



Comprehensive K – 12 Wellness Plan

(Healthy Hunger Free Kids Act of 2010)

Public Law 108-265 Section 204 indicates that local District Wellness Policies must include the following areas of focus:

1. Goals for nutrition education, physical activity and other school-based activities.
2. Nutrition guidelines for all foods sold on campus.
3. Assurance that school meals meet USDA regulations.
4. A plan for monitoring the implementation of the wellness policy.
5. Involvement of parents, students, representatives of school food authority, the school board, school administrators and the public.

COMMITTEE MEMBERSHIP:

- Chairperson, Supervisor of Student Services
- Special Programs Supervisor
- School Principal
- Human Resources Benefits Specialist
- Physical Education Teacher
- Community Member(s)
- Supervisor of School Nutrition
- Nutrition Specialist
- Health Teacher
- School Nurse
- Student(s)

GOALS FOR NUTRITION EDUCATION

The Appoquinimink School District's wellness plan is intended to educate a student on his/her actual eating behavior choices that result in lifelong health. These healthy food choices will help to eliminate barriers to learning associated with improper nutrition and fitness.

Healthy food choice themes include:

- Knowledge of the informational tool, MyPlate
- Healthy heart choices
- Sources and variety of foods
- Dietary Guidelines for Americans
- Diet and disease
- Understanding calories
- Healthy snacks
- Healthy breakfast
- Healthy diet
- Food labels
- Major nutrients
- Multicultural influences
- Serving sizes
- Proper food safety/sanitation
- Limiting foods of low nutrient density
- Knowledge of psycho-social factors that affect eating habits

NUTRITION EDUCATION

The overall goal for nutrition education for the Appoquinimink School District is to promote nutrition education as one component of a student's healthy lifestyle.

WE WILL:

1. Integrate nutrition education into the respective subject areas with the help of credentialed nutrition professionals from DOE and other sources.
2. Educate and train teachers to integrate nutrition education in an interdisciplinary approach.
3. Promote and disseminate resource information related to integration of nutrition education into curriculum.
4. Promote nutrition awareness throughout school environment by disseminating resources for nutrition education that can be displayed. (i.e. posters in cafeteria, hallways, gymnasiums, classrooms, etc.). The point of sale posters can assist students to make healthy food choices.
5. Promote nutrition awareness to parents and communities through any of the following methods: offering healthy eating seminars, sending nutrition information home, posting nutrition tips on websites, and providing nutrient analysis of school menus.
6. Incorporate nutrition education into after school programming that services our students.
7. Initiate school-based marketing that is consistent with nutrition education and health promotion. As such, we will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually.
8. Prohibit school-based marketing of brands promoting predominantly low nutrient foods and beverages.
9. Promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products.
10. Establish through the Positive Behavior Support process, a multi-faceted plan to promote school staff health and wellness.
11. Encourage participation in Coordinated School Health Programs (CSHP) in order to facilitate coordination between food service and classroom instruction.
12. School counselors and school nurses through their professional training are able to address unhealthy eating behaviors in students and make referrals to appropriate services.
13. School Nutrition staff will be present at open houses to discuss the benefits of our nutrition programs.

GOALS FOR NUTRITION STANDARDS

The Appoquinimink School District strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense foods in the school setting, the district will follow the nutrition guidelines governing the sale of food, beverage and candy below. The school district is committed to promoting the Wellness Policy with all school nutrition personnel, teachers, nurses, coaches and other school administrative staff. The school district will work toward expanding awareness about this policy among students, parents, teachers and the community.

NUTRITION GUIDELINES FOR REIMBURSABLE MEALS

All Appoquinimink School District students are eligible to participate in the National School Lunch (NSLP) and National School Breakfast (NSBP) Programs. The public is notified about the District's participation in these Programs via: (1) annual July public announcements, (2) letter sent to every household in the school district and by (3) information posted on the ASD website. The following standards will apply:

- 1) All reimbursable meals will meet Federal nutrient standards as required by the US Department of Agriculture (USDA) Child Nutrition Program regulations. Menus must comply with the current USDA Dietary Guidelines for nutrition goals when averaged over a school week and portions should be appropriate for each age group. All menus are posted on both District and individual school websites.

- 2) In addition, the Appoquinimink School District will:
- a) Provide students with healthy and nutritious foods.
 - b) Include foods offered over the course of a school week that emphasize nutrient dense foods and beverages and include whole grain products, fiber rich vegetables and fruits.
 - c) Support healthy eating through nutrition education by posting at each school site the appropriate meal component for each menu item offered.
 - d) Encourage students to select and consume all components of the school meal.
 - e) Nutrition information for products offered in snack bars, a la carte, vending and school stores should be readily available at the product display.

