School Wellness policy and notification of the assessment results to the public.

Legal References:

1. [24 P.S. 1422.2](#)
2. [42 U.S.C. 1758b](#)
3. [7 CFR 210.31](#)
4. [24 P.S. 1513](#)
5. [Policy 105](#) - Curriculum Development
6. [24 P.S. 1512.1](#)
7. [22 PA Code 4.27](#)
8. [42 U.S.C. 1751 et seq](#) Healthy, Hunger-Free Kids Act of 2010
9. [42 U.S.C. 1773](#)
10. [7 CFR 210.10](#)
11. [7 CFR 220.8](#)

12. [Policy 808](#) - Food Services
13. [Policy 209.1](#) - Food Allergy Management
14. [7 CFR 210.11](#)
15. [7 CFR 220.12a](#)
16. [24 P.S. 504.1](#)
17. [Policy 702.2](#) - School-based Fundraising and Crowdfunding

Related Information:

[24 P.S. 1337.1](#)

[24 P.S. 1422](#)

[24 P.S. 1422.3](#)

[7 CFR Part 210](#)

[7 CFR Part 220](#)

[7 CFR 210.15](#)

[Policy 103](#) - Nondiscrimination in School and Classroom Practices

[Policy 103.1](#) - Nondiscrimination - Qualified Students with Disabilities/Protected Handicapped Students

[Policy 209](#) - Health Examinations/Screenings

[Center for Disease Control and Prevention's Whole School, Whole Community, Whole Child Model](#)

[Alliance for a Healthier Generation Smart Snacks Calculator](#)

[Competitive Foods and Beverages in U.S. Schools A State Policy Analysis](#)