



FY 20/21 Wellness Policy Implementation

People for People Charter School implement the following programs and activities to achieve the various nutrition education, physical education, and physical activity goals set forth in their Local Wellness Policy. The school recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, readiness to learn, and address the growing problem of childhood obesity.

Nutrition Education

Goal: To teach, encourage, and support health eating by students.

- Health/Nutrition Education is taught by the Physical Education Teacher appropriately for all grades to:
 - encourage healthy food choices from all five food groups
 - challenge the students to recognize the healthy choices made in the preparation of the school lunch
- Physical Education Teachers use the following resources for planning nutrition education:
 - “How to Survive Teaching Health” by Tillman Toner
 - “Eat Well and Keep Moving” by Lilian W.Y. Cheung, Steven Gortmaker and Hank Dart
 - Teachers Corner website: www.teacherscorner.net
- Our newsletters, are provided by the food service management provider:
<https://www.whitsons.com/food/healthy-lifestyles-start-here>
- the school is informed of the opportunity to participate in a variety of health education programs and food preparation activities. These opportunities are offered during the normal school day, after school, and/or outside the school day so that parents can participate as well.
- Posters by School Nurse's office contain a guide for healthy choices at fast food restaurants
- Morning Announcements occasionally include information regarding healthy eating and lifestyle
- The upper grades receive their snack in the morning and the lower grades receive their snack in the afternoon.

Physical Education & Activity

Goals: To promote lifelong physical activity and provide instruction in the skills and knowledge necessary for lifelong participation. To provide opportunities for developmentally appropriate physical activity during the school day.

- Grades 1st through 8th Students have weekly scheduled 30-35 minute Gym Period to promote physical activity in the local Salvation Army gym which provides a safe location and equipment
 - Kindergarten has age appropriate activities onsite
 - Vigorous activities promote physical activity, cardiovascular challenges, and muscular strength tasks
 - Physical Education includes promoting health conscious decisions both in activities and eating and encouraging students to recognize and embrace the School's healthy eating culture
- Physical Education Teachers use the following resources in planning physical education and activities:
 - Lifetime Health
 - Glencoe Health
 - Board of Education School District of Philadelphia
 - Health Nutrition, and Physical Education
 - Healthy Habits for Healthy kids
 - Teen Health
 - Strong Kids
 - Health Skills for Middle School
 - Fitnessgram
 - My Plate
 - Nutrition Facts .org
 - www. fruits and veggies more matters .org
 - PE Central: PEcentral.com
 - Shape America: ShapeAmerica.org
 - "PE Teacher's Skill by Skill Activities Program" by L.F. "Bub" Turner & Susan Lilliman Turner
- Weather permitting - students have weekly outdoor recess
 - Teachers can use discretion with the frequency and length of the recess time when weather is nice
- Students are encouraged to use the stairs before and after school and are required to use the stairs during the school day
- The School sponsors and encourages the participation in a variety of after school extra-curricular activities throughout the year to promote and strengthen the mind, body, social, and spirit (soul) of the individual (holistic wellness):
 - Boys/Girls Basketball
 - Step Team
 - Flag Football
 - Run/Walk Club
 - Chess & Debate Team
 - Dance Team
 - Philly Tune Up – Orchestra
 - Tutoring