SMART SNACKS IN SCHOOLS

- ✓ The USDA has published the most updated nutrition standards for snack foods and beverages available to students at school during the school day. All foods offered in school must meet minimum standards.
- ✓ Nutrition standards shall apply to all foods sold any time during the school day. The school day, as defined by USDA, is the period from midnight the night before, until 30 minutes after the end of the school day.
- ✓ The standards apply over the entire school campus, which includes all areas under the jurisdiction of the school that are accessible to students during the school day.
- ✓ Specific nutrient standards for total fat, saturated fat, trans fat, sodium, calories and total sugar are strictly followed.

NUTRITION STANDARDS FOR SNACKS/A LA CARTE FOODS

Any food sold in school must:

- ✓ Be a “whole grain-rich” grain product; OR
- ✓ Have as the first ingredient, a fruit, vegetable, a dairy product, or a protein food; OR
- ✓ Be a combination food that contains at least ¼ cup of fruit and/or vegetable; OR
- ✓ Contain 10% of Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).

FOODS MUST ALSO MEET SEVERAL NUTRIENT REQUIREMENTS:

- ✓ Calorie limits:
 - Snack items: ≤ 200 calories
 - Entrée items: ≤ 350 calories
- ✓ Sodium limits:
 - Snack items: ≤ 200 mg
 - Entrée items: ≤ 480 mg
- ✓ Fat limits:
 - Total fat: ≤ 35% of calories
 - Saturated fat: < 10% of calories
 - Trans fat: zero grams
- ✓ Sugar limits:
 - ≤ 35% of weight from total sugars in foods

- ✓ Foods exempt from total fat limit of $\leq 35\%$ of calories, saturated fat limit of $< 10\%$ of calories, and from weight of total sugars in foods of $\leq 35\%$ include:
 - Reduced fat cheese
 - Nuts and seeds and nut/seed butters
 - Dried fruit with nuts or seeds, with no added nutritive sweeteners or fat
 - Dried/dehydrated fruits or vegetables, with no added nutritive
 - Sweeteners
 - Seafood with no added fat
 - Part-skim mozzarella
- ✓ Lunch and Breakfast entrees exemptions include:
 - Exemptions for entrée items only
 - Entrée exemption for the day of service and the next school day
 - Side dishes sold as competitive food must meet all standards
 - Most yogurts meet the sugar limit of $\leq 35\%$ of weight from total sugars

HOW TO CALCULATE FAT AND SUGAR PERCENTAGES:

If a Snack (25 gram serving) contains: 120 calories | 4 grams fat | 5 grams sugar

- **How to calculate fat percentage of calories:**
 - 4 grams fat x 9 calories per gram = 36 fat calories
 - 36 fat calories / 120 calories = **30% of calories from fat**
- **How to calculate sugar percentage by weight:**
 - 5 grams sugar / 25 grams total weight in snack serving = **20% weight from sugar**

NUTRITION STANDARDS FOR BEVERAGES

- ✓ All schools may offer:
 - Plain water (with or without carbonation)
 - Unflavored low fat milk
 - Unflavored or flavored fat free milk and milk alternatives permitted by the NSLP/NSBP
 - 100% fruit or vegetable juice and 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added or artificial sweeteners.
- ✓ Pre-K schools may offer unflavored low fat or fat free milk and no fruit juice.
- ✓ K – 5-Schools may offer up to 8-ounce portions
- ✓ Middle and High schools may offer 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” & “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 ounce, or < 60 calories per 12 fluid ounce
 - Electrolyte replacement beverages with no more than 30 grams of sugar per 12 oz. serving size. Dairy products must be low fat or skim, including but not limited to: chocolate and strawberry flavors, and soy or rice beverages
- ✓ For elementary and middle schools, foods and beverages must be caffeine-free, with the exception of trace amounts of naturally-occurring caffeine substances

- ✓ For high schools, there are no caffeine restrictions
- ✓ 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 to control the amount of calories, fat, sugar, and sodium added to foods by accompaniments, which can be significant.

OTHER SCHOOL BASED ACTIVITIES (EATING ENVIRONMENT)

- 1) The National Association of State Boards recommends a minimum of at least 10 minutes for breakfast and 20 minutes for lunch from the time the student sits down to eat.
- 2) There should be a minimum of 3 hours not more than 5 hours scheduled between breakfast and lunch periods.
- 3) Bus schedules and morning breaks should be coordinated to allow students ample time before class to eat breakfast.
- 4) Lunch periods are scheduled as near the middle of the school day as possible.
- 5) School Nutrition staff and school administration collaborate to provide sufficient space and time for meals.
- 6) Dining areas should have enough space for seating all students.
- 7) Drinking water is available at mealtime for all students and students are permitted access.
- 8) Students should be encouraged to wash their hands before meals to prevent spread of germs and reduce the risk of illness.
- 9) Meals and snacks will not be used as a reward or a punishment for student behaviors, unless it is detailed in a student's Individualized Education Plan (IEP).
- 10) A list of healthy snacks including snacks that are free of common allergens (i.e. peanut-egg-wheat- dairy) will be distributed to parents as a guide when considering food items.
- 11) Schools should encourage fundraisers that promote positive health habits such as the sale of non-food and nutritious food items as well as fund raising to support physical activities.
- 12) Students are encouraged to start each day with a healthy breakfast.
- 13) Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food-borne illness in schools.
- 14) Safety and security of the food, and building access to the school nutrition operations are limited to school nutrition personnel and other authorized personnel.
- 15) State agencies and school food authorities may impose additional restrictions on the sale of and income from all foods sold at any time throughout schools participating in the School Breakfast and Lunch Programs. The school district will not permit students or faculty members to sell food, except those that meet the Smart Snack Standards, during school hours.
- 16) Celebrations, Student Birthdays, and Holidays will comply with Smart Snack Rules and School Nutrition Program Regulations.

