



WELLNESS POLICY ON PHYSICAL ACTIVITY AND NUTRITION

I. PURPOSE:

The People for People Charter School (PFPCS) recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. We further recognize that:

- Major risk factors of childhood morbidity are unhealthy eating habits, physical inactivity, and obesity. These conditions also contribute to heart disease, cancer, stroke and diabetes in adults.
- Only 2% of children (ages 2 to 19 years) eat a healthy diet, consistent with the five main recommendations from the food guide pyramid.
- Nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low nutrition foods and beverages, such as soda, sports drinks, imitation fruit juice, chips, candy, cookies and snack cakes.

Therefore, PFPCS is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education, 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. Partnerships with community organizations and public participation will be essential to the successful implementation of this policy.

II. AUTHORITY

Section 204 of Public Law 108-265, the Child Nutrition and WIC Reauthorization Act requires all Local Education Agencies (LEAs) that participate in the National School Lunch Program (NSLP) to develop and implement a Local Wellness Policy. PFPCS is a participant in the NSLP. Therefore, to ensure the health and well-being of all students, the Board of Trustees establishes that PFPCS shall provide to students:

- A comprehensive nutrition program consistent with federal and state

- requirements.
- Access to a variety of affordable, nutritious and appealing food and beverages that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe and pleasant settings for dining and adequate time for students to eat.
 - Physical education courses in all grade levels (K-8), opportunities for developmentally appropriate physical activity during the school day, and support and encouragement to be physically active on a regular basis outside of the school environment.
 - Curriculum and programs for grades K-8 that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with State Board of Education curriculum regulations and academic standards.

III. DELEGATION OF RESPONSIBILITY

The Director of Operations or his designee shall be responsible to monitor PFPCS' programs and curriculum to ensure compliance with this policy, related policies, and established guidelines or administrative regulations.

Staff members responsible for programs related to student wellness (e.g. School Nurse, Food Services Director, Health & Physical Education Teacher) shall report to the Director of Operations regarding the status of such programs.

The Director of Operations or his designee shall annually report to the Board of Trustees on the school's compliance with law and policies related to student wellness. The report may include:

- Assessment of school environment regarding student wellness issues.
- Evaluation of food services program.
- Review of all foods and beverages sold in school for compliance with established nutrition guidelines.
- Listing of activities and programs conducted to promote nutrition and physical activity.
- Assessment data on the degree to which students are achieving academic standards for Health, Safety, and Physical Education.
- Recommendations for policy and/or program revisions.
- Suggestions for improvement in specific areas.
- Feedback received from school staff, students, parents/guardians, community members and Wellness Committee.

An assurance that school guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law shall be provided annually by the Director of Operations or his designee.

IV. GUIDELINES

1. **Wellness Committee:** The Director of Operations shall appoint a Wellness Committee comprised of at least one (1) of the following: Board of Trustees member, school administrator, teacher, parent, student, school nurse, health and physical education teacher, food service director, school counselor, and member of the public.

The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing a Student Wellness Policy that complies with the law to recommend to the Board for adoption and guide the implementation of said policy.

The Wellness Committee may examine related research and laws, assess student needs and the current school environment, review existing Board policies and administrative regulations, and raise awareness about student health issues. The Wellness Committee may make policy recommendations to the Board related to other health issues necessary to promote student wellness.

The Wellness Committee may survey parents/guardians and/or students; conduct community forums or focus groups; collaborate with appropriate community agencies and organizations; and engage in similar activities, within the budget established for these purposes.

The Wellness Committee shall provide periodic reports to the Director of Operations or his designee regarding the status of its work, as required.

2. **Nutrition Services:** All foods available at PFPCS during the school day shall be offered to students with consideration for promoting student health and reducing childhood obesity.

PFPCS will continue to make use of available funding and programs through the school foodservice program to enhance student health (National School Breakfast Program, National School Lunch Program, National Afterschool Snack Program). Foods provided through the National School Lunch, Breakfast, and Afterschool Snack Programs shall comply with federal nutrition standards under the School Meals Initiative. The food will be appealing and attractive to children; the weekly menu will offer a variety of fruits and vegetables; only low-fat and fat-free milk will be served; and the weekly menu will contain whole wheat grains.

Additionally:

- Students will be provided a clean and safe meal environment.
- Students will be provided adequate time to eat (at least 10 minutes of sit-down time for breakfast, 20 minutes of sit-down time for lunch).

- PFPCS will provide adequate space for eating and serving meals.
- Access to the food service operation will be limited to child nutrition staff and authorized personnel.
- PFPCS will apply for available grant funds to enhance the nutrition and nutrition education environment.
- Drinking water shall be made available throughout the school day.
- Professional development shall be provided for school nutrition staff.
- PFPCS will discourage students from sharing their foods and beverages with one another during meal and snack times, given concerns about allergies and other restrictions on some children's diets.

