

Caesar Rodney School District Wellness Policy

A. Purpose:

The purpose of this policy is to affirm the commitment of the Caesar Rodney School District Board of Education (“Board”) to students’ health and well-being.

B. Issue:

The Caesar Rodney School District (“District”) recognizes that student wellness and proper nutrition are related to students’ physical well-being, growth, development, and readiness to learn. The Board is committed to providing a school environment that encourages student wellness, proper nutrition education, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

C. Policy:

The Caesar Rodney Board of Education recognizes that child and adolescent obesity has reached epidemic levels in the United States. Our goal is intended to educate students’ on healthy eating behaviors by promoting nutrition education combined with physical activity for 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 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	

Nutrition Education

1. Nutrition Education shall be an integral part of the Caesar Rodney School District’s health curriculum from kindergarten through twelfth grade and shall, at a minimum, meet the requirements of the State of Delaware Department of Education.
2. As applicable, nutrition education resource information will be promoted and disseminated to heighten student and parent awareness.

Nutrition Guidelines for Reimbursable Meals

1. Reimbursable meal offerings will comply with current USDA federal regulations and nutritional expectations.
2. Efforts will be made to make certain that dining areas are attractive and have adequate space for the seating for students.
3. Efforts will be made to ensure that students adequate time to eat their meals.
4. The sale or distribution of nutrient dense foods (i.e., foods that provide students with calories rich in nutrient content) to students shall be encouraged.

5. Foods of minimal nutritional value (e.g., sodas, water ices, chewing gum, candy, etc.) shall not be available to students during the school day.
6. Child Nutrition will provide a la carte offerings which reflect goals of reducing fat, sugar, and overall moderation.
7. Drinking water shall be available for students at meal times.

Smart Snacks in Schools

USDA has published the most updated nutrition standards for snack foods and beverages to children at school during the school day. All foods sold in school must meet minimum standards. USDA's "Smart Snacks in School" nutrition standards will be implemented July 1, 2014.

1. Nutrition standards shall apply to foods sold at any time during the school day. The school day is defined as the period from midnight the night before, until 30 minutes after the end of the school day.
2. 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.
3. 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

1. **Any food sold in schools 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).*
2. **Foods must also meet several nutrient requirements:**
 - Calorie limits:
 - Snack items: ≤ 200 calories
 - Entrée items: ≤ 350 calories
 - Sodium limits:
 - Snack items: ≤ 230 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 ≤ 35% of calories, saturated fat limit of < 10% of calories, and from weight of total sugars in foods of ≤ 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 entrées 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

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 or artificial sweeteners.
- **Elementary schools:** may sell up to 8-ounce portions,
- **Middle 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
- **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

Food in Classrooms

1. Classroom parties in which foods of minimal nutritional value are offered are encouraged to be kept to a minimum. Parents providing such items are encouraged to offer foods and beverages that are healthy and nutritious.
2. With the exception of individual student lunches brought from home, food brought into the classroom for student consumption must be commercially prepared with nutritional & allergy label attached, and be limited to non-potentially hazardous/perishable food requiring no refrigeration.

Vending / Fundraising

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. The Smart Snack Standards provide an exemption for occasional fundraisers that do not meet the nutrition standards.
4. It shall be encouraged that school fundraisers promote positive health habits as well as raising support for physical activities.
5. The Smart Snack Standards do not apply during non-school hours, on weekend, and off-campus fundraising events.

Physical Activity Goals

The Caesar Rodney School District will play a role in influencing students' physical activity behaviors. By providing challenging physical and healthy 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.

1. The District will offer physical and health education classes consistent with Delaware standards and Board policies and regulations.
2. The District will offer opportunities for physical activity during and/or after the school day.
3. The District will provide sufficient space and adequate equipment to meet the Delaware standards for physical education.
4. After-school physical activity programs shall include supervision by Board approved staff.
5. Efforts will be made to schedule recess before lunch.

Wellness Policy Monitoring and Implementation

1. The Supervisor of Child Nutrition Services shall act as the Policy Coordinator with respect to the USDA Nutrition Guidelines.
2. The School Wellness Policy Committee shall include parents, students, representatives of school food authority, the school board, school administrators, teachers of physical education and school health professionals and the public staff, parents, students, and community members shall meet a minimum of two times annually to monitor and evaluate the implementation of the policy.
3. Ensuring that the instruction and services associated with the Wellness Policy are mutually reinforcing and present consistent messages.
4. Facilitating collaboration among administrative and instructional staff.
5. Assisting the superintendent/school principal and other administrative staff with the integration, management, and supervision of the Wellness Policy.
6. Providing or arranging for necessary technical assistance.
7. Facilitating collaboration between the district and other agencies and organizations in the community who have an interest in the health and wellbeing of children and their families.
8. Evaluating the results of the Wellness Policy with specific timelines to ensure accountability.
9. An assessment on the implementation, compliance, and a progress report on the goals of the Wellness Policy will be on going.

This policy does not apply to medically authorized special needs diets pursuant to 7 CFR Part 210, school nurses using FMNVs during the course of providing health care to individual students or special needs students whose Individualized Education Plan (IEP) indicates their use for behavior modification.

Adequate time shall be allowed for student meal service and consumption. Schools shall provide a pleasant dining environment. The Board recommends that physical education or recess be scheduled before lunch whenever possible.

This school district's curriculum shall incorporate nutrition education and physical activity consistent with the Delaware Department of Education Core Curriculum Standards.

The Board of Education is committed to promoting the Wellness Policy with all food service personnel, teachers, nurses, coaches and other school administrative staff so they have the skills they need to implement this policy and promote healthy eating practices. The Board will work toward expanding awareness about this policy among students, parents, teachers and the community at large.

Adopted: DRAFT

Affirm
Caesar Rodney School District, Wyoming, Delaware