

BOARD RESOLUTION

- WHEREAS** children need access to healthy foods and opportunities to be physically active in order to grow, learn and thrive; and
- WHEREAS** good health fosters student attendance and education; and
- WHEREAS** obesity is increasing rapidly in the United States, affecting adults and children of all races, ethnicities, and income levels; and
- WHEREAS** the prevalence of overweight children aged 6-11 has more than doubled in the last 20 years and the number of overweight adolescents aged 12-19 has more than tripled in that same time; and
- WHEREAS** overweight children and adolescents are more likely than not to remain overweight, become obese adults, and develop related chronic illnesses; and
- WHEREAS** reversing the obesity epidemic among children will require a long-term, well-coordinated approach to reach young people where they live, learn, and play; and
- WHEREAS** schools can effectively partner with other public, non-profit, and private sector organizations in an effort to re-shape social and physical environments and provide information and practical strategies to help children and adults adopt more healthy lifestyles; and
- WHEREAS** the Child Nutrition and WIC Reauthorization Act of 2004 established a new requirement that all school districts with a Federally-funded school meals program develop and implement wellness policies that address nutrition and physical activity no later than the beginning of the 2006-2007 school year.

THEREFORE BE IT RESOLVED that it is the intent of the Board of Education of the Delaware City Schools to comply fully with 42 USC 1751 Section 204, which requires that any local educational agency participating in the National School Lunch Program establish a local school wellness policy; and

BE IT FURTHER RESOLVED as required by law, the Board of Education establishes the following wellness policy, reserving the right to modify the policy as it deems necessary.

WELLNESS POLICY

As required by law, the Board of Education establishes the following wellness policy for the Delaware City Schools District.

The Board recognizes that good nutrition and regular physical activity affect the health and well being of the district's students. Furthermore, research suggests that there is a positive correlation between a student's health and well being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools/ meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

The Board, however, believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The Board sets the following goals in an effort to enable students to establish good health and nutrition habits:

- A. With regard to nutrition education and physical education, the District will:
 - Provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.
 - Provide planned instruction in physical education that meet the needs of all students, including those who are not athletically gifted.
- B. With regard to physical activity, the District will:
 - Provide opportunities, support, and encouragement for all students in grades K-12 to be physically active on a regular basis.
 - Include in all after-school programs developmentally appropriate physical activity for the students who participate.
- C. With regard to other school-based activities the District will:
 - Engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity guidelines.

Furthermore, with the objectives of enhancing student health and well being, and reducing childhood obesity, the following guidelines are established:

- In accordance with Policy 8500, entitled Food Service, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as to the fiscal management of the program.
- As set forth in Policy 8531, entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).
- Foods and beverages made available through the school food service program will be consistent with the current USDA Dietary Guidelines for Americans. The food service program shall be administered by a director who is properly qualified, certificated, licensed, or credentialed, according to current professional standards.
- The food service program shall be administered by a director who is properly qualified, certificated, licensed, or credentialed, according to current professional standards and who will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students.

To accomplish these goals and meet Section 204 of Public Law 108-265:

- The district will create a school health council/committee to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity guidelines. The council also will serve as a resource to the district for implementing those guidelines. (The school council will consist of a group of individuals representing the school and community and will include parents, students, school foodservice personnel, school board members, school administrators, teachers, community organizations, and members of the public.
- The district will utilize the school health council to measure and evaluate the progress of policy and guideline implementation every three years.

The Board designates the Assistant Superintendent of Human/Material Resources and Food Service Supervisor in conjunction with Building Principals as the individuals charged with operational responsibility for measuring and evaluating the District's implementation progress under this policy. The Superintendent shall develop Administrative Guidelines necessary to implement this policy.

42 U.S.C. 17561, Sec 204

42 U.S.C. 1771

Nutrition Education

- Nutrition education shall be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education.
- Nutrition education benchmarks and standards include a focus on media literacy as it relates to food marketing strategies.
- Nutrition education shall include enjoyable, developmentally appropriate and culturally relevant participatory activities such as contests, promotions, taste testing and others.
- Staff responsible for providing instruction in nutrition education shall regularly participate in professional development activities designed to better enable them to teach the benchmarks and standards.
- The District shall provide information to parents that is designed to encourage them to reinforce at home the standards and benchmarks being taught in the classroom.

Physical Education

- A sequential, comprehensive physical education program shall be provided for students k-12 in accordance with standards and benchmarks established by the State
- Planned instruction in physical education shall require students to be engaged in moderate to vigorous physical activity for at least (50%) of scheduled class time.
- The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong learning, health-enhancing physical activity.

- The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.

School celebrations/classroom events

- The district will assure that foods offered will include healthy choices and will accommodate special dietary needs.
- Food providers will take every measure to ensure that student access to foods and beverages meets federal, state and local laws and guidelines. Food providers will offer a variety of age appropriate healthy food and beverage selections for elementary schools, middle schools and high schools.

Nutrition Guidelines for All Foods and Beverages Sold and Served on Campus

All foods made available on campus will include healthy choices consistent with current USDA Dietary Guidelines for Americans. All foods available to students in District programs, other than the food service program, will be served with consideration for promoting student health and well-being. The district will create pricing strategies for all foods sold that encourage healthy food choices.

School Meals

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

- Be appealing and attractive to children
- Be served in clean and pleasant settings
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations.
- The food service program will offer a variety of fruits and vegetables and provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.
- All foods available to students in District programs, other than the food service program, shall be served with consideration for promoting student health and well-being.

- Each classroom party held during the school day may include no more than one (1) food or beverage that does not meet the current USDA Dietary Guidelines for Americans.

The following standards are for competitive foods and do not include foods provided through the National School Lunch or School Breakfast Programs because these meals are required to comply with federal nutrition standards under the School Meals Initiative. Competitive foods are foods offered at school, other than meals served through the National School Lunch or School Breakfast Programs.

A la carte Foods

- The district will include a variety of choices of nutritious foods, such as fruits, vegetables, whole grains and low-fat or non-fat dairy foods.
- The district will use a nutrition rating system, such as the Snackwise program, to rate the overall nutritional quality of a la carte products and help increase the number of healthy items offered
- Nutritional information for products is readily available near the point of sale for purchase.

Beverage Agreements/Contracts

- Vended drinks will be nutritionally rated using a nutrition rating system
- Vended drinks offered throughout the school day will consist of bottled water, flavored waters, and drinks with approved rating. Soda machines are not available during regular school hours.

Vending machines

- Vending machines are made available in middle and high school only.
- The district will use a nutrition rating system, such as the Snackwise program, to rate the overall nutritional quality of vended products and help increase the number of healthy items offered.

Nutritional information for products is readily available near the point of purchase.

Fundraiser and Concession Stand operations

- The district will assure that whenever foods are offered for sale on campus, that groups will be advised of this guideline and that healthy choices are also offered for sale.
- Fundraisers or food offered for sale will not be conducted in competition with the District food service program.

Student Stores

- Products sold will be non-food items only during school hours.

Eating Environment

- The National Association of State Boards of Education recommends that students should be provided adequate time to eat lunch, at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated.
- Lunch periods are scheduled as near the middle of the school day as possible. Recess for elementary grades is scheduled before lunch.
- Cafeterias include enough serving areas so that students do not have to spend too much time waiting in line.
- Dining areas are attractive and have enough space for seating all students.
- Drinking water is available for students at meals.
- Food is not used as a reward or a punishment for student behaviors, unless it is detailed in a student's Individualized Education Plan (IEP).

Child Nutrition Operations

- The child nutrition program will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.
- The school will strive to increase participation in the available federal Child Nutrition programs (e.g. school lunch, school breakfast, after-school snack and summer foodservice programs).

- Employ a food service director, who is properly qualified, certified and/or credentialed according to current professional standards, to administer the school food service program and satisfy reporting requirements.
- All food service personnel shall have adequate pre-service training in food service operations.
- A child's need for nutrients does not end when school does. Therefore, recommend offering meals during breaks in the school calendar and to coordinate with other agencies and community groups to operate, or assist with operating, a summer food service program for children and adolescents who are eligible for federal program support.
- Students are encouraged to start each day with a healthy breakfast.

Food Safety/Food Security

- All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools
- For the safety and security of the food and facility access to the food service operations are limited to Child Nutrition staff and authorized personnel. For further guidance see the US Department of Agriculture food security guidelines.

Activities outside the Classroom

- District after-school programs will encourage physical activity and healthy eating habits.
- School-based activities such as school events, field trips, dances, and assemblies, will be planned using the District's wellness policy guidelines.
- Students, parents, and other community members shall have access to, and be encouraged to use, the school's outdoor physical activity facilities outside the normal school day.
- The schools may use environmentally friendly practices, such as the use of non-disposable trays in the cafeteria. Students may work on campaigns to use environmentally safe practices as part of classroom assignments.
- The schools may demonstrate support for the health of all students by hosting health clinics and screenings and encouraging parents to enroll their

eligible children in Medicaid or in other children's health insurance programs for which they may qualify.

- Schools in our system utilize electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and /or reduced meals.

References

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SNA Local Wellness Policy Guidelines

3/29/2005 Page 8 of 8

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(10) Wisconsin Association of School Boards. Promoting healthy eating and physical activity. Available at:

<http://www.wasb.org/policy/focusoct03.html> Accessed March 7, 2005.

(11) Getlinger, Mary Jane, et al., Food waste is reduced when elementary-school children have recess before lunch. Journal of the American Dietetic Association, September 1996 * Volume 96 * Number 9 * p906 to p908

SNA Local Wellness Policy Guidelines

3/30/2005

Glossary

Food Security 1. Having adequate resources to access enough food to maintain a healthy and active lifestyle.

2. The state of having the food supply safe from harm.

Food made available on campus

Foods available on campus includes:

- o Vending machines
- o Beverage contracts
- o Fundraisers
- o Concession stands
- o Student stores
- o School parties/celebrations
- o Child nutrition programs

Resources

Keys to Excellence: <http://www.schoolnutrition.org/KEYS.aspx?ID=1158>

Nutrition Integrity: <http://www.schoolnutrition.org/Index.aspx?id=1107>

Action for Healthy Kids: <http://www.actionforhealthykids.org/>

National Association for Sport and Physical Education: <http://www.aahperd.org>

National Association of State Boards of Education: <http://www.nasbe.org>

United States Department of Agriculture-Team Nutrition:

<http://www.fns.usda.gov/tn/>

Centers for Disease Control: <http://www.cdc.gov/HealthyYouth/>

Food and Research Action Center: www.frac.org

Journal of the American Dietetic Association, February 2005: Nutrition and the School

Environment.

Alabama Action for Healthy Kids:

http://www.actionforhealthykids.org/AFHK/team_center/team_public_view.php?team=AL.

Texas Department of Agriculture: Square Meals <http://www.squaremeals.org/>

Seattle Public Schools:

<http://www.seattleschools.org/area/news/x40903nr.xml?wrapper=0>.

Wisconsin Association of School Boards. Promoting healthy eating and physical activity:

<http://www.wasb.org/policy/focusoct03.html>