

WELLNESS POLICY

The North Cedar Community School Board promotes healthy students by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The school district supports a healthy environment where students learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of students. Improved health optimizes student performance potential.

The school district provides a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment, not just the classroom, shall be aligned with healthy school district goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity.

The school district supports and promotes proper dietary habits contributing to students' health status and academic performance. All foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the school district nutrition standards and in compliance with state and federal law. Foods should be served with consideration toward nutritional integrity, variety, appeal, taste, safety and packaging to ensure high-quality meals. *See the DE guidance on [Healthy Kids Act](#).*

The school district will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price meals. Toward this end, the school district may utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income; promote the availability of meals to all students; and/or use all children, regardless of income; promote the availability of meals to all students; and/or use nontraditional methods for serving meals, such as "grab-and-go" or classroom breakfast.

The school district has developed a local wellness policy committee comprised of parents, students, representatives of the school food authority, the school board, school administrators, the public, physical education teachers and school health professionals. The local wellness policy committee has developed a plan to implement the local wellness policy and periodically review and update the policy. The superintendent will designate an individual to monitor and evaluate the implementation of the policy. The committee will report annually to the board regarding the effectiveness of this policy.

Specific Wellness Goals:

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Appendix A

Nutrition Education and Promotion

The school district will provide nutrition education and engage in nutrition promotion that:

- North Cedar School website promotes amount and types of food to be eaten for nutritional health. Examples- “My Tray” and “Breakfast and Lunch meal patterns”
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods.

Appendix B

Physical Education

The school district will provide physical education that:

- Is for all students in grades K-12 for the entire school year.
- Is taught by a certified physical education teacher.
- Includes students with disabilities; students with special health care needs may be provided in alternative educational settings.
- Engages students in moderate to vigorous activity during at least 50% of physical education class time.

Daily Recess

Elementary schools (K-5) should provide recess for students that:

- Is at least 30 minutes a day and can include PE class per changes from the Department of Education for the 2014-15 school year.

Physical Activity

The school district:

- Grades K-5 shall engage in physical activity for a minimum of 30 minutes each school day. Grades 6-12 shall engage in physical activity for a minimum of 120 minutes per week in which there are at least 5 days of school and can include PE classes, activities at recess or during class time and before-or after-school activities.
- Encourages moderate to vigorous physical activity through the provision of space and equipment.
- Discourages extended periods (2 or more hours) of inactivity.
- Discourages withholding opportunities for physical activity as punishment.

Appendix C

Other School-Based Activities that Promote Student Wellness

Integrating Physical Activity into Classroom Settings

The school district will:

- Discourage sedentary activities, such as watching television, playing computer games, etc.
- Provide short physical activity breaks between classes, as appropriate
- Offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities.

Communication with Parents

The school district will:

- Offer nutrition tips on the school website.
- Encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that don't meet the established nutrition standards for individual foods and beverages.
- Provide a list of foods that meet the school district's standards for healthy celebrations/parties, and rewards.
- Provide information about and support parents' efforts to provide their children with opportunities to be physically active outside of school.

Appendix D

Nutrition Guidelines for All Foods Available on Campus

School Meals: National School Lunch Program (NSLP) & National School Breakfast Program (NSBP)

Meals served through the National School Lunch and Breakfast Programs will:

- Be appealing and attractive to children
- Be served in a clean and welcoming setting
- Meet, at a minimum, nutrition requirements established by state and federal law
- Offer a variety of fruits and vegetables and whole grains
- Serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA)

Schools should:

- Share information about the nutritional content of meals with parents and students on an as needed (requested) basis
- Nutritional binder available in the kitchen in each building

Breakfast

To ensure all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn, schools will:

- Operate the breakfast program, to the extent possible
- Notify parents and students of the availability of the School Breakfast Program

Free and Reduced-Priced Meals

The school district will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price meals. Toward this end, the school district may:

- Utilize electronic identification and payment systems
- Promote the availability of meals to all students

Meal Times and Scheduling

The school district:

- Students are provided with at least 10 minutes to eat after sitting down for breakfast. We are still working on providing students with at least 15 minutes after sitting down for lunch. This area will continue to be evaluated.
- Should schedule meal periods at appropriate times, etc., lunch should be scheduled between 11am and 1pm; any activities planned during mealtimes should allow students to eat during these activities
- Will provide students access to handwashing or hand sanitizing before they eat meals or snacks

Qualifications of Food Service Staff

Qualified nutrition professional will administer the meal programs. As part of the school district's responsibility to operate a food service program, the school district:

- Provide continuing professional development for all nutrition profession
- Provide staff development programs that include appropriate certification and/or training programs for child nutrition directors, nutrition managers, and cafeteria workers, according to their levels of responsibility.

Sharing of Food

The school district discourages students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets. Sharing discouraged during meal supervision and sign posted.

Beverage and Food: Sold Outside the NSLP and NSBP

All food/beverages sold to students outside the NSLP and NSBP during the school day will meet the standards outlined in the USDA “All Foods Sold in Schools,” also known as “Smart Snacks”. This includes vending, a la carte and in-school fundraising items sold from midnight the night before, to 30 minutes after the end of the official school day. These items will be entered into a nutrition calculator to verify that the product meets “Smart Snacks” standards. Food and beverages sold to students outside the school day (as defined by law) need not comply with the USDA “Smart Snacks”. However, it is encouraged that these items include healthy choices that meet the standards.

Fundraising Activities

To support children’s health and nutrition education efforts, food based school fundraising activities conducted in-school during the school day (as defined by law) must meet **USDA “Smart Snacks”** and cannot be sold in competition with school meals. The district encourages out-of-school fundraisers to also meet the **“Smart Snacks”**. The district encourages fundraising activities that promote physical activity.

Snacks

Snacks served during the school day will make a positive contribution to children’s diets and health, with an emphasis on serving snacks from the healthy snack list and water or milk that follow the nutritional guidelines. Schools will assess if and when to offer snacks based on timing of meals, children’s nutritional needs, children’s ages and other considerations. The school district will disseminate a list of healthful snack items to teachers, personnel and parents.

Rewards

The school district recommends not using food or beverages as a reward. If the school uses beverages or food as a reward for academic performance or good behavior, it is recommended that the food or beverage conform to the nutritional guidelines in this policy. Schools will not withhold beverages or food as a part of punishment or disciplinary measures, inside and outside the NSLP & NSBP.

Celebrations

Each school will evaluate their celebration practices that involve food and beverages during the school day, taking into account the special needs of their students. The school district will disseminate a list of healthy party ideas to parents and teachers.

Food Safety

All foods made available on campus adhere to food safety and security guidelines. All foods made available on campus do comply with the state and local food safety and sanitation regulations. For the safety and security of the food and facility, the food service operations are limited to child nutrition and staff personnel.

Appendix E Plan for Implementation and Evaluation

In each school:

- The principal will ensure compliance with those policies in the school and will report on the school's compliance to the superintendent
- Food service staff, at the school district level, will ensure compliance with nutrition policies within food service areas and will report on this matter to the superintendent or principal.

In the school district:

- The superintendent, Wellness Committee and Food Service Director will develop a summary report every year on the school district-wide compliance with the school district's established nutrition and physical activity wellness policies, based on input from schools within the school district.
- The report will be provided to the school board and also made available to parents and general public.

Policy Review

The wellness committee will assess every year to help review policy compliance, assess progress and determine areas in need of improvement. As part of that review, the school district will review the nutrition and physical activity policies and practices and the provision of an environment that supports healthy eating and physical activity. The school district, and individual schools within the school district will, revise the wellness policies and develop work plans to facilitate their implementation.

Approved: _____

Reviewed: _____

Revised: _____