VENDING/ FUNDRAISING/ SCHOOL STORES

1. Snack and beverage vending machines intended for staff use will be located in designated staff lounge areas.
2. Cafeteria vended products shall be consistent with established USDA Smart Snack nutrition standards.
3. Snacks and beverages sold during school hours shall meet the Smart Snack Nutrition standards but will not be sold during breakfast or lunch periods.
4. Snacks and beverages sold after school hours on campus do not have to meet the Smart Snack Nutrition Standards but must be timer controlled for sales after normal school hours (beginning 30 minutes after the scheduled school-end time – USDA).
5. Schools will promote availability of nutritional snacks at school events after school hours.
6. The Smart Snack Standards provide an exemption for occasional fundraisers that do not meet the nutrition standards. State agencies may 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.

7. School fundraisers should promote positive health habits such as the sale of non-food and nutritious food items as well as fund raising to support physical activities. The Smart Snack Standards do not apply during non-school hours, on weekends, and off-campus fundraising events.

FOOD AND BEVERAGE MARKETING ACTIVITIES

Marketing activities on any food or beverages that do not meet Smart Snack nutrition guidelines is strictly prohibited on any property owned, leased or controlled by a Local Education Agency (LEA). Any products, such as cups, posters, menu boards, trashcans, food service equipment, vending machines, etc. cannot contain graphic marketing depictions of any foods or beverages that do not meet strict nutrition guidelines.

PROFESSIONAL DEVELOPMENT

All School Nutrition personnel shall have adequate in-service training in food service operations. Professional development will be provided in the area of food and nutrition. Professional standards for all employees that are regulated by the USDA will be followed.

GOALS FOR PHYSICAL ACTIVITY

The Appoquinimink School District will play a role in influencing students' physical activity behaviors. By providing challenging physical and health education classes and providing unique opportunities for physical activity during the day, we will give students the knowledge, motivation, and skills needed for lifelong physical activity.

PHYSICAL EDUCATION VS. PHYSICAL ACTIVITY

Physical Education teaches the knowledge and skills to be physically active for life. Physical Activity is all bodily movements that result in energy expenditure. This includes daily routine activities such as school work, intramural activities, sports, free play, planned and structured repetitive movements designed specifically to improve fitness and health.

PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

1. All students in grades 1-12 should receive a quality physical education program that is:
 - a. Age-appropriate;
 - b. Taught by a certified physical education teacher;
 - c. In compliance with state physical education guidelines.
- 2) The physical education program should:
 - a. Build knowledge and skills for the enjoyment of lifelong fitness through physical activity;
 - b. Create a positive atmosphere for all students to participate in physical activities;
 - c. Enhance skills in leadership, teamwork and self-confidence;
 - d. Utilize technology within the curriculum to enhance motivation and participation.
- 3) Schools should provide adequate space and the appropriate equipment to meet the Delaware standards for physical education.
- 4) Students should not be excluded from participating in physical education classes and opportunities for physical activity for unrelated disciplinary action. Physical activity should not be used as a disciplinary measure.
- 5) Nutrition education should be integrated into the physical education curriculum to educate students on the benefits of proper nutrition and overall health.

MONITORING IMPLEMENTATION OF WELLNESS PLAN

Each school/district should appoint a Wellness Plan Liaison to assist in the implementation, coordination and evaluation of the Wellness Plan by:

1. Ensuring the instruction and services associated with the Wellness Plan are mutually reinforcing and present consistent messages.
2. Facilitating collaboration among administrative and instructional staff.
3. Assisting the superintendent/school principal and other administrative staff with the integration, management, and supervision of the Wellness Plan.
4. Providing for necessary technical assistance.
5. Facilitating collaboration between the district and other agencies and organizations in the community who have an interest in the health and well-being of children and their families.
6. Minimally evaluating the Wellness Plan annually.
7. Meeting regularly with the Wellness Committee, minimum of four times a school year, to discuss school health, safety policies, and programs, including development, implementation, and periodic review and update of the Appoquinimink School District's Wellness Plan.

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