

PS 197, John B Russwurm's Wellness Policy

PS 197 recognizes that student wellness is affected by nutrition education, the food served in school and afterschool, and the amount of physical activity offered each day. When a students' overall health needs are met they can attain higher achievement levels. PS 197 will adopt these Healthy Harlem wellness guidelines to enable the development of lifelong healthy habits in our students.

PS 197 Guidelines:

1. PS 197 students and staff are encouraged to consume "GO" foods

- a. Students and staff are encouraged to consume healthy food or beverages provided by PS 197; outside food should reflect the "Go, Slow, Woah" chart.
- b. Staff are encouraged to follow our "Go, Slow, Woah" chart. Staff may not consume "SLOW" food while in the presence of students.

2. PS 197 foodservice will provide meals served in accordance with the National School Meals Programs

3. PS 197 programs will promote and encourage water consumption as a preferred beverage

- a. Sites will provide access to free, fresh drinking water and 1% and reduced fat milk.
- b. Water coolers and/or water fountains will be provided in a prominent location of the building.
- c. Students and staff will be encouraged to bring reusable bottles.
- d. Staff are required to lead by example and only drink water in front of students.

4. PS 197 Celebrations and Incentives

- a. As stated in our schools handbook, birthday parties or other parties are to be held the last period of the day (1:25 pm-2:00 pm). Students who cannot participate due to religious customs will be placed in an appropriate classroom during this time.
- b. Due to allergies, families are encouraged to bring party favors in place of candy. Party favors including, but not limited to: Pencils, erasers, stickers, etc.

c. PS 197 ROARS behavior program encourages student positive behavior. Students earn incentives in the form of paw bucks, for good behavior. Students then can use the PAW bucks to purchase toys and other incentives.

d. The majority of these celebrations and incentives will take place in after school.

5. Physical Activity and Nutrition Education

a. PS 197 will provide physical education weekly.

b. Staff will be trained in Move to Improve to provide an additional 50 minutes of physical education weekly.

c. Staff and students are encouraged to use their daily breaks and meal periods to be physically active. Staff and students are encouraged to seek opportunities to be more physically active during the course of their day (e.g., get off the subway/bus one stop early, going on walks during meetings, taking stairs instead of the elevator, work stretches, etc.).

d. HCZ sites will offer one hour of physical activity programming each day.

e. Harlem grown will provide grades pre-k through 2nd with nutrition, cooking and gardening classes for 50 minutes 2 times a week. Healthy school foods will provide grades 3-5th with nutrition, and cooking classes for 45 minutes once a week.

f. PS 197 will provide students with 30 minutes of recess a day. On days with inclement weather, Asphalt green will lead 30 minutes of indoor recess for students.

6. Social Marketing

a. Visible health promotion campaigns and ROARS materials encouraging healthy behavior, must be displayed throughout PS 197 (e.g. reception area, classrooms, gymnasiums, etc.).

7. Parent Engagement

a. PS 197 and HCZ will provide opportunities for parents to participate in a variety of healthy living activities, including access to support groups, farmers markets, exercise, and nutrition and cooking classes.

b. Parents are encouraged to check out our web portal at: