



Capital School District

Board of Education Policy

Section: Administration
Title: Wellness Policy
Policy #: 200-30
Date Approved: 07/18/12
Date Revised: 5/19/17

Preamble

The Capital School District (hereto referred to as the District) recognizes that good health fosters better education and good attendance for students and that children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive. Physical inactivity and excessive calorie intake are the predominant causes of childhood obesity. Major risk factors for heart disease, cancer, stroke, and diabetes include unhealthy eating habits, physical inactivity, and obesity. These habits are often established in childhood. The District has a responsibility to ensure that schools promote and shelter students' health and ability to learn by providing nutrition education, physical education, physical activity, and healthy foods and beverages. Emerging evidence shows a profound link between a student's health which is closely tied to nutrition and physical activity and his/her ability to achieve academically. Therefore, the District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day* – both through reimbursable school meals and other foods available throughout the school campus* – in accordance with Federal and state nutrition standards;
- All students are provided with the opportunity to participate in 150 minutes of physical activity per week (through a combination of physical education, recess, and classroom activities);
- Students receive quality nutrition education and physical education to foster life-long habits of healthy eating and physical activity;
- There is coordination between health education, school meal programs, school foods, physical education and health-related community services to promote student wellness (Coordinated School Health Programs);
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff, and schools in the District.

I. Capital School District Wellness Committee

Committee Role and Membership

The District will convene a representative district wellness committee (hereto referred to as the DWC) that will meet quarterly (at minimum four times per year) to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this district-level wellness policy. The DWC shall serve as a resource to school sites for implementing those policies. The DWC shall consist of a group of individuals representing the school and community, and will include parents, students, representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public.

Leadership

The designee(s) will convene the DWC and facilitate development of and updates to the wellness policy, and will ensure each school's compliance with the policy.

The designated officials for oversight of the policy are the Supervisor of School Success Planning and the Nutrition Specialist/Registered Dietitian.

II. Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement

Implementation Plan

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus*, food and beverage marketing, nutrition promotion and education, physical activity, physical education, and other school-based activities that promote student wellness. It is recommended that each school use the evaluation tool to complete a school-level assessment which will help to create an action plan that fosters implementation and generate an annual progress report.

The wellness policy and the progress reports can be found at:

<http://www.capital.k12.de.us/page/2824/category/73>

Recordkeeping

The District will retain records to document compliance with the requirements of the wellness policy. Documentation will include:

- The written wellness policy;
- Documentation that the policy has been made available to the public;
- Documentation of efforts to review and update the policy;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment of the implementation of the policy; and
- Documentation demonstrating the most recent assessment on the implementation of the policy has been made available to the public.

Annual Notification of Policy

The District will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy, and implementation status. The District will make this information available via the district website.

Triennial Progress Assessments, Revisions, and Updating the Policy

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy
- A description of the progress made in attaining the goals of the District's wellness policy

Based on the results of the triennial assessments and/or as new Federal or state guidance or standards are issued, the policy will be revised and updated, as needed, but at least every three years.

III. Nutrition

School Meals

All schools in the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and Summer Food Service Program (SFSP). The District also operates additional nutrition-related programs and activities including Breakfast in the Classroom, Grab-n-Go Breakfast, and the After School Snack Program.

Each school in the District shall encourage all students to participate in these meal opportunities. In particular, the school shall make efforts to ensure that families are aware of the District's participation in the Community Eligibility Provision (CEP). The Community Eligibility Provision provides one free breakfast and one free lunch to every student every school day, regardless of income.

The school food service program shall operate in accordance with The Healthy Hunger-Free Kids Act of 2010 and other applicable laws and regulations of the state. Schools shall offer varied and nutritious food choices that are consistent with the federal government's Dietary Guidelines for Americans. Menus should be planned with input from students, family members, and other school personnel and should take into account students' cultural norms and preferences. Food-pricing strategies shall be designed to encourage students to purchase nutritious items. Procedures shall be in place for providing information to families about the ingredients and nutritional value of the foods served. This information may be made available on menus, website, cafeteria menu boards, placards, newsletters, email, or point-of-purchase materials.

