

What's in a Wellness Policy? Physical Activity!

Resources

Physical Activity Support	5-2-1-0 Every Day Campaign	https://sdcoi.org/resources/5210-everyday/ Free messaging materials in English and Spanish for all schools.
	Comprehensive School Physical Activity Program (CSPAP)	https://www.cdc.gov/healthyschools/professional_development/e-learning/cspap.html Step-by-step guide from the Centers for Disease Control and Prevention for schools and districts to develop, implement, and evaluate physical activity programs.
	Classroom Activity Breaks	http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_455767.pdf A list of 135 physical activity breaks for the classroom
	Policy Brief: Reengaging Students Through Physical Activity	https://nasbe.nyc3.digitaloceanspaces.com/2021/10/Blanco-Cornett_Physical-Activity-Final.pdf Support from the National Association of State Boards of Education for strong policies that emphasize recess, safe routes to school and shared use. Released in 2021.
Joint (or Shared) Use	Model Open Use Policy for School Districts	http://changelabsolutions.org/publications/open-use-school-districts Districts can formalize community access to district recreational facilities to increase physical activity opportunities.
Active Transportation & Safe Routes to School (SRTS)	SRTS Policy and Implementation	https://www.changelabsolutions.org/child-care-schools/safe-routes-school Tools to create a SRTS policy, and strategies to support active transportation and SRTS programs.
	San Diego County SRTS Coalition	Stakeholder group of agencies, organizations, and individuals working to promote regional SRTS efforts, coordination, and information sharing. Contact Kristin Haukom KristinHaukom@altaplanning.com
	SANDAG i-commute	https://www.icommutesd.com/school/school-default Walk, Ride, and Roll to School program and classes
	Rady Children's Hospital Center for Healthier Communities SRTS	https://www.rchsd.org/programs-services/center-for-healthier-communities/injury-prevention/safe-routes-to-school/ Implements Safe Routes to School strategies in various schools and communities.
	Circulate San Diego	https://www.circulatesd.org/srts_toolkit SRTS report and toolkit

More resources:

Live Well Schools Tools for Schools <https://www.livewellsd.org/content/livewell/home/toolsforschools/tools-for-schools.html>

How Does Your District's Wellness Policy Compare to Model Wellness Policies?

Model Policy: *Live Well Schools*

Physical Activity

In order for students to receive the nationally recommended amount of daily physical activity (i.e., at least 60 minutes per day), the district will provide all of its students with a comprehensive, school-based physical activity program (CSPAP) that includes the following components: Physical Education, recess, classroom-based physical activity, active transport to school, and out-of-school time activities and the district is committed to providing these opportunities. Schools will ensure that these varied opportunities are provided in addition to, and not as a substitute for, Physical Education.

To the extent practicable, the district will ensure that its grounds and facilities are safe, and that equipment is available to students to be active. The district will conduct necessary inspections and repairs.

Recess (Elementary)

All elementary schools will offer at least 20 minutes of recess per day during the school year in addition to lunch recess. Outdoor recess will be offered outdoors when conditions allow for outdoor play. If the school or district must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

During recess, recess monitors or teachers will encourage students to be active and will serve as role models by being physically active alongside the students whenever feasible.

Active Academics

The district will offer ongoing professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class).

Each school should provide students and staff with opportunities for moderate physical activity at least once every 60 minutes of academic instruction, incorporating kinesthetic learning approaches into core subjects whenever it is feasible and offering short (3-5 minute) physical activity breaks when it is not. Teachers will serve as role models by being physically active alongside the students whenever possible.

Before and After School Activities

All district schools will offer opportunities for physical activity before and/or after the school day and will encourage all students to participate through a variety of methods. Schools will also provide opportunities for family and community engagement in physical activity during out of school time. Contracts with expanded learning providers will include physical activity as a required component to occur within the first hour of the program.

Active Transport

The district will encourage its students to walk or bike to school and will ensure that it is safe for them to do so. To accomplish this goal, the district will assess routes and, if necessary, facilitate improvements to make it safer and easier for students to walk and bike to school. District will develop partnerships with community organizations, local public works, and/or public safety to create and implement a comprehensive active transportation program, such as Safe Routes to School, and to explore the availability of active transportation funds.

Joint Use Agreements

All district schools will develop joint-use agreements to make district facilities or grounds available for recreational, sports, and gardening activities outside the school day and/or to use community facilities to expand students' access to opportunity for physical activity to the greatest extent possible.