Pennsylvania Leadership Charter School's Wellness Policies on Physical Activity and Nutrition

Preamble 6-13-2011

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

Whereas, 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 juices, chips, candy, cookies, and snack cakes;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, the PA Leadership Charter School is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the __PALCS School District that:

- The school district will engage students, parents, teachers, professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.

- Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

TO ACHIEVE THESE POLICY GOALS:

I. School Health Councils

PALCS will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The councils also will serve as resources to school sites for implementing those policies. (A school health council consists of a group of individuals representing the school and community, and should include parents, school administrators, teachers, health professionals, and members of the public.)

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus

<u>Sharing of Foods and Beverages</u>. Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Foods and Beverages Sold Individually (*i.e.*, foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte [snack] lines, fundraisers, school stores, etc.)

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<u>Fundraising Activities</u>. To support children's health and school nutrition-education efforts, school fundraising activities will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Schools will encourage fundraising activities that promote physical activity **and/or a healthy lifestyle.** The school district will make available a list of ideas for acceptable fundraising activities.

Snacks. Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an

emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The district will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

<u>Celebrations</u>. Schools should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (above). The district will disseminate a list of healthy party ideas to parents and teachers.

<u>School-sponsored Events</u> (such as, but not limited to, athletic events, dances, or <u>performances</u>). Foods and beverages offered or sold at school-sponsored events outside the school day will meet the nutrition standards for meals or for foods and beverages sold individually (above).

III. Nutrition and Physical Activity Promotion and Food Marketing

<u>Nutrition Education and Promotion</u>. ____PA Leadership Charter School aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- includes enjoyable, developmentally-appropriate, culturallyrelevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- promotes fruits, vegetables, whole grain products, low-fat and fatfree dairy products, healthy food preparation methods, and healthenhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);

- links students and their families to healthy living websites, ideas, and nutrition related community programs through our school based website.
- teaches media literacy with an emphasis on food marketing; and
- includes training for teachers and other staff.

Integrating Physical Activity into the Classroom Setting. For students to receive the nationally-recommended amount of daily physical activity (*i.e.*, at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- opportunities for physical activity will be incorporated into other subject lessons; and
- classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

<u>Communications with Parents</u>. PALCS will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school will offer healthy eating seminars for parents, send home nutrition information, and post nutrition tips on school websites. In addition, PALCS will provide opportunities for parents to share their healthy food practices with others in the school community.

PALCS will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

Staff Wellness.

PALCS School District 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. Each district/school should establish and maintain a staff wellness committee. The staff wellness committee could be a subcommittee of the school health council. The committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on

input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. The staff wellness committee should distribute its plan to the school health council annually.

IV. Physical Activity Opportunities and Physical Education

<u>Daily Physical Education (P.E.) K-12</u>. All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 150 minutes/week for elementary school students and 225 minutes/week for middle and high school students) for the entire school year. All physical education will be taught by a certified physical education teacher.

<u>Daily Recess</u>. All elementary school students will have at least 20 minutes a day where they are encouraged to implement moderate to vigorous physical activity.

V. Monitoring and Policy Review

<u>Monitoring</u>. The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee.

The superintendent or designee will develop a summary report every three years on district-wide compliance with the district's established nutrition and physical activity wellness policies. That report will be provided to the school board and also distributed to all school health councils, parent/teacher organizations, school principals.

<u>Policy Review</u>. To help with the initial development of the PALCS's wellness policies, each school in the district will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of those assessments will be compiled at the district level to identify and prioritize needs.

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

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¹ Useful self-assessment and planning tools include the *School Health Index* from the Centers for Disease Control and Prevention (CDC), *Changing the Scene* from the Team Nutrition Program of the U.S. Department of Agriculture (USDA), and *Opportunity to Learn Standards for Elementary, Middle, and High School Physical Education* from the National Association for Sport and Physical Education.

