



# SMYRNA SCHOOL DISTRICT

## District Policy

Article: 5000 Students

Title: Wellness

Policy #: 5147

### Mission & Vision

Smyrna School District (hereto referred to as the District) is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks.<sup>1,2,3,4,5,6,7</sup> Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students.<sup>8,9,10</sup> In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities – do better academically.<sup>11,12,13,14</sup> Finally, there is evidence that adequate hydration is associated with better cognitive performance.<sup>15,16,17</sup>

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;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- 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.



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## **School Wellness Committee**

### **Committee Role and Membership**

The District will convene a representative district wellness committee (hereto referred to as the DWC or work within an existing school health committee) that meets at least quarterly 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 (heretofore referred as “wellness policy”).

The DWC membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; health education teachers; school health professionals (e.g., health education teachers, school health services staff [e.g., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services], and mental health and social services staff [e.g., school counselors, psychologists, social workers, or psychiatrists]; school administrators (e.g., superintendent, principal, vice principal), school board members; health professionals (e.g., dietitians, doctors, nurses, dentists); and the general public.

### **Leadership**

The Child Nutrition Supervisor will convene the DWC and facilitate development of and updates to the wellness policy, and will ensure each school’s compliance with the policy.

## **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 delineates roles, responsibilities, actions and timelines specific to maintaining policy relevance.

This wellness policy can be found at: <http://www.smyrna.k12.de.us/index.jsp>

### **Recordkeeping**

The District will retain records to document compliance with the requirements of the wellness policy at the office of the Child Nutrition Supervisor. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;



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- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

### Triennial Progress Assessments

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;
- The extent to which the District's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of the District's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is the Child Nutrition Supervisor.

The DWC, in collaboration with individual schools, will monitor schools' compliance with this wellness policy.

The District will make the triennial progress report available in the office of the Child Nutrition Supervisor.

### Revisions and Updating the Policy

The DWC will update or modify the wellness policy as needed. Changes could be the result of community needs, the completion of any wellness goals, availability of new health science, and/or new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

### Community Involvement, Outreach and Communications

The District is committed to being responsive to community input, which begins with awareness of the wellness policy. The District will actively communicate ways in which representatives of DWC and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for that district. The District will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The District will use electronic mechanisms, such as email or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy.

The District will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The District will also use these mechanisms to inform the community about the availability of the annual and triennial reports.



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### Nutrition

#### School Meals

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans*-fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP). The District currently has three Community Eligibility Provision (CEP) schools (North Smyrna Elementary, Smyrna Elementary and John Bassett Moore Elementary). North Smyrna Elementary is presently a recipient of the Fresh Fruit and Vegetable (FFVP) grant. The District also operates additional nutrition-related programs and activities including; Farm to School programs, school gardens, and Mobile Breakfast carts / Grab 'n' Go Breakfast. Smyrna High School will offer an after school meal at no cost to students who remain on the campus after school for academic enrichment, club activities and/or athletics through the Child and Adult Care Food Program (CACFP). All schools within the District are committed to offering school meals through the NSLP:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet [USDA nutrition standards](#).)
- Promote healthy food and beverage choices using at least ten of the following [Smarter Lunchroom techniques](#):
  - Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans).
  - Sliced or cut fruit is available.
  - Daily fruit options are displayed in a location in the line of sight and reach of students..
  - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
  - White milk is placed in front of other beverages in all coolers.
  - Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are made available.
  - A reimbursable meal can be created in any service area available to students.
  - Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas.
  - Student artwork is displayed in the service and/or dining areas.
  - Daily announcements are used to promote and market menu options.
  - Menus will be created/reviewed by a Registered Dietitian.
  - School meals are administered by a team of child nutrition professionals.



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- The District child nutrition program will accommodate students with special dietary needs.

### **Staff Qualifications and Professional Development**

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). These school nutrition personnel will refer to [USDA's Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs.

