



uniting communities to make a healthy impact

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WELLNESS POLICY

Implementation & Monitoring

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WHY A WELLNESS POLICY?

- Public Law 108-265 Child Nutrition & WIC Reauthorization Act of 2004
- School districts participating in the National School Lunch program must have an approved policy by July 1, 2006

POLICY DEVELOPMENT

- *PROCESS FOR POLICY APPROVAL:*
 1. Committee work
 2. Develop policy
 3. Refine policy
 4. Submit to Board
 5. Board reviews the policy
 6. Policy is voted on (earliest, one month *after* received)
 7. Once approved, policy is implemented

BOARD POLICY EXPECTATIONS

- Supports academic outcomes for all students
- Mirrors goals of long term Strategic Planning
- Enhances and embellish learning qualities for internal and external stakeholders

LEARNING ABOUT WELLNESS

- Committee provides the groundwork and information for the Board to make an informed decision
- Topics of Wellness and report on the progress of the Wellness Committee occurred over a three month period:
April, May and June of 2005
- Wellness awareness initiated another policy
“Ban on carbonated beverages & chips”

IMPLEMENTING WELLNESS

- 9 KEY GOAL AREAS
- All support each other
- All key goals are specific yet integral
- All key goals meet or exceed the Federal mandate
- Goal initiatives may be measured
- Policy provides review and assessment

KEY GOALS

- **Key Goal Area 1:** Health and Wellness Education
- **Key Goal Area 2:** Physical Education & Physical Activity
- **Key Goal Area 3:** Health Services
- **Key Goal Area 4:** Healthy School Learning Environment
- **Key Goal Area 5:** Nutrition Services
- **Key Goal Area 6:** Health Promotion
- **Key Goal Area 7:** Counseling, Psychological, & Social Services
- **Key Goal Area 8:** Family / Community Involvement
- **Key Goal Area 9:** Creative, Cross-Cutting, & Targeted Use of Resources to Support Wellness

DEVELOPING KEY GOAL INITIATIVES

- *Internal as well as external resources*
 - Supports curriculum
 - Enhances academic and non-academic areas
 - Encourages parent and community involvement

STAKEHOLDER OBJECTIVES

- Alignment with the School District's Mission & Strategic Plan—*Excellence For All*
- Responsive to Federal & State Legislative Requirements
- Improve health and wellness outcomes for students, staff and community
- *Embraced McComb School District Wellness Policy*
- *Supported Coordinated School Health Councils*
- *Storybook process to reach consensus*

INITIATIVES

- **“FUN TO BE FIT”**
Highmark
- **HEALTHY CLASS OF 2010**
*University of Pittsburgh
Center for Minority Health*
- **HEALTHY**
UPMC-WPIC
- *K-5 curriculum combining health concepts w/ emphasis on nutrition.*
- *All middle schools involved with a comprehensive health, physical activity and nutrition program with outcomes for better lifestyles & achievement*
- *5 middle schools participating in a program encouraging healthy behaviors, identifying lower risk factors for type 2 diabetes. School nutrition & physical activity; “key”*

INITIATIVES

- SPARK & POPI

Highmark

- GROW PITTSBURGH

- EMPLOYEE WELLNESS PROGRAM

*Pittsburgh Public School
Human Resources*

- *Focus on health and movement habits for life brought forward via health and fitness curriculum*
- *Initiative to develop organic gardens at school with student and community engagement*
- *Several programs offered; healthy meal classes, increase awareness of physical activities, district exercise sessions.*

RESOURCES

- [Wellness Policy](#)
- <http://info.pghboe.net/>

- * About PPS
- * Policies

