

**PS11 Purvis J. Behan Elementary School
Comprehensive School Wellness Policy**

School Year 2019-2020

PS11 is committed to the belief that all students should graduate 5th grade with a solid understanding of how to take care of their minds, their bodies, and their community. Our school will achieve this mission by collaborating with families, staff, and the community at large to implement strategic policies that promote healthy eating, physical activity, and mental well-being for all students, families, and staff in a safe, inclusive, and accessible environment.

PS11's Wellness Policy is based on New York City's citywide policy, with specific points tailored to our school's distinct wellness needs and goals. The New York City Department of Education (NYC DOE) Wellness Policy brings together content and service areas recommended in the Centers for Disease Control and Prevention's Whole School, Whole Community, Whole Child (WSCC) model, an expansion and update of the Coordinated School Health (CSH) approach.

Our School Wellness Council (SWC) serves as an advisory team to the School Leadership Team. Every year the council re-evaluates its strategies, annual goals and achievements. It conducts an annual school wellness needs assessment and sets new goals and /or policies for the new year. While not listed by name, the student government representatives are also invited to serve as council members.

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Student Gov't. Representatives	Students	

Principal Signature: Abidemi Hope

Date: 9/5/19

I. FOOD SERVICE

Policy

Following the guidelines promoted by the DOE Office of School Wellness, PS 11 aims to ensure that all competitive foods and beverages served to students during the regular and extended school day (Monday thru Friday until 6:00 PM) meet the **NYCDOE Office of Food and Nutrition Services (OFNS) guidelines** and that as a school community we offer **healthy non-food rewards and promote healthy classroom celebrations**. We further aim to empower our students to make healthy and informed choices in what they consume through special tastings, and nutrition education (see Section II).

Rationale for the policy

Unhealthy classroom celebrations and food rewards contradict classroom lessons on nutrition, add empty calories to kids' diets and teach kids to eat when they're not hungry, thus setting the stage for unhealthy habits that can last a lifetime and contribute to the childhood obesity epidemic. One study found that every separate food-related practice (e.g., a food incentive or reward) that promotes low-nutrition foods in a school is associated with a 10% increase in students' body mass index (BMI). Children who eat breakfast and lunch at school, have eaten over half of the calories they need in a day. In addition they often are eating other sources of calories at school such as food at parties and celebrations, food brought from home for snacks, and food that might be given out as a reward such as an ice cream party. All these calories add up!

2019-2020 Implementation

PS 11's food policy will be reviewed by teachers and school staff during the first professional development meeting in September 2019; by the PTA executive committee during their September executive meeting; by class parents at their first class parent meeting of the new school year; and by all parents and caregivers via a letter from the administration in the red folders at the outset of the 2019-2020 school year. At each training / meeting, the SWC will provide an opportunity for collaborative brainstorming and review any areas lacking clarity. The SWC will continue to work with the PTA, students and staff to create a roster of alternative celebration concepts and non-food-oriented rewards.

II. NUTRITION AND HEALTH EDUCATION

Policy

PS 11 aims to offer a comprehensive agriculture and life science curriculum across all grades that:

1. Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
2. Is integrated into the classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
3. Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardening;
4. Teaches media literacy with an emphasis on food and beverage marketing

2019-2020 Implementation

Planned programming will include:

- 1) An Agriculture and Life Science Curriculum that spans pre-kindergarten to third grade and aligns with the NYC Science Scope and Sequence Curriculum
- 2) Seasonal cafeteria tastings conducted by Garden to Café
- 3) Pure Food Kids workshop for all 5th grade classes
- 4) Allergic to Salad Culinary Class as an After School Enrichment program

III. PHYSICAL EDUCATION AND ACTIVITY

Policy

In accordance with the DOE Office of School Wellness guidelines, PS 11 aims to ensure that all students in grades Pre-K-5th participate in physical education for a minimum of 120 minutes per week. The majority of this physical activity will be satisfied via a comprehensive school physical activity program (CSPAP), supplemented by extracurricular events and activities. Physical activity during the school day (including, but not limited to, recess, classroom physical activity breaks and/or physical education) shall not be withheld as punishment. Outdoor recess will be offered daily to all students. On days when outdoor recess is not possible, teachers and staff shall follow an indoor recess plan that promotes physical activity for students, to the extent practical. Recess shall complement, not substitute, physical education class. Recess monitors and classroom teachers will encourage students to be active during recess and times of physical activity and will serve as role models by being physically active alongside the students whenever feasible.

2019-2020 Implementation

The SWC will continue to work closely with PE and recess coaches, teachers, school aids, and the administration to remove any obstacles that prevent any group of students from meeting the minimum 120 minutes of physical education per week and/or from participating in students full allocation of daily recess time (20 minutes). We will continue to improve upon the school's active indoor recess plan to maximize active use of indoor spaces on inclement weather days.

The SWC will work with the SLT to roll out an implementation plan for Move-to-Improve movement breaks while transitioning between academic subjects; and a mindfulness break while transitioning back to the classroom following the lunch/recess block. Teachers will be trained on these scheduled breaks during professional development sessions.

The SWC will work with the PTA and school administration to create a secure docking station for bikes and scooters on the premises but outdoors. We will promote active modes of transportation to and from school, as well as the importance of helmet safety, through a variety of channels over the course of the school year.

IV. SCHOOL ENVIRONMENT

Policy

PS11 shall at all times provide an equitable, safe, inclusive and positive school environment for all students, families, and staff. PS11 commits to:

1. Promote and protect physical safety (i.e. building response team, emergency plans, and visitor control procedures)
2. Staff a crisis intervention team, working closely with the Network's Crisis Team when a crisis occurs and, and to maintain at all times a crisis intervention plan including tools and information for staff and the school community.
3. Promote diversity across all axes in our school community (including race, gender identity, sexual orientation, able-bodiedness, socioeconomic status, etc.), and to vigilantly protect the interests and integrity of all groups represented in our community (e.g., Respect for All campaigns, health and safety messages).
4. Make available a team of school psychologists, guidance counselors, Substance Abuse Prevention Instruction Specialists (SAPIS), and/or other professionals to address the personal/social growth of our students.
5. Maintain a zero-tolerance policy of harassment or bullying.

2019-2020 Implementation

The School Leadership Team and School Wellness Council will aim to host at least three parent focused workshops annually. The topics will be selected from an interest list conducted among the parent body every 2 years.

V. COMMUNITY WELLNESS

Policy

PS11 believes that staff wellness is essential in providing the aforementioned positive school environment. To that end, our school shall:

1. Promote employee wellness awareness in order to motivate each employee to improve his/her own health.
2. Encourage staff to actively model healthy eating habits and physical activity.
3. Make facilities available for staff wellness activities.
4. Work collaboratively with the United Federation of Teachers (UFT), district health insurance carriers and the district Employee Assistance Program to provide opportunities to improve employee physical and mental health.
5. Support the adoption of a “healthy meeting policy” for staff events with healthy food and beverage options.
6. Offer professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school.

Additionally, PS11 commits to pursuing our wellness goals in close communication with, and with substantial input from, our community at large. To that end, our school will:

1. Communicate all changes and updates to the Wellness Policy and provide opportunities for feedback.
2. Send consistent health and wellness messages connecting the material learned at school with at-home applications.
3. Invite families to participate in school-sponsored wellness activities and events.
4. Work with community partners to inform families of existing resources and services within the community that support healthy living.
5. Evaluate community partnerships and sponsorships to ensure that they are consistent with the Wellness Policy and its goals.

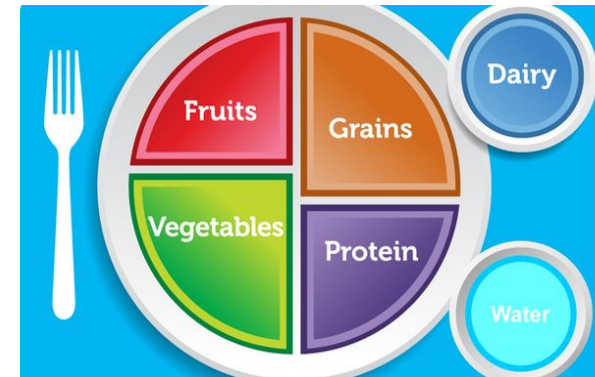
2019-2020 Implementation

PS 11 will conduct a needs assessment and interest survey among teachers and staff by October 31, 2019. The SWC will work with the administration, SLT and UFT representative to create an appropriate break room space for school staff.

Support Healthy Classroom Celebrations!

Our School Wellness Policy includes the following guidelines for **ALL parties and celebrations taking place as part of the school and extended school day** -- Birthdays, Harvest, Halloween, Valentine's Day, Easter, end-of-year-festivities, etc:

- ★ **Limit sugary items to one per child!** This means one cupcake OR one cookie OR one piece of pie...not all of the above!
- ★ **Skip the juice boxes!** If you're celebrating with something sweet, serve it with water instead.
- ★ **Balance it out!** Serve sweets alongside items from other food groups, such as fresh cut fruits & vegetables, cheese & crackers, and/or low-sodium cold cuts.



