

PHENND Partners Conference

- Office of Health, Safety, Nutrition and Physical Education
- Philadelphia Campaign for Healthier Schools

STUDENT AND STAFF WELLNESS POLICY 145

SRC Approved, August 2006 & Revised, October 2011
March 2016, and September 2017



Highlights of the policy include:

Meal and Snack Guidelines aligned with USDA guidelines

Nutrition Education taught across the curriculum

Physical Education will devote at least fifty percent (50%) of class time to moderate to vigorous physical activity and will meet the needs of ALL children.

Elementary students will be given “Movement Breaks” every ninety (90) minutes of seat time and recess.

Goals.....

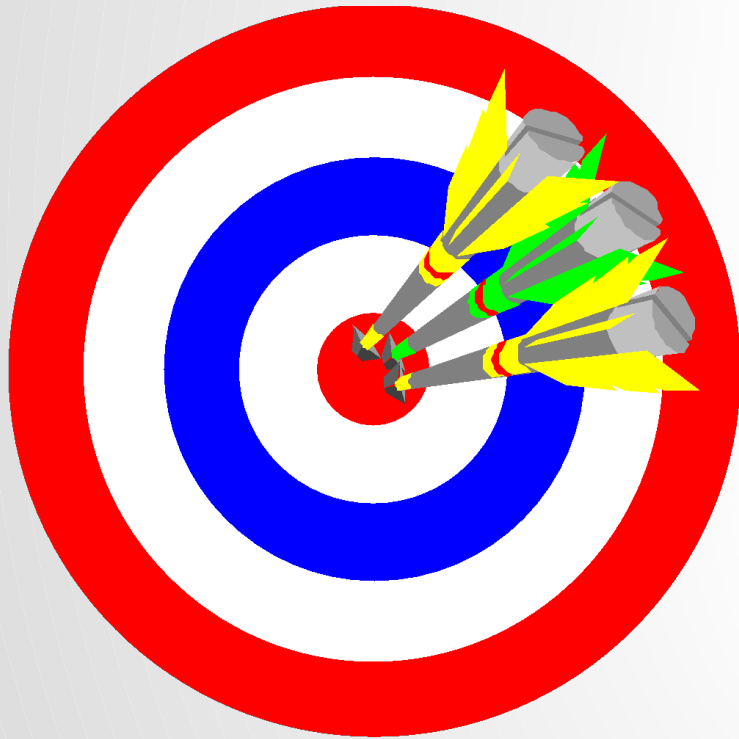


For Health Education

- Provide research-based health education curriculum, K-12, that emphasizes positive lifelong health-related attitudes & behaviors. (scope and sequence)
- Address adolescent health risk behaviors identified by the Center for Disease Control (CDC), which are leading causes of illness, premature death, and social problems among youth.
- Provide resource materials and professional development opportunities for K-12 teachers

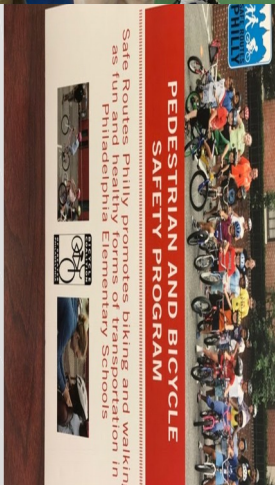
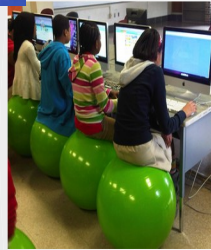
Goals.....

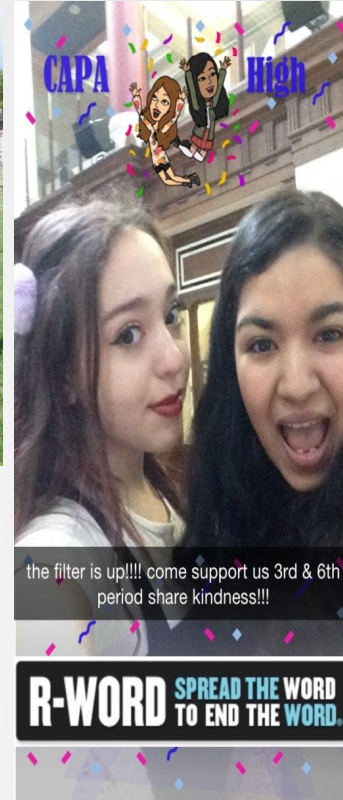
for Physical Education



- Implement a core curriculum to meet the needs of all (scope and sequence)
- Plan and Implement Professional Development Opportunities for K-12 physical education teachers.
- Provide resource materials for teachers

Movement and Alternative PE Activities





Special Olympics
Unified Sports[®]



Partnerships: Physical Activity Survey

How much physical activity are District elementary school students getting during the school day? (Get Healthy Philly)

- **Step 1:** Interviews w Principals, P.E. teachers, NTAs
 - 61 elementary schools
- **Step 2:** Analysis
 - Where are we? How can we increase PA?
- **Step 3:** Recommendations and technical assistance
 - Results shared with principals
 - Schools chose from a menu of support programs

Power of Partnerships

- Advocacy, advocacy, advocacy
- Health and wellness expertise
- Valuable programming
- Networking
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The Office of Health, Safety, Nutrition & Physical Education



Promoting Wellness

A Coordinated School Health Program



Unleashing the human spirit through the transformative power and joy of sports every day!



K-12 PE Curriculum

Physical Activity Initiatives

CPR/AED First Aid Training

Wellness Grants
Arrest HIV, YRBS, ERN

Professional Development

Policies
Wellness, Beverage, Adolescent, Sexuality, HIV