VI. Resources for Local School Wellness Policies on Nutrition and Physical Activity

Crosscutting:

- School Health Index, Centers for Disease Control and Prevention, http://apps.nccd.cdc.gov/shi/
- Local Wellness Policy website, U.S. Department of Agriculture, http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html
- Fit, Healthy, and Ready to Learn: a School Health Policy Guide, National Association of State Boards of Education,
 www.nasbe.org/HealthySchools/fithealthy.mg
- Preventing Childhood Obesity: Health in the Balance, the Institute of Medicine of the National Academies, <www.iom.edu/report.asp?id=22596>
- The Learning Connection: The Value of Improving Nutrition and Physical Activity in Our Schools, Action for Healthy Kids,
 www.actionforhealthykids.org/docs/specialreports/LC%20Color%20_120204_final.pdf
- Ten Strategies for Promoting Physical Activity, Healthy Eating, and a Tobaccofree Lifestyle through School Health Programs, Centers for Disease Control and Prevention, <www.cdc.gov/healthyyouth/publications/pdf/ten_strategies.pdf>
- Health, Mental Health, and Safety Guidelines for Schools, American Academy of Pediatrics and National Association of School Nurses, http://www.nationalguidelines.org
- Cardiovascular Health Promotion in Schools, American Heart Association [link to pdf]

School Health Councils:

- Promoting Healthy Youth, Schools and Communities: A Guide to Community-School Health Councils, American Cancer Society [link to PDF]
- Effective School Health Advisory Councils: Moving from Policy to Action, Public Schools of North Carolina,
 - <www.nchealthyschools.org/nchealthyschools/htdocs/SHAC_manual.pdf>

Nutrition:

General Resources on Nutrition

- Making it Happen: School Nutrition Success Stories, Centers for Disease Control and Prevention, U.S. Department of Agriculture, and U.S. Department of Education,
 http://www.cdc.gov/HealthyYouth/nutrition/Making-It-Happen/>
- Changing the Scene: Improving the School Nutrition Environment Toolkit,
 U.S. Department of Agriculture,
 www.fns.usda.gov/tn/Healthy/changing.html
- Dietary Guidelines for Americans 2005, U.S. Department of Health and Human Services and U.S. Department of Agriculture,
 www.health.gov/dietaryguidelines/dga2005/document/
- Guidelines for School Health Programs to Promote Lifelong Healthy Eating, Centers for Disease Control and Prevention,
 www.cdc.gov/mmwr/pdf/rr/rr4509.pdf>
- Healthy Food Policy Resource Guide, California School Boards Association and California Project LEAN, <<u>www.csba.org/ps/hf.htm</u>>
- Diet and Oral Health, American Dental Association,
 http://www.ada.org/public/topics/diet.asp

Meal Times and Scheduling

- Eating at School: A Summary of NFSMI Research on Time Required by Students to Eat Lunch, National Food Service Management Institute (NFSMI) [Attach PDF file]
- Relationships of Meal and Recess Schedules to Plate Waste in Elementary Schools, National Food Service Management Institute,
 www.nfsmi.org/Information/Newsletters/insight24.pdf

Nutrition Standards for Foods and Beverages Sold Individually

- Recommendations for Competitive Foods Standards (a report by the National Consensus Panel on School Nutrition), California Center for Public Health Advocacy,
 www.publichealthadvocacy.org/school_food_standards/school_food_stan_p dfs/Nutrition%20Standards%20Report%20-%20Final.pdf>
- State policies for competitive foods in schools, U.S. Department of Agriculture,

- <www.fns.usda.gov/cnd/Lunch/CompetitiveFoods/state_policies_2002.htm>
- Nutrition Integrity in Schools, (forthcoming), National Alliance for Nutrition and Activity
- School Foods Tool Kit, Center for Science in the Public Interest,
 www.cspinet.org/schoolfood/
- Foods Sold in Competition with USDA School Meal Programs (a report to Congress), U.S. Department of Agriculture,
 www.cspinet.org/nutritionpolicy/Foods_Sold_in_Competition_with_USDA_School_Meal_Programs.pdf
- FAQ on School Pouring Rights Contracts, American Dental Association,
 http://www.ada.org/public/topics/softdrink fag.asp>

Fruit and Vegetable Promotion in Schools

- Fruits and Vegetables Galore: Helping Kids Eat More, U.S. Department of Agriculture, <<u>www.fns.usda.gov/tn/Resources/fv_galore.html</u>>
- School Foodservice Guide: Successful Implementation Models for Increased Fruit and Vegetable Consumption, Produce for Better Health Foundation.
 Order on-line for \$29.95 at
 www.shop5aday.com/acatalog/School_Food_Service_Guide.html>.
- School Foodservice Guide: Promotions, Activities, and Resources to Increase Fruit and Vegetable Consumption, Produce for Better Health Foundation. Order on-line for \$9.95 at
 www.shop5aday.com/acatalog/School Food Service Guide.html
- National Farm-to-School Program website, hosted by the Center for Food and Justice, <www.farmtoschool.org>
- Fruit and Vegetable Snack Program Resource Center, hosted by United Fresh Fruit and Vegetable Association,
 http://www.uffva.org/fvpilotprogram.htm
- Produce for Better Health Foundation website has downloadable fruit and vegetable curricula, research, activity sheets, and more at <www.5aday.org>

