

WELLNESS POLICY ON PHYSICAL ACTIVITY AND NUTRITION PHILADELPHIA CHARTER SCHOOL FOR ARTS & SCIENCE AT HR EDMUNDS

Adopted May 14, 2025

SCHOOL WELLNESS

The Philadelphia Charter School for Arts and Sciences and the Board of Trustees are committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating habits and physical activity.

The Board adopts this policy based on the recommendations of the Wellness Committee and in accordance with federal and state laws and regulations.

To ensure the health and well-being of all students, the Board establishes that the Charter School shall provide to students:

1. A comprehensive nutrition program consistent with federal and state requirements.
2. Access at reasonable cost to foods and beverages that meet established guidelines.
3. Physical education courses and opportunities for developmentally appropriate physical activity during the school day.
4. Curriculum and programs for grades K-12 that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with state and federal regulations and academic standards.

The CEO or designee shall be responsible for the implementation and oversight of this policy to ensure each of the district's schools, programs and curriculum is compliant with this policy, related policies and established guidelines or administrative regulations.

Each building principal or designee shall report to the CEO or designee regarding compliance in his/her school.

WELLNESS COMMITTEE

The Charter School shall create a Wellness Committee consisting of individuals representing the community, including, but not limited to, parents, students, administrators, members of the Board of Trustees, representatives of the school food authority, teachers of physical education, school health professionals and other members of the public. The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing, implementing and periodically reviewing and updating a School Wellness policy that complies with law to recommend to the Board for adoption.

The CEO or designee and the established Wellness Committee shall conduct an assessment at least once every three (3) years on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation. This triennial assessment shall be made available to the public via the district website, student handbooks, newsletters and/or other efficient communication methods and include:

1. The extent to which each district school is in compliance with law and policies related to school wellness.
2. The extent to which this policy compares to model wellness policies.
3. A description of the progress made by the district in attaining the goals of this policy.

At least once every three (3) years, the Charter School shall update or modify this policy as needed, based on the results of the most recent triennial assessment and/or as district and community needs and priorities change; wellness goals are met; new health science, information and technologies emerge; and new federal or state guidance or standards are issued.

RECORD KEEPING

The district shall retain records documenting compliance with the requirements of the School Wellness policy, which shall include:

1. The written School Wellness Policy.
2. Documentation that the District shall annually inform and update the public, including parents/guardians, students and others in the community, about the contents, updates and implementation of this policy via the district website.
3. Documentation of efforts to review and update the School Wellness Policy, including who is involved in the review and methods used by the district to inform the public of their ability to participate in the review.
4. Documentation demonstrating the most recent assessment on the implementation of the School Wellness Policy and notification of the assessment results to the public.

SCHOOL MEALS

- All meals served to Charter School students through the National School Lunch and Breakfast Programs will meet or exceed the minimum nutrition requirements established by local, state, and federal law, as well as Dietary Guidelines published by the federal government or an appropriate governmental agency.
- The Charter School will make efforts to eliminate the social stigma attached to, and to prevent the identification of, students who are eligible for free/reduced-price school meals.
- The Charter School will schedule meal periods at appropriate times and will provide students with a minimum of thirty (30) minutes to enjoy their meals. In addition, the Charter School will discourage the scheduling of meetings or activities during meal times including, but not limited to, tutoring, club meetings and/or organization meetings, unless the students will be permitted to eat during those meetings or activities.
- Students will be discouraged from sharing foods and/or beverages with others.
- All snacks and beverages sold during school will meet Smart Snacks in School nutrition standards.
- Nutrition content of school meals shall be available to students and parents/guardians.
- Students and parents/guardians may be involved in menu selections through various means, such as taste testing and surveys.

NUTRITION EDUCATION AND PROMOTION

- Nutrition education will be integrated into other areas of the curriculum, such as math, science, language arts, and social studies at all grade levels.
- Nutrition education will be developmentally appropriate, interactive, and will teach skills needed to adopt healthy eating behaviors.
- Nutrition education materials will be reviewed by a qualified and credentialed nutrition professional, including, but not limited to, a School Food Nutrition Specialist or Registered Dietitian.
- Faculty and staff that teach nutrition education will have appropriate training.
- The Charter School shall offer resources about health and nutrition to encourage parents/guardians to provide healthy meals for their children.
- Any marketing of foods and/or beverages undertaken by the Charter School will be consistent with established guidelines and/or standards. Only foods that meet the Smart Snacks in School nutrition standards shall be marketed or advertised by the schools.
- Consistent nutrition messages shall be demonstrated by avoiding use of unhealthy food items in classroom lesson plans. Food shall not be used as punishment or a reward.

PHYSICAL ACTIVITY

- Physical activity will be integrated across curricula with activities that are safe, enjoyable, and developmentally appropriate for all students in all grades.
- All students will be given opportunities before, after, and throughout the school day for physical activity through physical education, recess periods, clubs and athletics, and the integration of physical activity into the curriculum.
- Faculty and staff will be appropriately trained in integrating physical activity into the various curricular areas.
- Students will be encouraged to participate in physical activity outside of the school environment, in both competitive and non-competitive environments.
- Organized physical activity will be offered and encouraged at school-sponsored or school-related events.
- Physical activity shall not be used or withheld as a form of punishment.
- To the extent practicable, Charter School facilities will be made available to students, faculty, staff, and the community for the purpose of offering physical activity and/or nutrition programs.

PHYSICAL EDUCATION

- Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.
- 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.
- 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.

- 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.
- Physical education shall be taught by certified health and physical education teachers.
- Appropriate professional development shall be provided for physical education staff.

CLASSROOM PARTIES/CELEBRATIONS

- Classroom parties/celebrations with food/beverages shall be limited to no more than one (1) per month in each classroom.
- When possible, foods/beverages for parties and celebrations shall be provided by the food service department to help prevent food safety and allergy concerns.

MANAGEMENT OF FOOD ALLERGIES

- The Charter School shall establish policy and administrative regulations to address food allergy management in schools in order to:
 - o Reduce and/or eliminate the likelihood of severe or potentially life-threatening allergic reactions.
 - o Ensure a rapid and effective response in case of a severe or potentially life threatening allergic reaction.
 - o Protect the rights of students by providing them, through necessary accommodations when required, the opportunity to participate fully in all school programs and activities.

SAFE ROUTES TO SCHOOL

- The Charter School shall cooperate with local municipalities, public safety agency, police departments and community organizations to develop and maintain safe routes to school.

OTHER

- Safe drinking water shall be available and accessible to students, without restriction and at no cost to the student, at all meal periods and throughout the school day.
- The Charter School will provide facilities for appropriate hygiene, such as handwashing and brushing of teeth.
- Nutrition professionals who meet hiring criteria established by the district and in compliance with federal regulations shall administer the school meals program. Professional development and continuing education shall be provided for district nutrition staff, as required by federal regulations.
- The Charter School shall provide appropriate training to all staff on the components of the School Wellness Policy.

**TO THE EXTENT THAT ANYTHING IN THIS POLICY COULD BE CONSTRUED TO
CONFLICT WITH APPLICABLE STATE AND/OR FEDERAL LAWS, THE APPLICABLE
STATE AND/OR FEDERAL LAWS CONTROL.**