

KINGSWOOD ACADEMY

WELLNESS POLICY

2017-2018



Schools can provide a supportive, healthy environment where each student is given the opportunity to develop to their full potentials. Kingswood Academy that serve healthy and nutritious food, provide ample time for physical activity and education, and provide consistent and repeated health messages from by teachers, school staff, peers and families can be more effective in promoting the health and academic success for each students.

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The position/person responsible for managing the triennial assessment and contact information is _____ *(list the person responsible here, their title, and their contact information)*.

Revisions and Updating the Policy

The DWC will update or modify the wellness policy based on the results of the annual progress reports, triennial assessments, or needs changes at least every three years, following the triennial assessment.

The District will actively notify the community about the content of the wellness plan, annual reports, triennial progress assessments, and any updates to the wellness policy annually using various mechanisms like emails and newsletters, and will ensure the communications are culturally and linguistically appropriate to the community, and any other ways that the district and individual schools are communicating other important school information with parents.

I. Nutrition Promotion

Nutrition promotion positively influences 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.

School Meals and Smart Snacks

Our school district promotes nutrition by serving healthy meals to children that:

- include plenty of fruits, vegetables, whole grains; and
- fat-free and low-fat milk.
- are moderate in sodium;
- low in saturated fat;
- have zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and
- meet the nutrition needs of school children within their calorie requirements.

The school meal programs and Smart Snacks aim to improve the diet and health of school children, help diminish childhood obesity, and model healthy eating patterns that can continue outside of school. They aim to support healthy choices while accommodating cultural food preferences and special dietary needs.

Kingswood Academy participate in USDA Child Nutrition Programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP).

Kingswood Academy is committed to offering school meals through the NSLP and SBP programs, and other applicable Federal Child Nutrition Programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed [USDA nutrition standards](#);
- Promote healthy food and beverage choices using the [Smarter Lunchroom techniques](#);
- Accommodate students with special dietary needs.

(7) Requirements for lunch periods. (i) Timing. Schools must offer lunches meeting the requirements of this section during the period the school has designated as the lunch period. Schools must offer lunches between 10 a.m. and 2 p.m. Schools may request an exemption from these times only from FNS.

(ii) Lunch periods for young children. With State agency approval, schools are encouraged to serve children ages 1 through 4 over two service periods. Schools may divide the quantities and/or the menu items, foods, or food items offered each time any way they wish. (iii) Adequate lunch periods. FNS encourages schools to provide sufficient lunch periods that are long enough to give all students enough time to be served and eat their lunches (Code of Federal Requirements, 210.10).

Ideally students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated. Students are served lunch at a reasonable and appropriate time of day.

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 school 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 (midnight the night before to 30 minutes after the end of the instructional day) and throughout every school campus (areas that are owned or leased by the school and used at any time for school). The District will make drinking water available where school meals are served during mealtimes.

Competitive Foods and Beverages

The foods and beverages offered, sold and served outside of the school meal programs (i.e., “competitive” foods and beverages) during the school day and extended school day (time during before and after school activities) 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, a la carte options in cafeterias, vending machines, school stores, and snack, and food carts. The district could choose to extend this to include:

- Celebrations and parties. The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas from the [Alliance for a Healthier Generation](#) and from the [USDA](#).
- Classroom snacks brought by parents. The District will provide to parents a [list of foods and beverages that meet Smart Snacks](#) nutrition standards; and
- Rewards and incentives. The District will provide teachers and other relevant school staff a [list of alternative ways to reward children](#). Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.
- Fundraising. The District will make available to parents and teachers a list of healthy fundraising ideas [examples from the [Alliance for a Healthier Generation](#) and the [USDA](#)]. Schools may also use only non-food fundraisers, and encourage those promoting physical activity (such as walk-a-thons, jump rope for heart, fun runs, etc.).

Summary of the standards and information 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.healthiergeneration.org/smartsnacks.

Food and Beverage Marketing in Schools

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 advertising and marketing 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 school equipment, such as marquees, message boards, scoreboards, or backboards (Note: immediate replacement of these items are not required; however, districts will consider replacing or updating scoreboards or other durable equipment over time so that decisions about the replacement include compliance with the marketing policy).
- 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.

II. Nutrition Education

The District aims to teach, model, encourage, and support healthy eating by students. Schools will provide nutrition education that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;

- Includes enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens;
- 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;
- 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
- Include nutrition education training for teachers and other staff.
- Encourages all health education teachers to provide opportunities for students to practice or rehearse the skills taught through the health education curricula.

In grades 7 and 8, separate from other subject areas, a minimum of sixty (60) hours of comprehensive health education. In grade 9 to 12, one half (1/2) credit of comprehensive health education is required for graduation (Delaware Code, Title 14, Requirement 851.1.1.3).

Essential Healthy Eating Topics in Health Education

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

- The relationship between healthy eating and personal health and disease prevention
- Food guidance from [MyPlate](#)
- Reading and using USDA's food 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

[USDA's Team Nutrition](#) provides free nutrition education and promotion materials, including standards-based nutrition education curricula and lesson plans, posters, interactive games, menu graphics, and more.

Physical Activity

The USDA recommends that children and adolescents participate in 60 minutes of physical activity every day.

All schools in the district will be encouraged to participate in *Let's Move! Active Schools* (www.letsmoveschools.org) in order to successfully address all the Comprehensive School Physical Activity Program (CSPAP) areas.

Physical activity during the school day (including, but not limited to recess, physical activity breaks, or physical education) **will not be withheld** as punishment for any reason. The district will provide teachers and other school staff with a [list of ideas](#) 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

Students will be provided physical education that:

- is age-appropriate
- is consistent with national and state standards for physical education
- 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).
- is equitable for the participation of all students. Classes and equipment will be modified as needed.
- will promote student physical fitness through individualized fitness and activity assessments (via the [Presidential Youth Fitness Program](#) or other appropriate assessment tool) and will use criterion-based reporting for each student.

All public school students in grade 1-8 shall be enrolled in a physical education program. All public school students in grades 9-12 shall complete the credit in physical education necessary to graduate from high school (Delaware Code, Title 14, Regulation 500.5.2-5.3).

All physical education teachers in the District will be required to participate in at least once a year professional development in education.

Essential Physical Activity Topics in Health Education

The District will include in the health education curriculum the following essential topics on physical activity when student is enrolled in physical education course:

- 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
- 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

Physical Activity Breaks (Secondary Grades)

Kingswood Academy recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch.

Teachers will be recommended to provide short (3-5 minute) physical activity breaks to students during and between classroom time.

Teachers will be provided resources and links to resources, tools, and technology with ideas for physical activity breaks. Resources and ideas are available through [USDA](#) and the [Alliance for a Healthier Generation](#).

Active Academics

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible and do their part to limit sedentary behavior during the school day.

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

III. Other Activities that Promote Student Wellness

All efforts related to obtaining federal, state, or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the DWC/SWC.

All school-sponsored events will adhere to the wellness policy. All school-sponsored wellness events will include physical activity opportunities.

Community Partnerships

Kingswood Academy will develop relationships with community partners (i.e. hospitals, universities/colleges, local businesses, 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.