Fundraising Activities

Creative Financing and Fun Fundraising, Shasta County Public Health,
 www.co.shasta.ca.us/Departments/PublicHealth/CommunityHealth/projlean/fundraiser1.pdf

Guide to Healthy School Fundraising, Action for Healthy Kids of Alabama,
 www.actionforhealthykids.org/AFHK/team_center/team_resources/AL/N&PA
 %2031%20-%20Fundraising.pdf>

Snacks

- Healthy School Snacks, (forthcoming), Center for Science in the Public Interest
- Materials to Assist After-school and Summer Programs and Homeless Shelters in Using the Child Nutrition Programs (website), Food Research and Action Center, <www.frac.org/html/building_blocks/afterschsummertoc.html>

Rewards

- Constructive Classroom Rewards, Center for Science in the Public Interest,
 www.cspinet.org/nutritionpolicy/constructive-rewards.pdf>
- Alternatives to Using Food as a Reward, Michigan State University Extension, <www.tn.fcs.msue.msu.edu/foodrewards.pdf>
- Prohibition against Denying Meals and Milk to Children as a Disciplinary Action, U.S. Department of Agriculture Food and Nutrition Service [Link to PDF]

Celebrations

- Guide to Healthy School Parties, Action for Healthy Kids of Alabama,
 www.actionforhealthykids.org/AFHK/team_center/team_resources/AL/N&PA
 %2032%20-%20parties.pdf>
- Classroom Party Ideas, University of California Cooperative Extension Ventura County and California Children's 5 A Day Power Play! Campaign, http://ucce.ucdavis.edu/files/filelibrary/2372/15801.pdf

Nutrition and Physical Activity Promotion and Food Marketing:

Health Education

 National Health Education Standards, American Association for Health Education, http://www.aahperd.org/aahe/pdf files/standards.pdf

Nutrition Education and Promotion

- U.S. Department of Agriculture Team Nutrition website (lists nutrition education curricula and links to them),
 www.fns.usda.gov/tn/Educators/index.htm
- The Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions, U.S. Food and Drug Administration and U.S. Department of Agriculture's Food and Nutrition Service,
 www.fns.usda.gov/tn/resources/power-of-choice.html
- Nutrition Education Resources and Programs Designed for Adolescents, compiled by the American Dietetic Association,
 www.eatright.org/Public/index 19218.cfm

Integrating Physical Activity into the Classroom Setting

- Brain Breaks, Michigan Department of Education,
 www.emc.cmich.edu/brainbreaks>
- Energizers, East Carolina University, < www.ncpe4me.com/energizers.html

Food Marketing to Children

- Pestering Parents: How Food Companies Market Obesity to Children, Center for Science in the Public Interest, <www.cspinet.org/pesteringparents>
- Review of Research on the Effects of Food Promotion to Children, United Kingdom Food Standards Agency,
 www.foodstandards.gov.uk/multimedia/pdfs/foodpromotiontochildren1.pdf>
- Marketing Food to Children (a report on ways that different countries regulate food marketing to children [including marketing in schools]), World Health Organization (WHO),
 http://whqlibdoc.who.int/publications/2004/9241591579.pdf
- Guidelines for Responsible Food Marketing to Children, Center for Science in the Public Interest, http://cspinet.org/marketingguidelines.pdf>
- Commercial Activities in Schools, U.S. General Accounting Office,
 www.gao.gov/new.items/d04810.pdf>

Eating Disorders

- Academy for Eating Disorders, <<u>www.aedweb.org</u>>
- National Eating Disorders Association, < <u>www.nationaleatingdisorders.org</u>>
- Eating Disorders Coalition, <<u>www.eatingdisorderscoalition.org</u>>

Staff Wellness

- School Staff Wellness, National Association of State Boards of Education [link to pdf]
- Healthy Workforce 2010: An Essential Health Promotion Sourcebook for Employers, Large and Small, Partnership for Prevention,
 www.prevent.org/publications/Healthy_Workforce_2010.pdf
- Well Workplace Workbook: A Guide to Developing Your Worksite Wellness Program, Wellness Councils of America,
 www.welcoa.org/wellworkplace/index.php?category=7
- Protecting Our Assets: Promoting and Preserving School Employee Wellness, (forthcoming), Directors of Health Promotion and Education (DHPE)

Physical Activity Opportunities and Physical Education:

General Resources on Physical Activity

- Guidelines for School and Community Programs to Promote Lifelong Physical Activity among Young People, Centers for Disease Control and Prevention, www.cdc.gov/mmwr/preview/mmwrhtml/00046823.htm
- Healthy People 2010: Physical Activity and Fitness, Centers for Disease Control and Prevention and President's Council on Physical Fitness and Sports,
 <www.healthypeople.gov/document/HTML/Volume2/22Physical.htm#_Toc49 0380803>
- Physical Fitness and Activity in Schools, American Academy of Pediatrics,
 http://pediatrics.aappublications.org/cgi/reprint/105/5/1156

Physical Education

• Opportunity to Learn: Standards for Elementary Physical Education, National Association for Sport and Physical Education. Order on-line for \$7.00 at

- http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=368§ion=5>
- Opportunity to Learn: Standards for Middle School Physical Education.
 National Association for Sport and Physical Education. Order on-line for \$7.00 at

 http://member.aahperd.org/Template.cfm?template=ProductDisplay.cfm&Productid=726§ion=5>
- Opportunity to Learn: Standards for High School Physical Education, National Association for Sport and Physical Education. Order on-line for \$7.00 at http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=727§ion=5
- Substitution for Instructional Physical Education Programs, National Association for Sport and Physical Education,
 www.aahperd.org/naspe/pdf files/pos papers/substitution.pdf
- Blueprint for Change, Our Nation's Broken Physical Education System: Why
 It Needs to be Fixed, and How We Can Do It Together, PE4life,
 <www.pe4life.org/articles/blueprint2004.pdf>

Recess

- Recess in Elementary Schools, National Association for Sport and Physical Education, www.aahperd.org/naspe/pdf_files/pos_papers/current_res.pdf
- Recess Before Lunch Policy: Kids Play and then Eat, Montana Team Nutrition, <www.opi.state.mt.us/schoolfood/recessBL.html>
- Relationships of Meal and Recess Schedules to Plate Waste in Elementary Schools, National Food Service Management Institute,
 www.nfsmi.org/Information/Newsletters/insight24.pdf
- The American Association for the Child's Right to Play,
 http://www.ipausa.org/recess.htm

Physical Activity Opportunities Before and After School

- Guidelines for After School Physical Activity and Intramural Sport Programs,
 National Association for Sport and Physical Education,
 www.aahperd.org/naspe/pdf files/pos papers/intramural guidelines.pdf
- The Case for High School Activities, National Federation of State High School Associations,
 www.nfhs.org/scriptcontent/va_custom/vimdisplays/contentpagedisplay.cfm
 ?content_id=71>

 Rights and Responsibilities of Interscholastic Athletes, National Association for Sport and Physical Education,
 www.aahperd.org/naspe/pdf files/pos papers/RightandResponsibilities.pdf
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Safe Routes to School

- Safe Routes to Schools Tool Kit, National Highway Traffic Safety Administration,
 <www.nhtsa.dot.gov/people/injury/pedbimot/bike/saferouteshtml/>
- KidsWalk to School Program, Centers for Disease Control and Prevention,
 www.cdc.gov/nccdphp/dnpa/kidswalk/
- Walkability Check List, Pedestrian and Bicycle Information Center,
 Partnership for a Walkable America, U.S. Department of Transportation, and
 U.S. Environmental Protection Agency,
 <www.walkinginfo.org/walkingchecklist.htm>

Monitoring and Policy Review:

- School Health Index, Centers for Disease Control and Prevention (CDC),
 http://apps.nccd.cdc.gov/shi/>
- Changing the Scene: Improving the School Nutrition Environment Toolkit, U.S. Department of Agriculture, <www.fns.usda.gov/tn/Healthy/changing.html>
- Criteria for Evaluating School-Based Approaches to Increasing Good Nutrition and Physical Activity, Action for Healthy Kids,
 www.actionforhealthykids.org/docs/specialreports/report_small.pdf>
- Opportunity to Learn: Standards for Elementary Physical Education, National Association for Sport and Physical Education. Order on-line for \$7.00 at http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=368§ion=5
- Opportunity to Learn: Standards for Middle School Physical Education. National Association for Sport and Physical Education. Order on-line for \$7.00 at http://member.aahperd.org/Template.cfm?template=ProductDisplay.cfm&Productid=726§ion=5>
- Opportunity to Learn: Standards for High School Physical Education. National Association for Sport and Physical Education. Order on-line for \$7.00 at http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productlD=727§ion=5>