Upon a physician's written request, modified meals shall be prepared for students with life-threatening food allergies or other special food needs that are diagnosed and documented as a medical disability. Information on the ingredients used in preparation of school meals shall be provided to parents upon request. Parents shall be notified about this option.

Eating as a Positive Experience

All foods, especially healthy options like fruits and vegetables, shall be presented in an appealing and attractive manner and served in a clean and pleasant setting.

All food service equipment and facilities must meet applicable local, state, and Federal statutes and regulations concerning health; safe food preparation, handling, and storage; drinking water; sanitation; and workplace safety.

Students and staff shall have adequate space to eat meals in pleasant surroundings and shall

have adequate time to eat: at least 10 minutes after sitting down for breakfast (in cafeteria or classroom) and 20 minutes after sitting down for lunch.

Staff Qualifications and Professional Development

Properly qualified nutrition professionals shall administer the school meal programs. The district shall provide annual certification/training via organizations such as the USDA, School Nutrition Association, and National Food Service Management Institute. Staff development programs shall include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their level of responsibility. All child nutrition employees are required to complete a minimum number of USDA Professional Standards training hours each year to ensure that staff stays educated on current policies and pertinent food service information.

Newly hired district food service coordinators shall be Registered Dietitians or have a four-year degree in nutrition science or dietetics.

Competitive Foods and Beverages

The District is committed to ensuring that all foods and beverages available to students on the school campus* during the school day* support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g. “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at:

<https://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus* during the school day* **must** meet or exceed the USDA Smart Snack nutrition standards. These standards will apply in all locations and through all services where food and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, and snack or food carts.

Celebrations and Rewards

The District encourages schools to meet adopted nutritional standards for foods offered during school celebrations. The District shall provide a list of healthy celebration ideas to parents and teachers, including physical activity. Schools shall celebrate birthdays once per month, rather than individually for each child. In addition, outside food without a label shall not be permitted due to allergy concerns.

Schools shall not withhold meals from students as punishment. Schools shall encourage the use of non-food performance incentives and rewards.

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus* during the school day*. The District encourages fundraising that promotes non-food items and/or physical activity. The District shall provide a list of healthful snack items to teachers, program personnel, and parents.

*School-Related Programs or Non-School Sponsored Programs Outside of the School Day**

In order to support our students and their families in leading healthy lifestyles, all school-related programs that occur outside of the school day* shall ensure that:

- There is a selection of foods and beverages that meet the nutritional standards of foods sold during the school day*;
- Foods and beverages that meet the nutrition standards must be sold at a price equivalent to or lower than similar items that do not meet the standards; and
- Foods and beverages meeting the standards will be as visible as or more visible than items that do not meet the standards.

Food and Beverage Marketing in Schools

Any foods and beverages marketed or promoted to students on the school campus* during the school day* must meet or exceed the USDA Smart Snacks in School nutrition standards. Food and beverage marketing is defined as advertising and other promotions in schools and often includes oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product. This can include, but is not limited to, displays on vending machines; logos on school equipment such as marquees, scoreboards, or backboards; advertisements in school publications or school mailings; and free product samples, taste tests or coupons of a product, or free samples displaying advertisement of a product.

IV. Physical Education and Physical Activity

Schools shall be encouraged to provide all students with the opportunity to participate in 150 minutes of physical activity per week for the entire school year through physical education, recess, and classroom activities. Districts/schools shall provide information to parents concerning physical education and other school-based physical activity opportunities that are offered before, during, and after the school day*.

Physical Education Program Design

The physical education program shall:

- Engage students in moderate to vigorous physical activity for at least 50% of class-time during most or all physical education class sessions;
- Use age-appropriate, sequential physical education consistent with national and state standards for physical education;
- Promote the benefits of a physically active lifestyle and help students to develop skills to engage in life-long healthy habits as well as incorporate essential health education concepts;
- Be consistent with the state's curriculum standards for physical education and the district's written curriculum;
- Be taught by a certified physical education teacher as defined by the state Department of Education;
- Maintain a student/teacher ratio comparable to those in other curricular areas;
- Have physical education teachers complete annual professional development training;
- Provide many different physical activity choices;
- Feature cooperative as well as competitive games;
- Take into account gender and cultural differences in students' interests;
- Promote participation in physical activity outside of school;
- At the high school level, focus on helping adolescents make the transition to an

- active adult lifestyle;
- Meet the needs of all students, especially those who are not athletically gifted;
- Suitably adapted physical education is included as part of the Individual Education Plans for students with chronic health problems, disabling conditions, or other special needs that preclude such students participating in regular physical education instruction or activities; and
- Be an enjoyable experience for all students.

