

LAKE FOREST BOARD OF EDUCATION	Last Reviewed: July 13, 2017
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WELLNESS POLICY

The purpose of this policy is to establish requirements for nutrition education, physical education, social and emotional wellness and the provision of healthy food choices at school and to ensure the Lake Forest Board of Education’s expectations for student health and wellness are articulated and satisfied.

The Board recognizes the relationship that exists between academic achievement, attendance, student health and wellness. Accordingly, this policy reflects the Board’s commitment to a coordinated school health approach by removing health-related barriers to learning via health policy, promotion, education, and services. The Board will promote and adhere to all state and federal regulations regarding this policy.

The Board values:

- a. school-based activities designed to provide students with a school environment that supports and promotes wellness, healthy eating and an active lifestyle.
- b. the inclusion of nutrition education.
- c. nutrition requirements for all foods and beverages available on District property.
- d. the integration of opportunities for physical activity, like recess, during the student day.
- e. high-quality physical education programming.
- f. school-based activities designed to promote health and reduce obesity.
- g. a safe, healthy school environment for students and staff.
- h. parents, guardians, and family involvement in driving the success of school-based health, wellness and nutrition measures.

District Wellness Committee

The District Wellness Committee (DWC) will represent all school levels and include parents, students, and teachers of physical education, school health professionals, school administrators and members of the public.

Wellness Policy Leadership

The Superintendent or designee(s) will convene the DWC and is responsible for oversight. The District Child Nutrition Supervisor will be accountable and responsible for implementing the Wellness Policy.

Nutrition Education

Nutrition education is a planned, sequential, K-12 curriculum or supplemental education program that addresses the physical, mental, emotional, and social dimensions of health related to nutrition. The curriculum is designed to motivate and assist students to maintain and improve their health, prevent disease and reduce health-related risk behaviors. It allows students to develop and demonstrate nutrition-related knowledge, attitudes, skills, and practices.

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In order to establish a standardized approach to nutrition education, schools shall provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health; and that is consistent with the United States Department of Agriculture’s (USDA) Dietary Guidelines for Americans (For information refer to: <https://health.gov/dietaryguidelines/>).
- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects.
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise).
- links with school meal programs, other school foods and nutrition-related community services.

Nutrition Guidelines

The overall goal of nutrition guidelines for the Lake Forest School District is to influence students’ dietary behaviors through foods provided during the school day. The District will strive to increase participation in the available Federal Child Nutrition breakfast, lunch and summer school programs. In addition, it will strive to provide:

- a coordinated and comprehensive outreach, promotion, and pricing plan ~~should be that~~ ensures maximum participation in the school meal program;
- healthy eating supported through nutrition education;
- reimbursable meals meeting USDA Child Nutrition Regulations.
- menus complying with the Healthy Hungry Kids Act of 2010 standards;
- a commitment to Hazard Analysis and Critical Control Points (HAACP) plans and guidelines to prevent food borne illness.

Schools will follow the National Association of State Boards recommendation for a minimum of 10 minutes for breakfast and 20 minutes for lunch from the time the student sits down to consume their meal, no less than 3 or more than 5 hours between breakfast and the lunch meal. Meals and snacks will not be used as a reward or punishment for student behaviors, unless it is detailed in a student’s Individualized Education Plan. Foods available on school grounds outside of the cafeteria will be compliant with the USDA Smart Snack Regulations. Lake Forest Child Nutrition Services is committed to using locally-grown food items when available, in season and economically-feasible.

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Additional Foods Available to Students

When foods are not purchased but are available from celebrations and rewards it is encouraged that these items comply with the Smart Snack Regulations but is not mandatory. Non-food rewards are encouraged in place of unhealthy snacks. The District Child Nutrition Services Office can supply a list of healthy snacks upon request.

Physical Education and Activity

Physical education is a planned, sequential, curriculum (K-12) that provides cognitive content and learning experiences in a variety of activity areas, such as basic movement skills; physical fitness; rhythm and dance; games; team and individual sports; tumbling and gymnastics; health education and aquatics.

Regular physical activity in childhood and adolescence improves strength and endurance, helps build healthy bones, and muscle, helps control weight, reduces anxiety and stress, increases self-esteem, and improves blood pressure and cholesterol levels. Physical activity is movement that reduces the risk of premature mortality in general and of coronary heart disease, hypertension, colon cancer, and diabetes mellitus.

Schools will offer physical education programming that:

- is consistent with current Delaware learning standards
- is taught by a certified physical education teacher
- is coordinated within a comprehensive health education curriculum
- emphasizes self-management skills
- is designed to foster engagement in physical activity that enables students to achieve and maintain a high level of personal fitness over their lifetime, including those who are not athletically gifted
- provides information to families to help them incorporate physical activity into their lives
- provides wellness opportunities will be available to all employees
- provides daily recess that encourages physical activity
- provides safe and satisfying activity for all students including those with special needs
- ensures physical activity facilities on school grounds are kept safe and well-maintained

Food and Beverage Marketing

The marketing of products on the exterior of vending machines, posters, menu boards, as well as cups used for vending beverage dispensing are all subject to the Wellness Policy Standards. Under these Standards, the logos and products marketed in these areas and items are required to meet the competitive foods standards for foods sold in schools. The Wellness Policy Standards for marketing do not apply to marketing that occurs at events outside of the school hours such as sporting and fund raising events.

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Public Notification

DWC will notify households on an annual basis of availability of the local District Wellness Policy information. The DWC will provide information that will enable interested households to obtain additional details if desired.

The DWC will assess compliance with its local school wellness policy and make this assessment available to the public at least once every three years.

Implementation, Assessments, Updates and Record Keeping

Mandatory implementation date for the Wellness Policy is June 30, 2017. The assessment and update of the Wellness Policy will be made every three years. Documentation retained must include:

- Local Wellness Policy
- Triennial assessment of local Wellness Policy
- Compliance with Community involvement
- Annual public notification requirements