Our kids are learning how to build a balanced meal using the USDA MyPlate guidelines, so support their learning with healthy classroom celebrations!



Healthy Non-food Rewards

Rewards happen at many levels across a school. Teachers, administrators and parent groups offer rewards to recognize and celebrate student accomplishments. The goal of rewarding students is to help them internalize desirable behaviors and create motivation for learning that comes from inside. The most effective rewards fit naturally into the context and mission of the school community and should promote healthy living as a desired value of the community.

ACTION FOR HEALTHY KIDS

TIP SHEET

Non-material rewards involving recognition, privileges and opportunities for physical activity or other types of enrichment are powerful ways to help meet these goals. Material rewards such as school supplies, trinkets, toys and gift certificates can be donated by parents or provided by parent-teacher organizations for use on a more limited basis.

Elementary School Students

- Make deliveries to office
- Watch a fun movie
- Teach class
- Be a helper in another classroom
- Read morning announcements
- Sit with friends
- Have lunch or breakfast in the classroom
- Play a favorite game or do puzzles
- Extra recess time
- Show and tell
- Free time at the end of class
- Dance to music in the classroom
- Gift certificate to school store (non-food items)
- Walk with the principal or teacher
- Fun physical activity break
- Teacher or volunteer reads special book to class
- Certificate, trophy, ribbon, plaque
- Listen to music or a book
- Read outdoors or have class outdoors
- Extra art, music or reading time
- Teacher performs special skill, e.g., singing, guitar playing, juggling
- Earn points or play money to spend on privileges or non-food items
- Commendation certificate or letter sent home to parents by teacher or principal
- Trip to treasure box filled with non-food items, e.g., stickers, pencils, erasers, bookmarks, school supplies
- Access to items that can only be used on special occasions

Reward with Recognition!

Consider recognizing students during morning announcements, at a school assembly, on a photo recognition board or on the school's website. Most kids enjoy hearing their successes acknowledged in front of their peers. Don't underestimate the power of small, personalized efforts such as a phone call or email to a student's parents, a handwritten note commending the achievement or a certificate of recognition.

Middle School Students

- Choose partners for activities
- Sit with friends
- Listen to music while working at desk
- Reduced homework or "no homework" pass
- Extra credit
- Fun movie
- Brainteaser puzzles, group activities and games
- Earn points or play money for privileges or nonfood items
- Computer time
- Free choice time or chat break at end of class
- Assemblies
- Field trips
- Eat lunch outside or have class outside



Every kid healthy, active and ready to learn

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Healthy Non-Food Rewards



High School Students

- Extra credit
- Fun movie
- Reduced homework
- Late homework pass
- Donated coupons for music, movies or books
- Drawings for donated prizes
- Pep rally
- Recognition on morning announcements
- Tickets to school events, e.g., dances, sporting events

PTO/PTA Rewards

- Water bottles
- School-branded apparel
- Movie passes
- Special time with a teacher
- Active video games
- Pool party, hike or group trip to a kids fun place
- Raffle for bigger prizes, such as a bike, or a ride in a limo

Food Rewards

Food rewards contradict classroom lessons on nutrition, add empty calories to kids' diets and teach kids to eat when they're not hungry — setting the stage for unhealthy habits that can last a lifetime and contributing to the childhood obesity epidemic. One study found that every separate food-related practice (e.g., a food incentive or reward) that promotes low-nutrition foods in a school is associated with a 10% increase in students' body mass indexes (BMI).¹

Start a schoolwide healthy rewards initiative:

- Find a teacher to be a healthy rewards champion.
- Put up a bulletin board promoting healthy rewards.
- Ask teachers to take a "no-food-as-rewards pledge."
- Give a presentation about healthy rewards at a staff meeting.
- Create school guidelines around healthy rewards.
- Provide trinkets for teachers to use with donations or PTA/PTO funds.
- Recognize teachers who give out non-food rewards.

"Rewarding children with unhealthy foods in school undermines our efforts to teach them about good nutrition. It's like teaching children a lesson on the importance of not smoking, and then handing out ashtrays and lighters to the kids who did the best job listening."—Marlene Schwartz, PhD, Co-Director, Rudd Center for Food Policy and Obesity, Yale University

Action for Healthy Kids® is a nationwide grassroots network mobilizing school professionals, families and communities to take actions that improve school foods, nutrition education, physical activity and physical education for all students. Through funding opportunities, expert technical assistance, and our flagship program, Game On, Action for Healthy Kids supports schools in becoming healthier places where children thrive.



1: See ActionforHealthyKids.org/References