

Erie's Public Schools
Wellness Policy
Revised 2017
Summary Guidelines



Erie’s Public Schools Wellness Policy

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Erie's Public Schools Wellness Policy

Preamble

Erie's Public Schools (hereto referred to as the District) is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus– in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff and schools in the District. Specific measureable goals and outcomes are identified within each section below. The District will coordinate the wellness policy with other aspects of school management, including the District's School Improvement Plan, when appropriate.

I. School Wellness Committee

- The District will convene a representative district wellness committee (hereto referred to as the DWC) that meets at least four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy.

Wellness Policy Committee

Name	Title	Role	Organization
Pamela Wiley	Erie's Public Schools Health & PE Facilitator	Wellness Policy Facilitator	Erie's Public Schools
Andrea Valerio Malone	Assistant to the Business Administrator	Secretary/ Parent	Erie's Public Schools
Bea Habursky	Assistant Superintendent	Administrator	Erie's Public Schools
Michelle Bennett	H & PE Teacher Central Tech HS	H &PE K-12 Teacher	Erie's Public Schools
Arthur Greishaw	H & PE Teacher Diehl Elementary	H &PE K – 12 Teacher	Erie's Public Schools
Debby Feeney	Head School Nurse	School Nurses	Erie's Public Schools
Jenny Johns	Food Service Metz Director	Community Partner Nutrition	Metz Food Service
Jean Ager	Food Service Metz Dietician	Community Partner Nutrition	Metz Food Service
Mas Sala	Community Development Specialist	Community Partner	City of Erie
Laura Luther	Safe & Healthy Communities Coordinator	Community Partner	Erie County Department of Health
Brad Cavanagh	<i>Youth Markets Director</i>	Community Partner	American Heart Association
Ellie Supinski	<i>Biology Teacher</i>	Parent	Erie's Public Schools
Sophie Supinski	EPS Student	Student	Erie's Public Schools

II. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

- This wellness policy and the progress reports can be found at: www.eriesd.org
- The District will retain records to document compliance with the requirements of the wellness policy at the **District's Financial Offices, 4th Floor, 148 W.21st Street.**
- The District will actively **inform families and the public** each year of basic information about this policy, including its content, any updates to the policy and implementation status.
- **Annually**, the District will also publicize the name and contact information of the District/school officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.
- At least **once every three years**, the District will evaluate compliance with the wellness policy to assess the implementation of the policy.
- The District will actively communicate ways in which representatives of DWC and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for that district.
- The District will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum.

III. Nutrition

School meals offer:

- Variety of fruits & vegetables
- Whole grains
- Fat-free & low-fat milk
- Moderate in sodium
- Low in saturated fat
- 0 grams trans fats
- Meet caloric needs based on grade level

The School District of the City of Erie participates in the following programs USDA programs:

- National School Lunch Program(NSLP)
- School Breakfast Program(SBP)

- Fresh Fruit & Vegetable Program(FFVP)

Other nutrition related activities include:

- Farm to School Programs
- School Gardens
- Breakfast in the Classroom

The school nutrition programs:

- Are accessible to all students
- Are appealing & attractive to children
- Are served in clean & pleasant settings
- Meet or exceed current nutrition requirements established by local, state and Federal statutes/regulations
- Promote healthy food/beverage choices by:
 - Having sliced/cut fruit available daily
 - Daily fruit options are displayed in a location in the line of sight & reach to students
 - All staff members have been trained to politely prompt students to select/consume the daily fruit or vegetable options with their meal, especially those serving
 - Alternative entrée options are highlighted on signs and the menu within the cafeteria (ex: salad bar, yogurt parfaits, student salads)
 - Reimbursable meals can be created in any service area available to students
 - Student input, surveys & taste testing opportunities are used to assist with menu development
 - Student art work is displayed I the service area/dining area
- Menus are posted on the District website
- Menus are created/reviewed by a Registered Dietitian
- The District child nutrition program will accommodate students with special dietary needs

Staff Qualifications and Professional Development

- Nutrition staff to meet/exceed professional standards as set forth by the USDA for child nutrition professionals.

Water

- Unflavored drinking water available all day through school

- Foodservice dept. to make water available during mealtimes.
- Water cups/jugs available if no drinking fountain present.

Competitive Foods and Beverages

- All foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day* will meet or exceed the USDA Smart Snacks nutrition standards.

Celebrations and Rewards

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards including through:

- **Celebrations and parties.** The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.
- **Classroom snacks brought by parents.** The District will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards.
- **Rewards and incentives.** The District will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

Fundraising

- Only snacks meeting USDA smart snacks to be sold during school day.
- Schools to use only non-food fundraisers & those promoting physical activity
- Fundraising during & outside school hours to sell only non-food items or those meeting Smart Snacks
- Per Pennsylvania Dept. of Education- those not meeting Smart Snacks have the following exemptions:
 - A maximum of 5 exemptions per each elementary and middle school
 - A maximum of 10 exemptions per each high school
 - Each fundraiser may not exceed 1 week
 - Exceptions to be approved by principal with documented form to business office

Nutrition Promotion

- Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias
- Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

Nutrition Education

- The District will teach, model, encourage and support healthy eating by all students.
- Schools will provide nutrition education and engage in nutrition promotion.

Essential Healthy Eating Topics in Health Education

- The District will include in the health education curriculum a minimum of 12 of the following essential topics on healthy eating listed in the wellness policy. This includes:
- Food guidance from [MyPlate](#)
- Eating a variety of foods every day
- Balancing food intake and physical activity

Food and Beverage Marketing in Schools

- Any foods and beverages marketed or promoted to students on the school campus* during the school day* will meet or exceed the USDA Smart Snacks in School nutrition standards such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.

III. Physical Activity

- Children and adolescents should participate in at least 60 minutes of physical activity every day.
- Quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement
- All schools in the district will be encouraged to participate in *Let's Move!* Active Schools (www.letsmoveschools.org)

Physical Education

- The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education.
- The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits.
- All students will be provided equal opportunity to participate in physical education classes.
- All District **elementary students** in each grade will receive physical education for at least 60-89 minutes per week throughout the school year.
- All Erie's Public Schools **secondary students** (middle and high school) are required to take the equivalent of one academic year of physical education.
- The District physical education program will promote student physical fitness through individualized fitness and activity assessments via the [Presidential Youth Fitness Program](#) in grades 4 - 12 and will use criterion-based reporting for each student.

Essential Physical Activity Topics in Health Education

- Health education will be required in all grades (elementary) and the district will require middle and high school students to take and pass at least one health education course.
- The District will include in the health education curriculum a minimum of 12 the following essential topics on physical activity listed in the wellness policy such as:
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise and fitness

Recess (Elementary)

- All elementary schools will offer at least **15 minutes of recess** on all days during the school year.
- If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure

proper hygiene prior to eating and students are required to use these mechanisms before eating

- **Outdoor recess** will be offered when weather is feasible for outdoor play.
- In the event that the school or district must conduct **indoor recess**, teachers and staff will follow the indoor recess guidelines that promote physical activity for students.

Classroom Physical Activity Breaks (Elementary and Secondary)

- Students will be offered **periodic opportunities** to be active or to stretch throughout the day on all or most days during a typical school week.
- The District recommends teachers provide short (3-5-minute) physical activity breaks to students during and between classroom time at least three days per week.
- These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

Active Academics

- Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.

Before and After School Activities

- The District will encourage students to be physically active before and after school by: *physical activity clubs, physical activity in aftercare, intramurals or interscholastic sports,*

Active Transport

The District will encourage this behavior by engaging in *six or more* of the activities below; including but not limited to:

- Designate safe or preferred routes to school
- Promote activities such as participation in International Walk to School Week, National Walk and Bike to School Week
- Instruction on walking/bicycling safety provided to students
- Promote safe routes program to students, staff, and parents via newsletters, websites, local newspaper
- Use crossing guards
- Use crosswalks on streets leading to schools

IV. Other Activities that Promote Student Wellness

- The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities.
- All school-sponsored events will adhere to the wellness policy guidelines.

Community Partnerships

- The District will *develop, enhance, or continue* relationships with community partners (e.g., hospitals, universities/colleges, local businesses,) in support of this wellness policy's implementation.

Community Health Promotion and Family Engagement

- The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year.
- Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

Staff Wellness and Health Promotion

- The DWC will have a staff wellness subcommittee (BMW) that focuses on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness in coordination with human resources staff.

Professional Learning

- When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school.

Glossary:

Extended School Day – the time during, before and after school that includes activities such as clubs, intramural sports, band and choir practice, drama rehearsals and more.

School Campus - areas that are owned or leased by the school and used at any time for school-related activities, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields and stadiums (e.g., on scoreboards, coolers, cups, and water bottles), or parking lots.

School Day – the time between midnight the night before to 30 minutes after the end of the instructional day.

Triennial – recurring every three years.

