

## CHILD NUTRITION REAUTHORIZATION

“Section 204 of the **Child Nutrition and Women, Infants and Children Reauthorization Act of 2004** (PL 108-265) signed into law June 30, 2004 included a provision that requires each local educational agency (LEA) participating in the National School Lunch Program, School Breakfast Program, Special Milk Program and Summer Food Service Program to establish a local wellness policy for schools under the LEA. This policy must be developed and implemented not later than the first day of the school year beginning after June 30, 2006.”

### Who Created the School District’s Wellness Policy?

In November 2005, the district’s **Central Level School Wellness Council** (CLSWC) was given the responsibility to design and develop a district wide Wellness Policy. The Central Level Wellness Council was established in 2004 and is made up of School Reform Commissioners, district administration, union representatives, parents, local health organizations and community leaders. Its primary objective is to review, evaluate and develop policy collaboratively that will improve the health and wellness of the district. The CLSWC provides a link for local school health councils to connect with central administration.

On **August 16, 2006** the SRC approved the district’s first Wellness Policy. This policy is known today as Policy – 145.

### FOR MORE INFORMATION:

**Office of Health, Safety, Physical Education**  
[www.philasd.org/healthphysed](http://www.philasd.org/healthphysed)

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### Additional Resources

#### SHAPE

**Society of Health and Physical Education**

[www.shapeamerica.org](http://www.shapeamerica.org)

**National Center for Chronic Disease Prevention  
and Health Promotion / Healthy Youth**

<http://www.cdc.gov/healthyyouth>

**Center for Nutrition Policy and Promotion**

<http://www.usda.gov/cnpp>

**Action for Healthy Kids AFHK**

**Sean Wade**

[swade@actionforhealthykids.org](mailto:swade@actionforhealthykids.org)

**School Nutrition Association**

<http://www.schoolnutrition.org>

## School District of Philadelphia



[HTTP://WWW.PHILASD.ORG/](http://www.philasd.org/)

## Wellness Policy - 145

Enabling students, teachers and staff to  
become “fit, healthy, and ready to learn”

### School Reform Commission

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Joyce Wilkerson

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#### Chief of Schools

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## WELLNESS POLICY

The School Reform Commission (SRC) in conjunction with the Central Level School Wellness Council is implementing a federally mandated, US Department of Agriculture, district-wide Wellness Policy that supports student and staff populations to become "fit, healthy and ready to learn". Through implementation of this Wellness Policy plan, students, staff, families and communities will become more knowledgeable and skilled in making behavior choices that support optimum health.

### 1. SCHOOL WELLNESS COUNCILS

The first step to implementing the Wellness Policy is to develop a local, **School Wellness Council** (SWC) in your school. This can be easily done by including a school wellness council into an existing School Advisory Council (SAC). Philadelphia Public Schools will be encouraged to use the CDC, **Coordinated School Health Model** (CSHM) or the Alliance to a Healthier Generation's "Inventory Check List" as a template for SWC development.

Each SWC will evaluate their school wellness by completing the CDC's **School Health Index** (SHI) assessment and drafting a **Health Improvement Plan** (HIP) to implement during the school year. These tools can be viewed at <http://www.cdc.gov/healthyyouth/> or if you have any questions or need assistance in establishing a wellness council call the Office of Health, Safety, and Physical Education at **215-400-6814**.

### 2. NUTRITION STANDARDS FOR ALL FOODS AVAILABLE ON SCHOOL CAMPUS DURING THE SCHOOL DAY

Students' lifelong eating habits are greatly influenced by the types of foods and beverages available to them. The Wellness Policy addresses issues such as meal guidelines, and scheduling of meals and snacks. Policy – 145 aligns with the federal government's "Smart Snack" standards.

### 3. NUTRITION EDUCATION

The primary goal of Nutrition Education is to influence students' eating behaviors.

Pre-K-12 students receive Nutrition Education (NE) that is interactive and teaches the skills they need to adopt healthy behaviors. This program includes enjoyable, developmentally appropriate, culturally relevant, participatory activities, such as contests, promotions, taste testing, farm visits and school gardens.

### 4. HEALTH and PHYSICAL EDUCATION

All students enrolled K-12, will have access to a sequential, comprehensive, standards-based Health and Physical Education program taught by a certified Health and Physical Education teacher. The policy addresses issues such as students being provided a personal fitness assessment and a percentage of time students will be subject to vigorous physical activity during physical education class. Students will also receive curriculum in safe walking and biking. Physical Education will be designed to meet the needs of all children (athletic and non-athletic), feature cooperative as well as competitive activities, and focus on understanding and ownership of personal fitness and wellness for life. Health Education will include curriculum designed to promote prevention education and healthy decision making.



### 5. PHYSICAL ACTIVITY

The primary goal for school's physical activity component is to provide opportunities 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. Included in the Physical Activity section of the policy are recommendations for **safe recess for Elementary** schools and **Movement Breaks** during the day.



### 6. OTHER SCHOOL-BASED ACTIVITIES

Create a school environment that provides consistent wellness messages and is conducive to overall health such as:

- Staff Wellness in collaboration with union and insurance providers
- Screenings for students
- Care for chronic conditions
- Safe, clean and hygienic environment in all schools