### **Water**

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day\* and throughout every school campus\* ("school campus" and "school day" are defined in the glossary). The District will make drinking water available where school meals are served during mealtimes (water cups/jugs will be available in the cafeteria if a drinking fountain is not present.)

### **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, increase consumption of healthful foods during the school day 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: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at [www.foodplanner.healthiergeneration.org](http://www.foodplanner.healthiergeneration.org).

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 will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores and snack or food carts.

### **Celebrations and Rewards**

All foods sold on the school campus will meet or exceed the USDA Smart Snacks (Appendix A) in School nutrition standards including through:

1. Celebrations and parties. The district will provide a list of SmartSnack compliant foods that parents/teachers can order from the Child Nutrition Program (Appendix B, directions for this process will be made available to parents/students and staff on the CNP Website). A list of non-food celebration ideas will be available as well (Appendix C).
2. Rewards and incentives. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.



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Smart Snack exceptions:

- Student lunches brought from home- The Wellness Committee encourages parents and students to pack healthy meals from home, however, the student's parent(s)/guardian(s) retain the right to govern foods packed from home.
- Food brought from home for a special event or celebration (The District strongly recommends that food provided from home follow smart snack guidelines.)
  - o Food from home must:
    - Be store-bought and unopened in their original container.
    - The ingredient label(s) must be present and legible. \*\*This allows staff to review the product(s) for allergens.
- Food specified in a student's Individualized Education Plan (IEP)
- Students following a specialized diet.

### **Fundraising**

Only 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\*. A list of healthy fundraising ideas have been established by [Alliance for a Healthier Generation](#) and the [USDA](#).

### **Nutrition Promotion**

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

### **Nutrition Education**

The District will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities;



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- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;
- Teaches media literacy with an emphasis on food and beverage marketing; and
- Includes nutrition education training for teachers and other staff.

### **Essential Healthy Eating Topics in Health Education**

The District will include in the health education curriculum a minimum of 12 of the following essential topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from [MyPlate](#)
- Reading and using FDA's nutrition fact labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- [The Dietary Guidelines for Americans](#)
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

### **Food and Beverage Marketing in Schools**

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health and physical activity. These efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health



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promotion efforts. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy.

Any foods and beverages marketed or promoted to students on the school campus\* during the school day\* will meet or exceed the USDA Smart Snacks in School nutrition standards.

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an 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.<sup>15</sup> This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors
- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by the District.
- Advertisements in school publications or school mailings.
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

As the District/school nutrition services/Athletics Department/PTA/PTO reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the District wellness policy.

### Statistical Support of Nutrition Education

- Delaware Statistics
  - o 44.2% of males and 35.7% of females were categorized as obese in 2011 (Nemours Health & Prevention Services, Kid Counts/DSCH, 2014).
  - o 38.8% of children ages 2-5 years old, 43.1% of children ages 6-11 years old and 37.7% of children ages 12-17 years old were categorized as obese in 2011 (Nemours Health & Prevention Services, Kid Counts/DSCH, 2014).
- General Statistics
  - o The percentage of children with obesity in the United States has more than tripled since the 1970s.
  - o Today, about one in five school-aged children (ages 6–19) has obesity.
  - o Children with obesity are at higher risk for having other chronic health conditions and diseases that impact physical health, such as asthma, sleep apnea, bone and joint problems, type 2 diabetes, and risk factors for heart disease.





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### Physical Activity

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement and the district is committed to providing these opportunities. Schools will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection). All schools in the district will be encouraged to participate in *Let's Move! Active Schools* ([www.letsmoveschools.org](http://www.letsmoveschools.org)) in order to successfully address all CSPAP areas.

Withholding physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) as punishment is discouraged. Teachers should work with their building Administration for alternative ways to discipline students.

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.

### Physical Education

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed in the "*Essential Physical Activity Topics in Health Education*" subsection). The curriculum will support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

The District physical education program will promote student physical fitness through individualized fitness and activity assessments.

### Essential Physical Activity Topics in Health Education

Health education will be required in all grades (elementary) and the district will require middle and high school students to take and pass at least one health education course. The District will include in the health education curriculum a minimum of 12 of the following essential topics on physical activity:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease



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- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise and fitness
- Phases of an exercise session, that is, warm up, workout and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity.

### **Recess (Elementary)**

All elementary schools will strive to offer at least **20 minutes of recess** on all days during the school year. If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built in to the recess transition period/timeframe before students enter the cafeteria.

**Outdoor recess** will be offered when weather is feasible for outdoor play.

Recess will complement, not substitute, physical education class. 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**

Many students are kinesthetic learners. Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day. The District will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects.

Teachers will serve as role models by being physically active alongside the students whenever feasible.



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### **Before and After School Activities**

The District offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. The District will encourage students to be physically active before and after school through afterschool athletics, community athletics, or friend/family based activities.

### **Other Activities that Promote Student Wellness**

The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

Schools in the District are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the District's curriculum experts.

All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

### **Community Partnerships**

The District will develop/continue relationships with community partners (e.g., hospitals, universities/colleges, local businesses, SNAP-Ed providers and coordinators, etc.) in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

### **Community Health Promotion and Family Engagement**

The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

As described in the "Community Involvement, Outreach, and Communications" subsection, the District will use electronic mechanisms (e.g., email or displaying notices on the district's website), as well as non-electronic mechanisms, (e.g., newsletters, presentations to parents or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.



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### **Glossary:**

**Extended School Day** – the time during, before and after school that includes activities such as clubs, intramural sports, band and choir practice, drama rehearsals and more.

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

**Triennial** – recurring every three years.

Approved by Board of Education, December 15, 2014  
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### Appendix A

#### Smart Snack Information

See Attached



## **Nutrition Standards for Beverages**

### **All schools may sell:**

- Plain water (with or without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice and
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.

### **Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.**

### **Beyond this, the standards allow additional "no calorie" and "lower calorie" beverage options for high school students.**

- No more than 20-ounce portions of
- Calorie-free, flavored water (with or without carbonation); and
- Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.
- No more than 12-ounce portions of
- Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

## **Other Requirements**

### **Fundraisers**

- The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards.
- The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.
- The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. State agencies determine the frequency with which fundraising activities take place that allow the sale of food and beverage items that do not meet the nutrition standards.

### **Accompaniments**

- Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.
- This helps control the amount of calories, fat, sugar and sodium added to foods by accompaniments, which can be significant.



United States Department of Agriculture





# SMYRNA SCHOOL DISTRICT

## District Policy

**Article:** 5000 Students

**Title:** Wellness

**Policy #:** 5147

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### Appendix B

#### Healthy Classroom Snacks

See Attached

# HEALTHY CLASSROOM SNACKS

## About this guide:

All snacks listed in this guide have been selected because:

They meet the USDA Smart Snacks and can be purchased by the school cafeteria. These snacks are specifically formulated to be K-12 School Foodservice products and cannot be purchased in a regular grocery store. To determine if a snack that is purchased outside of the cafeteria is smart snack compliant you may use the Smart Snack Calculator found here <http://rdp.heathiergeneration.org/calc/calculator/>, or you may email the Child Nutrition Office at [Meggan.McNatt@smyrna.k12.de.us](mailto:Meggan.McNatt@smyrna.k12.de.us) or [Candace.Decker@smyrna.k12.de.us](mailto:Candace.Decker@smyrna.k12.de.us) (Refer to district Allergy Memo when purchasing snacks outside cafeteria)

ITEM	CASE SIZE	Price	Price per 20	Price per 50	Price per 100
Goldfish Pretzel	300/.75 oz	\$0.60	\$12.00	\$30.00	\$60.00
Goldfish Cheddar	300/.75 oz	\$0.60	\$12.00	\$30.00	\$60.00
Tostitos Baked Scoop Tortilla Chips	72/.875 oz	\$0.60	\$12.00	\$30.00	\$60.00
Lay's Baked Original Chips	60/.875 oz	\$0.60	\$12.00	\$30.00	\$60.00
Lay's Baked Sour Cream & Onion Chips	60/.875 oz	\$0.60	\$12.00	\$30.00	\$60.00
Lay's Baked BBQ Chips	60/.875 oz	\$0.60	\$12.00	\$30.00	\$60.00
Doritos, RF Nacho Cheese	72/1.0 oz	\$0.60	\$12.00	\$30.00	\$60.00
Doritos, RF Cool Ranch	72/1.0 oz	\$0.60	\$12.00	\$30.00	\$60.00
Doritos, RF Spicy Sweet Chili	72/1.0 oz	\$0.60	\$12.00	\$30.00	\$60.00
Cheez-It (WG)	175/.75 oz	\$0.60	\$12.00	\$30.00	\$60.00
Graham Cracker, Scooby Doo	210/1.0 oz	\$0.60	\$12.00	\$30.00	\$60.00
Graham Cracker, Disney Frozen	210/1.0 oz	\$0.60	\$12.00	\$30.00	\$60.00
Rice Krispie Treat (WG)	80/1.41 oz	\$0.60	\$12.00	\$30.00	\$60.00
Baked Fries, Bacon & Cheddar (GF)	90/1.0 oz	\$0.60	\$12.00	\$30.00	\$60.00
Baked Fries, Hot & Spicy (GF)	90/1.0 oz	\$0.60	\$12.00	\$30.00	\$60.00
Cheese Balls (GF)	64/.8 oz	\$0.60	\$12.00	\$30.00	\$60.00
Popcorn, White Cheddar (GF)	90/.5 oz	\$0.60	\$12.00	\$30.00	\$60.00
Popcorn, Kettle Cooked (GF)	90/.5 oz	\$0.60	\$12.00	\$30.00	\$60.00
Popcorn, Lite (GF)	60/.5 oz	\$0.60	\$12.00	\$30.00	\$60.00
Mini Chocolate Chippers	63/1.1 oz	\$0.60	\$12.00	\$30.00	\$60.00
Mini Butter Crunchers	63/1.1 oz	\$0.60	\$12.00	\$30.00	\$60.00
Frozen Juice Cup, Lmn Rsp Blue	84/4.4 oz	\$0.75	\$15.00	\$37.50	\$75.00
Frozen Juice Cup, Sour Cherry/Lmn	84/4.4 oz	\$0.75	\$15.00	\$37.50	\$75.00
Frozen Juice Cup, Strawberry/Mango	84/4.4 oz	\$0.75	\$15.00	\$37.50	\$75.00

Frozen Juice Cup, Strawberry/Kiwi	84/4.4 oz	\$0.75	\$15.00	\$37.50	\$75.00
Apples, Red Dlc Sliced Bag	100/2 oz	\$0.45	\$9.00	\$22.50	\$45.00
Apple, Gala/Whole	1 each	\$0.45	\$9.00	\$22.50	\$45.00
Banana, Petite/Whole	1 each	\$0.45	\$9.00	\$22.50	\$45.00
Oranges/ Whole	1 each	\$0.45	\$9.00	\$22.50	\$45.00
Carrot/ Mini Peel	½ cup	\$0.45	\$9.00	\$22.50	\$45.00
Cucumber/ Sliced	½ cup	\$0.45	\$9.00	\$22.50	\$45.00
Broccoli	½ cup	\$0.45	\$9.00	\$22.50	\$45.00
Water	8 oz	\$0.60	\$12.00	\$30.00	\$60.00

**\*All prices are subject to change depending on market and availability. Please contact the school cafeteria manager to obtain the most recent price.**



# SMYRNA SCHOOL DISTRICT District Policy

**Article:** 5000 Students

**Title:** Wellness

**Policy #:** 5147

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## Appendix C

### Suggestions for Celebrations

See Attached



# CELEBRATIONS THAT SUPPORT CHILD HEALTH

Schools and afterschool programs need to provide consistent messaging around healthy eating to avoid sending youth conflicting messages. While celebrations can include healthy foods, they can also provide opportunities for kids to play and enjoy music, dance, games, sports and other activities.

## **FOLLOW THESE STEPS TO CELEBRATE IN A HEALTHY WAY AT YOUR SCHOOL OR SITE:**

**1** Write or update your district or site wellness policy to include language about healthy celebrations

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**2** Survey staff, students and families to identify successful healthy celebration options and share the results with the school community

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**3** Promote the new policy through the school's website, social media accounts, newsletters and/or bulletin boards

**4** Send letters to parents explaining the policy change and why it is important. Include a suggested healthy snack list for food parents send to school

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**5** Share what's working at staff meetings to encourage your peers

There are many examples of celebrations that meet both kids' and the Alliance's approval. On the next page you'll find a few of our favorites.

To learn more and join the movement, visit [HealthierGeneration.org](http://HealthierGeneration.org)



## NON-FOOD CELEBRATION IDEAS



### **CHOOSE A PRIZE**

- Pencils or erasers
- Stickers
- Books
- Enter a drawing or raffle for a bigger prize
- Earn tokens or points toward a prize



### **GET MOVING**

- Lead a special physical activity break
- Host a special event such as a dance or kite-flying party
- Provide extra recess or PE time
- Turn on the music and let students dance for a few minutes
- Have a themed parade around your school



### **SHAKE UP YOUR ROUTINE**

- Let student choose a special activity or be a teacher's helper
- Allow student to select a special book or invite a guest to read aloud
- Go on a scavenger hunt
- Host a special dress day where students can wear hats or pajamas



### **SHOW RECOGNITION**

- Give a certificate or ribbon
- Post a sign in the classroom or on a prominent bulletin board
- Give a shout-out in the morning announcements
- For birthdays, allow child to wear a crown or special sash

## HEALTHY SNACK & BEVERAGES IDEAS\*



### **BEVERAGES**

- Water
- 100% fruit juice with no added sugar
- Fat-free or low fat milk
- Fruit smoothies (made with frozen fruit with no added sugar and fat-free or low fat yogurt)
- 100% fruit juice slushes with no added sugar
- Silly Water—add fruit and herbs to plain water for fruit-infused blend



### **FRUITS & VEGGIES**

- Fresh fruit—trays, salads or kabobs
- Fresh vegetables—trays, salads or kabobs
- Canned fruit or fruit cups (in water, 100% fruit juice or light syrup)
- Frozen fruit or fruit cups (in water, 100% fruit juice or light syrup)
- Frosty fruits—freeze your own fruit (frozen grapes make a great summer treat!)
- Dried fruit with no added sugar



### **WHOLE GRAINS**

- Whole grain crackers, pretzels or cereal bars
- Small whole grain bagels or waffles or pancakes topped with fruit or nut or seed butter
- Low-fat or air-popped popcorn (no added butter or salt)
- Graham crackers
- Baked whole grain tortilla chips with salsa or bean dip



### **PROTEINS**

- Fat-free or low fat yogurt (serve alone or as dip for fruits or veggies)
- Nut or seed butter (serve with fruit or whole grain crackers)
- Nuts or seeds
- Trail mix made of nuts or seeds and dried fruit with no added sugar
- Low-fat cheese (serve with fruit or whole grain crackers)
- Hummus (serve with vegetables or whole grain crackers)

\*Use the [Alliance's Smart Snacks Product Calculator](#) to ensure items meet the USDA Smart Snacks in School nutrition standards. Ensure food allergies of any participants are known before serving any food item.

For more information, contact Stephanie Joyce, MS, RD/LD, SNS, National Nutrition Advisor at the Alliance for a Healthier Generation, at [stephanie.joyce@healthiergeneration.org](mailto:stephanie.joyce@healthiergeneration.org)

