

Rose Tree Media School District  
School Wellness Policy 246  
Annual Reporting 2017-2018 School Year

In accordance with the Rose Tree Media School District School Wellness Policy 246,

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

Staff members responsible for programs related to student wellness shall report annually to the designee regarding the status of such programs.

The Superintendent or designee shall annually report to the Board on the district's compliance with law and policies related to school wellness. The report may include:

1. Assessment of school environment regarding school wellness issues
2. Evaluation of food services program
3. Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.
4. Listing of activities and programs conducted to promote nutrition and physical activity
5. Recommendations for program revisions and suggestions for improvement in specific areas
6. Suggestions for improvement and feedback
7. Feedback received from district staff, students, parents/guardians, community members and the Wellness Committee

**School Wellness Planning Committee 2017-2018**

<b>Member</b>	<b>Role</b>
Grace Eves	Business Manager
Lisa Taddei	Food Services
Eleanor DiMarino-Linnen	Director of Pupil Services and Special Education
Heather Hogan	Assistant Business Manager
Jessica Levy	Physical Education Teacher
Robert Salladino	SLMS Principal
Kristin Hartner	Certified School Nurse
Margie Gilroy	School Counselor
Evanthia Greco	Student
Ryan Rockwell	Student
Ben Sparling	Student
Sam Klienman	Student

**Meeting date(s) 2017-2018**

The School Wellness Planning Committee met on 6/18/2018

## Physical Education, Health Education, Physical Activity, and Wellness Activities

### Elementary Physical Education, Physical Activities and Health Education

Physical Education 50 minutes 4 days out of each 12-day cycle 50 hours/school year\*

Recess 20 minutes daily 90 hours/school year

Guidance Standards are met through the Guidance Curriculum Grades K-5

Health Education Standards are met through the Health Curriculum Grades K-5

\*Rose Tree Elementary grades 1-2 Physical Education 37.5 hours/School Year

### Springton Lake Middle School

PE Class Grades 6,7,8 47min 3x/cycle (full year) 58 hours/school year

Health Class Grades 6,7,8 47min2/cycle (1 semester) 20 hours/school year

Recess 6-8 15 minutes daily 45 hours/school year

Developmental Guidance 4 lessons per year

### Penncrest High School

Required Credits: PE 2.0 Health .5

PE Class Fresh. Full year alternating days 83 hours/school year

PE Class 10, 11, 12 Daily for one semester 68 hours/school year

Health Class Soph. Daily for one semester 68 hours/school year

### Building Specific Activities to promote Physical activity and Nutrition

Activities, education, assemblies, and field trips promoting physical activity and wellness were held throughout the school year and varied across buildings. Below is a representative sample of the activities and ongoing initiatives that support physical activity and wellness in our schools:

### Glenwood Elementary



Intramural Sports  
Field Day Grades K-5  
Glenwood Olympics  
Healthy Eating assembly  
Oral health assembly  
Running club for Girls

Guidance BABES lessons

Mindfulness and Stress Management

Daily movement lessons in all grades

Eight-week yoga club  
Dance Club

### Indian Lane Elementary



Intramural Sports  
Unified Bocce  
Unified Track  
Chuck and Duck  
Field Day Grades K-5  
Girl's on the Run  
Run the Lane 5k

Healthy Eating Presentations at Lunch  
Guidance BABES lessons  
Students participate in movement breaks in class (GoNoodle)  
Lankenau Health Center Field Trip  
Student-Faculty Floor Hockey Game

### Media Elementary

4 days/week before and after school Intramural Sports



Girls on the Run 2017-2018-Running clubs  
Food demonstrations/presentations at lunchtime (Chef Joe) during lunches  
(Food Service)-Health/Nutrition  
Movement breaks (Go Noodle) are part of every classroom  
Mindfulness activities  
Guidance BABES lessons  
Healthy Snacks for classroom celebrations

3rd Grade-Lankenau Hospital-Wellness Field Trips  
Field Day Grades K-5

### Rose Tree Elementary

Brain Breaks a day, typically thru Go Noodle.



Go Noodle for breathing and stretch breaks as necessary throughout the day.  
Movement breaks using Go Noodle activities  
Calming meditative breaks before tests.  
Science curriculum includes a unit on Body Systems.  
Gr. 3 trip to Lankenau Hospital Health Center on caring for their bodies  
Guidance BABES lessons

Yoga (and brain yoga), stretching and movement breaks  
Mindfulness/meditation inspired activities.  
Movement and sensory breaks included every day  
Grades 3-5 participate in Jump Rope for Heart annually  
Field Day Grades K-5

### **Springton Lake Middle School**

Intramural activities throughout the school year, including running, weightlifting, basketball, and yoga.  
Turkey Trot - 1 miles run before Thanksgiving  
Mindfulness included as part of guidance lessons and classroom activities  
Field trip to Paradise Farms for 6th grade - low ropes course/team building  
Providence Cup field day competition with StrathHaven Middle School  
Twenty-eight (28) extracurricular/intramural sports and activities

### **Penncrest High School**

Ten (10) Fall sports  
Eight (8) Winter sports  
Seven (7) Spring sports  
Fifty-three (53) clubs and activities

### **District Level**

Monthly Wellbeing Newsletter  
Weight Loss Challenge  
Suicide Prevention Policy and Activities  
Child Abuse Awareness Training

### **Food and Nutrition**

Classroom Celebrations adhere to Policy 246 and guidelines are published for the school community.

All classroom celebrations abide by Smart Snack which identifies foods that meet the USDA Smart Snack® guidelines.

### **Fundraising**

Foods sold during the school day for school fundraising must meet Smart Snacks® Guidelines with limited exemptions permitted:

Elementary (5 exemptions permitted) All fundraising met Policy Guidelines  
SLMS (5 exemptions permitted) All fundraising met Policy Guidelines  
PHS (10 exemptions permitted) All fundraising met Policy Guidelines

### **Food Services**

The Rose Tree Media Food Services meets and complies with all USDA requirements and RTMSD School Wellness Policy 246 and RTMSD Food Services Policy 808

### Nutrition Promotion Activities



Discovery Activities: Chef's Table

Chef Joe provides healthy cooking demonstrations during lunch periods

Nutrislice App allows parents to see the nutritional value of all foods served to help students make healthy meal choices as well as avoid allergens or calculate carbs for students who are diabetic

Youth Advisory Council – students at the middle school and high school taste new food offerings and provide feedback to Food Services

### **Communication**

The following sources were used to communicate publicly on the Wellness Policy, USDA guidelines and Smart Snacks guidelines for School Celebrations:

PTO presentations

The Rose Tree Media School District main and individual school web pages

The Rose Tree Media School District Food Services web page