

# SCHOOL WELLNESS POLICY

## 2017-2018

### Why School Wellness?

The purpose of mandating a school wellness program is to promote a healthy lifestyle by making changes in early adulthood in the school environment with self-management skills in nutrition, sleep, weight-management, and exercise. Nearly 1 in 3 children, ages 2-19, is obese or overweight in the United States. This puts our children at risk for early chronic conditions, which may affect them into their adulthood and throughout their lives. In 2004, President Bush signed Child Nutrition and WIC Reauthorization Act making it mandatory for schools participating in National School Lunch Program or Breakfast Program to create a school wellness program.

### Goals

Delaware Design-Lab High School is a community-based, tuition-free, public charter school with students that come from many different backgrounds but all with the same goal, to "...[create] a world that works for everyone, by design" (2016 DDLHS Employee Handbook). As our Employee Handbook states, "We know that [by] working together as a team... we will be successful in providing quality services". We must work together as a team to provide and promote a healthy environment for students in order for the individual student to succeed and optimize his/her qualities and excellence in all aspects of life. These healthy interventions will provide students with the means to proper nutrition and fitness, promoting classroom learning. We want our students to learn and practice making healthy choices in young adulthood, resulting in a future lifelong pursuit of healthy choices - to provide the optimal learning environment which fosters creativity and initiative, essential to the achievement of optimal academic success and personal wellness.

Healthy food choice themes include:

- a. Knowledge of MyPlate
- b. Healthy heart choices
- c. Sources and variety of foods
- d. Dietary Guidelines for Americans diet and disease
- e. Understanding calories
- f. Healthy snacks
- g. Healthy breakfast
- h. Healthy diet
- i. Food labels
- j. Major nutrients
- k. Multicultural influences
- l. Serving sizes
- m. Proper food safety/sanitation
- n. Limiting foods of low nutrient density

**Design-Lab High School's Child Nutrition Program Policy shall provide:**

- I. School meals that will meet USDA Nutrient Standards by:
  1. Offering fruits and vegetables as two separate meal components;
    - i. Offering fruit daily at breakfast and lunch;
    - ii. Offering vegetables daily at lunch, including weekly specific subgroups of vegetables (dark green, orange, legumes, etc.) with limited quantity of starchy vegetables;
  2. Offering whole grains;
  3. Offering daily meat/meat alternate at breakfast;
  4. Offering fat free (unflavored and flavored) and low-fat (unflavored) milk;
  5. Offering calorie-specific meals for each age/grade group;
  6. Reducing sodium content of meals;
  7. Eliminating meals containing ingredients with trans fats;
  8. Requiring students to select a fruit/vegetable as part of the reimbursable meal;
  9. Using a single food-based menu planning approach and narrower age/grade groups for menu planning;
  10. Nutritional review of school lunches and breakfasts as part of the administrative review process;
  11. Determining compliance with meal patterns and dietary specifications based on a review production records for a two-week period, as well as reviewing school lunches and breakfasts every 3 years, consistent with the Healthy Hunger-Free Kids Act (HHFKA);
  12. Enough food to offer each student, including the quantities specified in the meal.
- II. All efforts will be made to maximize meal participation by:
  1. Offering alternate meal options and varieties;
  2. Promoting and upholding "Meal Benefit";
  3. Allowing adequate time for students to obtain and eat lunch/breakfast by providing students with at least 20 minutes to eat lunch from the time they sit down;
  4. Preparing and presenting healthy foods to encourage consumption;
  5. Excluding sales of foods with minimal nutritional value and including foods that exceed nutrition requirements;
  6. Using a pin-code system for easy payments, also including an option to pay cash;
  7. Permitting students to go to the drinking fountain during their mealtime.
- III. Financial Assistance:
  1. Upholding the Meal Benefit form allows students to have the opportunity for free or reduced meals;
  2. Meal Benefit forms were sent home with all students in the beginning of the year, they also are available by request and are visually present in the Main Office;
  3. Meal Benefit forms are to be verified through the Child Nutrition Office;

4. Students eligible for free and reduced meals the previous year will remain on a temporary status until the beginning of October. A new benefit form must be completed for each school year
- IV. Meal Prices:
1. Prices are set by the Design-Lab High School;
  2. Charges must be paid the next day that lunch is served. A basic no-choice meal will be served to the student until the charge is paid (i.e. sandwich, fruit, and drink). Parents who prefer their child not buy extra food items may call the Cafeteria Manager to flag the account.
- V. Discipline:
1. No student may be denied any meals or snacks for disciplinary action.
- VI. Nutritional Education:
1. Courses and clubs will be offered for students to actively get involved in their health (i.e. "Get Fit" Club);
  2. Nutritional education/health class will be integrated into the curriculum during students' high school experience. "Health education topics may include nutrition, exercise, smoking prevention and cessation, oral health, prevention of sexually transmitted infections and other infectious diseases, substance use and abuse, immunizations, adolescent pregnancy prevention, parenting, and others" (American Academy of Pediatrics [AAP]. 2008).
  3. Design-Lab High School will promote and create eye-catching nutritional education flyers/posters (i.e. MyPlate poster in cafeteria, include nutritional information on lunch menu).

