

A. Nutrition Guidelines

1. Reimbursable meal menu offerings will comply with current United States Department of Agriculture (USDA) federal regulations and nutrition goals and strive to exceed those goals through the USDA Healthy U.S. School Challenge program or future designated programs.
2. Dining areas are attractive and have adequate space for the seating of students.
3. Students should have at least 15 minutes to consume his/her meal.
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 by the nutrition service staff, teachers, point of sale nutritional information and placement of nutrient dense foods.
5. It is highly encouraged that non-SMART Snack, non-nutritious food and beverage items such as sodas, water ices, ice cream, chewing gum, candy, etc. shall not be available to students for distribution (for sale or reward) during the school day. Defined by the USDA, the school day functions from midnight through 30 minutes past the building's dismissal bell of that day. However, the LEA can adopt a stricter standard, if elected. Consideration is given to students with severe needs, as documented on their IEPs.
6. Nutrition Services will provide a la carte offerings which reflect the goals of USDA Healthy U.S. Challenge, SMART Snack, or current USDA regulations. Any questions regarding these regulations can be directed to the Nutrition Services Department.
7. Drinking water is made available for students at all times subject to teacher approval.

B. Nutrition Education Goals

1. Nutrition Education shall be an integral part of the Seaford School District's health curriculum from Pre-Kindergarten through Twelfth grade and shall, at a minimum, meet the requirements of the State of Delaware Department of Education.
2. Nutrition Education resource information will be promoted and disseminated to heighten student and parent awareness through the nutrition services website, the menu, SNAP education programs, and open house events.
3. The Nutrition Education program will work with the school meal program to use the cafeteria as a learning lab.
4. The Nutrition Services Department will strive to provide universal breakfast and lunch to all students in the district and insure that nutrition information is provided and available to parents on the website.
5. Nutrition Services shall insure professional development in the area of food and nutrition, marketing, customer service, Serve Safe etc. offered through state provided Unit Classes, and School Nutrition Association classes.

C. Food in the Schools

1. Classroom parties are recommended be kept to a minimum. It is highly recommended that when parents provide foods and beverages, those items should be nutritious per the Nutrition Services healthy snack list which can be found on the district website.
2. With the exception of individual student lunches brought from home, food brought into the schools for student consumption is highly recommended to be considered a healthy and high nutrient-based food product and must be commercially prepared, wrapped, and be limited to non-potentially-hazardous or perishable food requiring no refrigeration. Food allergens must to be on the label. Potential student allergies must be taken into seriously.
3. Low nutrient dense food products such as fast food, pizza, donuts, or candy brought into schools should be highly discouraged. Healthier options and alternatives are encouraged to be brought into the schools for student consumption by PTOs, parent involvement organizations, etc.

4. Seaford School District staff are role models to students. It is highly encouraged that all staff promote healthy and nutritious choices when consuming food and beverage in the presence of students.

D. Physical Activity Guidelines

1. After-school physical activity programs shall include adult supervision by Board approved staff.
2. Efforts will be made to schedule recess before lunch.
3. It is recommended that 150 minutes be the goal for physical activity per week for elementary students, middle and high school students. This includes opportunities in various settings such as:
 - Physical Education
 - Classroom (take ten, adventure to fitness, Nemours energizers)
 - Recess (elementary only)
 - After-school programs
4. All elementary students shall have the opportunity for daily recess.
5. All students will have the option when available to participate in clubs and other activities that provide physical activity that is developmentally appropriate and age-appropriate.
6. The benefits associated with healthy eating and physical activity will be shared with community groups and parents/guardians through multi-media such as district websites, department websites and newsletters. Nutrition Services website promotes additional information on children activities, healthy choices and provides an online link to a list of healthy, SMART Snacks.
7. School facilities will be made available to community based organizations for physical activity programs.

E. Physical Education Guidelines

1. All Schools must receive a quality program that is:
 - Age appropriate
 - Taught by a certified physical education teacher
 - Monitors fitness levels of all students
 - Align with state standards
2. The physical education program will:
 - Build knowledge and skills for the enjoyment of lifelong fitness through physical activity
 - Create a positive atmosphere for all students to participate in physical fitness
 - Enhance skills in leadership, teamwork and self-confidence
 - Technology will be used in conjunction with curriculum to enhance motivation, student learning, and participation
3. Student to teacher ratio is similar in other classrooms.
4. Professional learning activities shall align with Health and Physical Education recommendations as set forth by national standards.
5. Schools shall provide adequate space and the appropriate equipment to meet the Delaware standards for physical education and all applicable safety standards.
6. Physical education curriculum will include nutrition education to ensure students understand the benefits of proper nutrition and overall health.
7. Students shall not be excluded from participating in physical education classes for unrelated disciplinary action.
8. Sports, extracurricular and curricular activities cannot take the place of physical education unless specified in a student's IEP's.
9. An approved document shall be submitted to the school nurse, main office, physical education teacher/s, and/or special education coordinator in order for a student to be excused from physical education.

F. Wellness Policy Coordinators

1. The Supervisor of Nutrition Services shall act as the Policy Coordinator with respect to the Nutrition Guidelines and Nutrition Education goals.
2. The District Office Directors, Supervisors and School Principals shall act as the Policy Coordinators to integrate into the curriculum the Nutrition Education, the physical activity guidelines and monitor food entering school building for celebrations or incentives.
3. It is recommended that food items should not be used as student incentives. Alternative incentive strategies can be used instead of food. If food incentives are inevitable, moderation must be practiced.

G. 2018 Wellness Policy Committee

1. Committee Chair: Bill Mengel, Supervisor of Nutrition Services
2. Committee Co-Chair: Jillian Price, Nutrition Services Registered Dietician
3. Committee Members:
 - Dr. Kevin Carson, Director of Administration Services
 - Chester Cox, Director of Student Services
 - Kirsten Jeanette, Principal of Blades Elementary School
 - Carol Leveillee, Principal of Fredrick Douglas Elementary School
 - Laura Schneider, Principal of West Seaford Elementary School
 1. Designee: Chad Lazier
 - Becky Neubert, Principal of Central Elementary School
 1. Designee: Amy Metzner
 - Jason Cameron, Principal of Seaford Middle School
 - Terry Carson, Principal of Seaford High School
 - Ann Covey, School Nurse Seaford Middle School
 - LynLee Phillips, High School
 - Catherine McMahan, Parent
 - Amy Steele, PTA Member
 - Matt Smith, PE/Health Teacher
 - 2017-2018 Student Government President, Seaford High School
 1. Kirsten Kirby
4. Committee will reconvene in 3 years to re-evaluate the 2018 Wellness Policy

Adopted: 1/23/06

Revised: 4/30/2018