Health-Related Fitness Assessment

Health-related physical fitness testing (i.e. FitnessGram) shall be integrated into the physical education curriculum as an instructional tool, except in the early elementary grades. Tests shall be appropriate to students' developmental levels and physical abilities and be in compliance with the states' requirements for student fitness assessment. The district shall use aggregate fitness data for district planning.

Physical Activity

Teachers and other school personnel shall not use physical activity (e.g., running laps, push-ups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

Teachers and other school personnel may use physical activity opportunities as rewards.

After-school childcare programs shall provide and encourage - verbally and through the provision of space, equipment, and activities - daily periods of at least 20 minutes of moderate/vigorous activity for all participants.

Daily Recess

All elementary school students shall have at least 20 minutes a day of recess, preferably outdoors. Elementary schools shall have a back-up plan in the event that outdoor recess is not possible due to weather conditions. It is safe for children to be outside when the temperatures are above 20° F, including wind chill factor. Outdoor play time should be limited to 20-30 minutes when temperatures are between 21-32° F. When the outdoor temperature is equal to or higher than 95 ° F including humidity factors there should be no outside activity.

Middle schools should encourage outside activities during lunch when possible, and offer meaningful opportunities for physical activity.

All schools shall discourage extended periods (two hours or more) of inactivity. When activities, such as school testing, make it necessary for students to remain indoors for long periods of time, schools shall provide periodic breaks during which students are encouraged to be moderately to vigorously active.

V. Nutrition Education

The health education program shall include nutrition education that:

- Is integrated within the comprehensive health education program taught at every grade level and may be integrated not only in health education classes, but also in classroom instruction in other subjects, with links to school meal programs, school foods, physical education, nurses, guidance counselors, and health-related community services;
- Is based on theories and methods proven by published research to improve behaviors consistent with the state's health education standards;
- Emphasizes healthy eating, screen time (including use of electronic devices) and

- physical activity;
- Is developmentally-appropriate and culturally-relevant, such as nutrition promotion activities that include taste testing, farm visits, school gardens, etc.;
 - Includes nutrition knowledge including the benefits of healthy eating with an emphasis on fruits, vegetables, 1% and fat-free dairy products, essential nutrients, principles of weight management, health-enhancing nutrition practices, and 5-2-1-Almost None*²; and
 - Provides nutrition-related skills including planning a healthy meal, healthy food preparation methods, understanding and using food labels, and critically evaluating nutrition information, misinformation, and commercial food advertising.

VI. Staff Wellness

The District highly values the health and well-being of every staff member and shall plan and implement activities and policies to promote and maintain healthy staff lifestyles. The district shall promote staff wellness programs and explore incentives for participation. School staff members are encouraged to be healthy lifestyle role models. The district shall have a recognition program in place for school personnel who exemplify healthy role models and provide information and materials to staff about healthy eating and physical activity to utilize in their daily lives and classrooms.

Schools may offer wellness programs that support staff in adopting and practicing healthy lifestyles. Schools shall offer food options in staff lounges and staff meetings that meet the competitive food guidelines as outlined in Section III.

Each school may establish and maintain a staff wellness committee. The committee shall develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan shall be based on input solicited from school staff and outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. The staff wellness committee shall meet at least biannually.

5-2-1-Almost None is a campaign designed by Nemours Health & Prevention Services that encourages children to eat 5 servings of fruits and vegetables per day, engage in 2 or fewer hours of screen time, participate in 1 hour or more of physical activity, and drink almost no sugar- sweetened beverages.

**School Campus- areas that are owned or leased by the school and used at any time for school related activities, including outside of the school building, school buses or other vehicles used to transport students, athletic fields and stadiums (e.g. scoreboards, coolers, cups, and water bottles), or parking lots.*

**School Day- the time between midnight the night before to 30 minutes after the end of the instructional day.*