# THE SCHOOL DISTRICT OF PHILADELPHIA

No. 145

Section: 100 Programs

Title: School Wellness

Adopted: December 15, 2016

Revised: February 26, 2026

## 145 SCHOOL WELLNESS

**Purpose**

The Board of Education ("Board") is committed to providing a school environment that promotes school wellness, including physical, social, and emotional well-being. This policy addresses all food and beverages provided in schools, proper nutrition, nutrition education and promotion, and regular physical education and 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. The purpose of this policy is to help students in the School District of Philadelphia ("District") develop lifelong habits that equip them to thrive in and beyond the classroom.

**Authority**

State and federal law require the Board to adopt a school wellness policy.

The Board adopts this Wellness Policy in accordance with federal and state laws and regulations. [1][2]

To promote the wellness of all students during the school day, the Board establishes that the District shall provide to students:

1. A comprehensive school meal, food, and beverage programs to promote healthy choices, consistent with federal and state requirements.
2. Access at reasonable cost to foods and beverages that meet established nutrition guidelines.
3. Physical education instruction and opportunities for developmentally appropriate physical activity, including recess and movement breaks in all K-8 settings during the school day as further outlined in Administrative Procedures.
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 Board of Education curriculum regulations and academic standards.

## Delegation of Responsibility

The Board directs the Superintendent or their designee, to implement and oversee this policy to provide that each of the District's schools, programs, and curriculum is compliant with this policy, related policies, and established guidelines or administrative regulations.

Principal or designee shall act as a local school wellness representative to monitor compliance with this Policy within their school building and act as a liaison for raising student wellness concerns.

The District shall create administrative procedures that delegate the management of the following school wellness priorities:

1. Health and Physical Education
2. Physical Activity During the School Day
3. Food and Beverages in Schools

## Mandatory Procedures

Wellness Stakeholder Engagement

1. The District will engage with parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, and periodic review and update of the local school wellness policy; [1][2]
2. This stakeholder engagement will occur, at a minimum, when this policy is reviewed.

Nutrition Guidelines for All Foods and Beverages at School

Child Nutrition Programs in the District must comply with federal, state, and local legislative and regulatory requirements, and with District Policy.[4]

All foods and beverages available in District schools during the school day shall be offered to students with consideration for promoting student health and reducing childhood obesity. [5]

All District-provided food and beverages shall comply with established federal nutrition standards. [6][7][8][9]

*Meal Times and Scheduling*

1. The District's schools will be open in time for student meal times during the school year, unless there is an emergency closure.

1. Meal schedules shall provide students with at least ten (10) minutes of time for breakfast and at least twenty (20) minutes of time for lunch which both shall be distinct from recess time.
2. Meal periods shall be scheduled at appropriate hours, as defined by the Pennsylvania Department of Education. Schools should make every attempt to schedule lunch between 10 a.m. and 2 p.m.
3. Student tutoring and club or organizational meetings or activities shall not be scheduled during mealtimes, unless students may eat during such activities.
4. Students shall be provided access to hand washing or hand sanitizing before meals or snacks.
5. The District shall accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

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. Drinking water and bathroom breaks ~~access~~ shall not be taken away from students as part of disciplinary action.[5][8] Schools will allow students to take reasonable bathroom breaks in accordance with school procedures that consider the biological needs of students alongside other educational and administrative requirements.

Additionally, every school will maintain and follow a plan to provide students with access to bathrooms as needed, and will update parents and caregivers.

Product selection for beverages in schools must be made from the guidelines in the Administrative Procedures.

Competitive Foods

Competitive foods are defined as all foods and beverages offered or sold to students outside the school meal programs, on the school campus, and at any time during the school day.

All competitive foods available for sale to students in District schools during the school day are required to meet or exceed the established federal nutrition standards (USDA Smart Snacks in School), District guidelines, and any applicable Administrative Procedures. [3][11][12]

*Non-Sold Competitive Foods: Rewards, Incentives, Shared Classroom Snacks, and Celebrations*

Non-sold competitive foods available to students, which may include but are not limited to foods and beverages offered as rewards and incentives, at classroom parties and celebrations, or as shared classroom snacks, shall meet or exceed the standards established by the District. Each celebration should include foods or beverages that meet established nutrition standards and applicable Administrative Procedures.

*Marketing/Contracting*

Any foods and beverages marketed or promoted to students on the school campus during the school day shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School) and comply with established Board policy and Administrative Procedures. [3][7][14]

Exclusive competitive food and/or beverage contracts shall be approved by the Board, in accordance with law and Board policies and procedures. Existing contracts shall be reviewed and modified to the extent feasible, if necessary, to ensure compliance with established federal nutrition standards, including applicable marketing restrictions. [13]

*Fundraisers*

If foods meet the established nutrition standards they may be sold for fundraising purposes on the school campus during the school day without a limit on frequency. The standards do not apply to items sold during nonschool hours, weekends, or off-campus fundraising events. [7]

Assessment of Wellness Program

Assessment methods shall be implemented in accordance with established guidelines and/or Administrative Procedures.

An assessment shall be conducted 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. [2]

The District shall inform and update the public, including parents/guardians, students, and others in the community, about the contents, implementation, and assessment of this policy.

*Recordkeeping*

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. In accordance with the requirement to annually inform the public of this policy and any updates, this School Wellness policy will be maintained on the District's website;
3. Documentation of efforts to review and update the School Wellness policy;
4. the most recent assessment on the implementation of the School Wellness policy as further defined in the Administrative Procedures.

**Legal References:**

1. 24 P.S. 1422.2
2. 42 U.S.C. 1758b
3. 7 CFR 210.31
4. Policy 808 - Food Services

5. 7 CFR 210.10
6. 42 U.S.C. 1751 et seq Healthy, Hunger-Free Kids Act of 2010
7. 42 U.S.C. 1773
8. 7 CFR 220.8
9. Policy 808 - Food Services
10. Policy 209.1 - Food Allergy Management
11. 7 CFR 210.11
12. 7 CFR 220.12a
13. 24 P.S. 504.1
14. Policy 702.2 - School-based Fundraising and Crowdfunding
15. 24 P.S. 1513
16. 24 P.S. 1512.1
17. 22 PA Code 4.27

**Related Information:**

24 P.S. 1337.1
24 P.S. 1422
24 P.S. 1422.3
7 CFR Part 210
7 CFR Part 220
7 CFR 210.15
Policy 103 - Nondiscrimination in School and Classroom Practices
Policy 103.1 - Nondiscrimination - Qualified Students with Disabilities/Protected Handicapped Students
Policy 209 - Health Examinations/Screenings
Center for Disease Control and Prevention's Whole School, Whole Community, Whole Child Model
Alliance for a Healthier Generation Smart Snacks Calculator
Competitive Foods and Beverages in U.S. Schools A State Policy Analysis