Competitive Foods: Competitive Foods are defined as foods offered at school other than through the National School Lunch or School Breakfast Programs and include a la carte foods, snacks and beverages; vending food, snacks and beverages; school store food, snacks and beverages; fundraisers; classroom parties; holiday celebrations; and food from home. All competitive foods available to students in PFPCS shall comply with the Nutritional Standards for Competitive Foods in Pennsylvania Schools. The nutritional standards shall be implemented as a three (3) year plan.

3. **Nutrition Education:** The goal of nutrition education is to teach, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement. PFPCS will provide nutrition education and engage in nutrition promotion that:

- Is offered at each grade level
- Will include exciting activities such as contests, promotions, taste testing, farm visits, school garden, etc.
- Promotes fruits, vegetables, whole grain products, low-fat dairy products, and healthy food preparation methods.
- Educates students on caloric balance between food intake and energy expenditure (physical activity/exercise).
- Links with school meal programs, other foods, and nutrition-related community services.
- Teaches media literacy with an emphasis on food marketing.

Additionally:

- Nutrition education will be provided within the sequential, comprehensive health education program in accordance with State Board of Education curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.
- Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.

- Nutrition education lessons and activities shall be age-appropriate.
 - Nutrition curriculum shall be behavior focused.
 - Nutrition education shall be integrated into other subjects to complement but not replace academic standards based on nutrition education.
 - Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.
 - The staff responsible for providing nutrition education shall be properly trained and prepared and shall participate in appropriate professional development.
 - PFPCS staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.
 - Nutrition education shall extend beyond the school environment by engaging and involving families and communities.
4. **Physical Education:** PFPCS shall provide quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation.
- A comprehensive physical education course of study that focuses on providing students the skills, knowledge and confidence to participate in lifelong, health-enhancing physical activity shall be implemented.
 - A sequential physical education program consistent with State Board of Education curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented.
 - Adequate amounts of planned instruction shall be provided in order for students to achieve the proficient level for the Health, Safety and Physical Education academic standards.
 - A local assessment system shall be implemented to track student progress on the Health, Safety and Physical Education academic standards.
 - Students shall be moderately to vigorously active as much time as possible during a physical education class. Documented medical conditions and disabilities shall be accommodated during class.
 - Safe and adequate equipment, facilities and resources shall be provided for physical education courses.
 - Appropriate professional development shall be provided for physical education staff.
 - Physical education classes shall have a teacher-student ratio comparable to those of other courses.

5. **Physical Activity:** PFPCS shall strive to provide opportunities for developmentally appropriate physical activity during the school day – beyond physical education classes – for all students.
- PFPCS shall contribute to the effort to provide students opportunities to accumulate at least sixty (60) minutes of age-appropriate physical activity on all or most days of the week. That time will include physical activity outside the school environment, such as outdoor play at home, sports, etc.
 - Students shall participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits.
 - Age-appropriate physical activity opportunities, such as recess; before and after school; during lunch; clubs; intramurals; and interscholastic athletics, shall be provided to meet the needs and interests of all students, in addition to planned physical education.
 - A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.
 - Extended periods of student inactivity, two (2) hours or more, shall be discouraged.
 - Physical activity breaks shall be provided for elementary students during classroom hours.
 - After-school programs shall provide developmentally appropriate physical activity for participating children.
 - PFPCS shall partner with parents/guardians and community members to institute programs that support physical activity.

6. **Other School-Based Activities:**

Rewards: PFPCS will not use foods or beverages especially those that do not meet the nutrition standards for foods and beverages, as rewards for academic performance or good behavior.

Punishment: PFPCS will not withhold food or beverages (including those served through school meals) as a punishment. Physical activity shall not be used as a form of punishment.

Celebrations: PFPCS will limit celebrations that involve food during the school day to no more than two parties per class per month. Each party will offer minimal amount of foods (maximum 2 to 3 items) that contain added sugar as the first ingredient and will provide fresh fruits and vegetables and water, 100% fruit juice, or milk. The food service department will compile a list of healthy party ideas and send out to parents and teachers. During Year 3, PFPCS will also implement the PDE “Guidelines for Nutritional Standards

for Competitive Foods in Pennsylvania Schools” “Best” standards for celebrations.

Parent Collaboration: PFPCS will support parents’ efforts to provide a healthy diet and daily physical activity for their children. PFPCS will offer nutrition education for parents (e.g., healthy eating seminars for parents, informational mailings on nutrition, posting nutrition tips on school website). PFPCS will provide parents with a list of healthy snacks and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, PFPCS will provide parents with an opportunity to share their health food practices with others in the school community.

Staff Wellness: PFPCS highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The staff wellness activities will be based on input solicited from school staff and will encourage healthy eating, physical activities, and other elements of a healthy lifestyle among staff.

Fundraising: Fundraising projects submitted for approval shall be supportive of healthy eating and student wellness.

Staff Training: The school shall provide appropriate training to all staff on the components of the Student Wellness Policy.

Activity Planning: Goals of the Student Wellness Policy shall be considered in planning all school based activities.

References:

Child Nutrition and WIC Reauthorization Act of 2004 – P.L. 108-265 Sec. 204