

A. Nutrition Guidelines

1. Reimbursable meal menu offerings will comply with current United States Department of Agriculture (USDA) federal regulations and nutrition goals.
2. Dining areas are attractive and have adequate space for the seating of students.
3. Students should have at least 15 minutes to consume their meal.
4. The sale or distribution of nutrient dense foods to students shall be encouraged by the nutrition service staff, teachers, point of sale nutritional information and placement of nutrient dense foods in the serving area.
5. Nutrition Services will provide a la carte offerings which reflect the goals of the current USDA and Smart Snack regulations. Distribution of non-Smart Snacks, non-nutritious food and beverages during the school day is discouraged. The school day is defined from midnight through 30 minutes after the final bell. Consideration is given to students with severe needs, as documented on their IEPs.
6. Drinking water will be available where school meals are served during mealtimes.

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 breakfast and lunch at no charge 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, ServSafe, state provided Unit Classes, and School Nutrition Association classes.

C. Food in the Schools and Marketing

1. All schools in the Seaford School District participate in a closed lunch. Students must eat at the school. No food items from outside establishments are permitted to be brought into the cafeteria during service times. Breakfast items from outside establishments will be eaten before entering school.
2. The district encourages foods provided for celebrations and rewards to follow USDA Smart Snacks in School guidelines. Healthy options are encouraged to be brought into the schools for student consumption by PTOs, parent involvement organizations, etc.
3. With the exception of individual student lunches brought from home, all foods brought into school for student consumption are required to be commercially packaged, non-perishable and have food nutrition labels which include nutrient analysis and allergy information.
4. 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 used, moderation must be practiced.
5. Seaford School District staff can serve as daily role models for healthy behaviors. Staff wellness is an integral part of a healthy school environment.
6. Any foods and beverages marketed or promoted to students on the school campus during the school day, will meet or exceed USDA Smart Snack in School nutrition standards.

D. Physical Activity Guidelines

1. After-school physical activity programs shall include adult supervision by Board approved staff.
2. 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
 - Recess (elementary only)
 - After-school programs
3. All elementary students shall have the opportunity for daily recess.
4. All students will have the option when available to participate in clubs and other activities that provide physical activity that is developmentally and age-appropriate.
5. 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.

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 can 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. If students are prohibited from participating in physical education breaks, movement breaks will be provided.
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. Student Wellness & Safety

1. The district will promote emotional, behavioral and mental health of students through counseling, psychologist and social services provided by full-time qualified staff in the following ways
 - School-wide health promotions and preventions (PBS, Student recognition programs)
 - Classroom-based health promotion and prevention

- Small group counseling sessions
 - One-on-One counseling sessions
2. The district encourages partnerships with outside agencies to assist with students' social and emotional wellness. Partnerships must be approved by the Director of Student Services.
 3. All staff, at the beginning of each school year, will receive training or awareness about child abuse, bullying and youth suicide.
 4. All school level nurses will maintain CPR certification and have training on how to use an AED. Coaches and the athletic trainer will maintain CPR certification, and training on how to use an AED as well as concussion training.
 5. Nutrition Services shall accommodate students with special dietary needs.
- G. 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 or designee 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. The school district will engage the school board, parents, students, school administrators, nutrition services professionals, health professionals and other interested community members in developing, implementing, monitoring and reviewing district-wide nutrition and physical activity policies.
 4. The Wellness Policy and documentation of the triennial assessment, which includes the progress made in attaining the goals and the individual school's compliance of the Wellness Policy, will be made available to the public via the district website.
- H. 2022 Wellness Policy Committee
1. Committee Chair: Julie Kirby, Supervisor of Nutrition Services
 2. Committee Co-Chair: Donna Trader, Nutrition Services Registered Dietitian
 3. Committee Members:
 - David Tull, BOE President
 - Meaghan Brennan, Director of Administration Services
 - Dr. James Bell, Director of Student Services
 - Leah Dickerson, Services Coordinator
 - Mark Quillin, Athletic Director
 - Kirsten Jeanette, Principal of Blades Elementary School
 - Carol Leveillee, Principal of Frederick Douglass Elementary School
 - Laura Schneider, Principal of West Seaford Elementary School
 1. Designee: Chad Luzier
 - Becky Neubert, Principal of Central Elementary School
 - Joan Bloom, Lead School Nurse, Seaford School District
 - Catherine McMahon, Parent
 - Jessica Hunt, PTA Member
 - Cathy Barnett, Grandparent
 4. The Wellness Committee will reconvene in 3 years to re-evaluate the 2022 Wellness Policy.

Adopted: 1/23/06

Revised: 4/30/2018, 4/25/2022