**Design-Lab High School's Child Physical Activity Program Policy shall provide:**

- I. Health and physical education classes that are consistent and compliant with Delaware State Standards, including Board policies and regulations.
  1. "Delaware Health Education Standards" promotes the following goals for students (Delaware Department of Education. 2014):
    - i. Students will *understand essential health concepts* in order to transfer knowledge into healthy actions for life.
    - ii. Students will *analyze the influence* of family, peers, culture, media, technology and other factors on health behaviors.
    - iii. Students will demonstrate the ability to *access information*, products and services to enhance health.
    - iv. Students will demonstrate the ability to use interpersonal *communication skills* to enhance health and avoid or reduce health risks.
    - v. Students will demonstrate the ability to use *decision-making skills* to enhance health.
    - vi. Students will demonstrate the ability to use *goal-setting skills* to enhance health.
    - vii. Students will demonstrate the ability to *practice health-enhancing behaviors* and avoid or reduce health risks. (self-management)

- viii. Students will demonstrate the ability to *advocate* for personal, family and community health.
    2. Compliance with “851 K to 12 Comprehensive Health Education Program”, including the following program requirements (Delaware Department of Education. 2014):
      - i. Each school district and charter school shall have a sequential, skill-based K to 12 Comprehensive Health Education Program based on the Delaware Health Education Standards that establishes a foundation of understanding the relationship between personal behavior and health and shall include at a minimum the following:
      - ii. Identification of a district level person to coordinate the district program and a coordinator in each building to assure compliance at the building level. Each charter school shall identify a person to coordinate the program for the charter school.
      - iii. Appointment of persons such as teachers, parents, school nurses, community leaders, guidance counselors, law enforcement officers and others with expertise in the areas of health, family life and safe and drug free schools and communities to serve as members of the Consolidated Application Planning Committee.
      - iv. The use of the state content standards for health education for grades K to 12 to address the core concepts: tobacco, alcohol and other drugs, injury prevention and safety, nutrition and physical activity, family life and sexuality, personal health and wellness, mental health and community and environmental health with minimum hours of instruction as follows:
      - v. In grades 9 to 12, one half (1/2) credit of comprehensive health education is required for graduation of which fifteen (15) hours of this 1/2 credit course must address drug and alcohol education. In addition, no less than two (2) hours of this 1/2 credit course shall cover cardiopulmonary resuscitation (CPR) awareness based on current evidence-based emergency cardiovascular guidelines, use of an Automated External Defibrillator (AED) as well as a component on the life saving and life enhancing effects of organ and tissue donation. This 1/2 credit course may be provided in the 9th, 10th, 11th or 12th grade. In each of the remaining three grades, fifteen (15) hours of drug and alcohol education must be provided for all students. CPR awareness, use of an AED and organ/tissue donation awareness shall be integrated into each high school Health Education Program no later than the 2014-2015 school year.
- II. Opportunities for physical activity during and/or after the school day:
  1. Courses and clubs will be offered for students to actively get involved in their health including physical fitness (i.e. “Get Fit” Club, Physical Education);
  2. After school sports will be offered for students, which will include a supervised staff member trained in CPR and First Aid;

3. All students, grades 9-12, will participate in 0.5 credits of physical fitness during their High School experience; this course will promote and encourage 60 minutes of moderate to vigorous activity;
  - i. Students will receive a quality physical education program that is age-appropriate, taught by a certified physical education teacher, and will be 55 minutes every 6 days over the course of the year.
- III. Sufficient space and adequate equipment to meet Delaware standards for physical education.
- IV. Staff wellness opportunities will be available to employees.

### **Implementing Wellness Policy**

The School's Wellness Policy Coordinator will assist in implementing and evaluating the Wellness Policy, integrating the requirements of the DOE with those of the students, families, and staff by:

- a. Collaborating with other staff;
- b. Collaborating with other organization and agencies;
- c. Assist Administrative Staff with managing, supervising, and overseeing the implementation of the Wellness Policy;
- d. Compiling results of the Wellness Policy.

### **Evaluation of the Wellness Policy**

Every 3 years DDLHS will conduct an assessment of this Wellness Policy to determine compliance, how well this policy compares to model policies, and progress made in attaining the goals set forth herein.

### **Competitive Foods and Beverages**

DDLHS is committed to ensuring that all foods and beverages available to students on the school campus, during the school day, support healthy eating. The foods and beverages sold and served outside of the school's meal programs (i.e., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. A 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](http://www.healthiergeneration.org/smartsnacks).

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day 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 or food carts.

**Celebrations and Rewards**

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards, including through:

1. Celebrations and parties. DDLHS 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.
2. Classroom snacks brought by parents. DDLHS will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards; and
3. Rewards and incentives. DDLHS 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.

## Resources

American Academy of Pediatrics (AAP), Council on School Health. (2008). Policy statement: Role of the school nurse in providing school health services. *Pediatrics* 121(5), 152-156.

Department of Agriculture. (2012). Food and Nutrition Service. 7 CFR Parts 210 and 220 Nutrition Standards in the National School Lunch and School Breakfast Programs. *Federal Register* 77(17), 2-81. <https://www.gpo.gov/fdsys/pkg/FR-2012-01-26/pdf/2012-1010.pdf>

Delaware Department of Education, Standards and Instruction. (2014). Content Standards: Delaware Health Education Standards. Health, 1. <http://www.doe.k12.de.us/domain/69>

Delaware Department of Education, Standards and Instruction. (2014). Clarification Document Regulations: Health Education Regulation. Health, 1. <http://www.doe.k12.de.us/domain/69>

Delaware Design-Lab High School: Employee Handbook. (2016). Our School: Welcome and Introduction, Mission, and Vision, 6.

Delaware Design-Lab High School: Student and Parent Handbook and Student Code of Conduct. (2016). Food Service Programs, 7-8. [http://design-labschools.org/pdf/DLHS\\_Handbook\\_and\\_COC\\_2016-17-FINAL.pdf](http://design-labschools.org/pdf/DLHS_Handbook_and_COC_2016-17-FINAL.pdf)

Alliance for a Healthier Generation, About Childhood Obesity. (2016). [https://www.healthiergeneration.org/about\\_childhood\\_obesity/](https://www.healthiergeneration.org/about_childhood_obesity/)