



WELLNESS POLICY

Public Law 108-265 Section 204 indicates that Local District Wellness Policies must include the following areas of focus:

1. Goals for the nutrition education, physical activity and other school-based activities.
2. Nutrition guidelines for all foods sold on campus.
3. Assurance that school meals meet USDA regulations.
4. A plan for monitoring the implementation of the wellness policy.
5. Involvement of parents, students, representatives of school food authority, the school board, school administrators and the public.

*Wellness Policy adopted from "Action for Healthy Kids" Delaware Goals for Nutrition Education

The New Castle County Vocational Technical School District's wellness policy is intended to influence a student's actual eating behaviors that result in lifelong healthy food choices. These healthy food choices will help to eliminate barriers to learning associated with improper nutrition and fitness. Healthy food choice themes include:

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|--|----------------------------------|
| Knowledge of 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

The overall goal for nutrition education for the New Castle County Vocational Technical School District is to promote the integration of nutrition education into all curriculum areas. Students will receive nutrition education that is age appropriate and provides opportunities for them to practice healthy lifestyle skills. Education will motivate and assist students to improve and maintain healthy choices.

1. Integrate nutrition education into the respective subject areas with the help of credentialed nutrition professionals from DOE and other sources.
2. Educate and train teachers to integrate nutrition education in an interdisciplinary approach.
3. Promote and disseminate resource information related to integration of nutrition education into curriculum. Urge the inclusion of education activities sponsored by nutrition and health organizations by promoting them through various venues including the Nutrition Services website, newsletters, and announcements.
4. Promote nutrition awareness throughout school environment by disseminating resources for nutrition education that can be displayed (i.e. posters in cafeteria, hallways, gymnasiums, classrooms, etc.). The point of sale posters can assist students to make healthy food choices. Students should receive messages throughout the school that are consistent and reinforce each other.
5. Promote nutrition awareness to parents and communities through any of the following methods: offering healthy eating seminars, sending nutrition information home, posting nutrition tips on websites, and providing nutrient analysis of school menus.
6. Initiate school-based marketing that is consistent with nutrition education and health promotion. As such, we will eliminate food and beverage marketing that promotes foods and beverages that do not meet the Smart Snacks Guidelines. School based marketing of brands promoting predominately low nutrient dense foods and beverages will not be permitted.
7. Promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products. Ask for student input and feedback in planning for a healthy school environment; promote healthy food options that appeal to students.
8. Establish district and individual school wellness committees. Wellness committees shall develop, promote, and oversee a multi-faceted plan to promote wellness.
9. School Nutrition staff will be present at freshman orientation and parent night to discuss the benefits of our cafeteria services.
10. Provide training for school counselors and school nurses to identify unhealthy eating behaviors in students and make referrals to appropriate services.

Goals for Nutrition Standards

Schools play a powerful role in influencing students' dietary behaviors. There are several ways schools can help ensure the daily eating habits being formed by students will contribute to their learning achievement and lifelong good health.

The New Castle County Vocational Technical School District strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense foods in the school setting, the district has adopted the following nutrition guidelines governing the sale of food, beverages, and candy. The school district is committed to promoting the Nutrition Policy with all school nutrition personnel, teachers, nurses, coaches and other school administrative staff. The school district will work toward expanding awareness about this policy among students, parents, teachers and the community.

Nutrition Guidelines for School Meals

All reimbursable meals will meet Federal nutrient standards as required by the US Department of Agriculture Child Nutrition Program regulations. Menus must comply with the current USDA Dietary Guidelines for nutrition goals when averaged over a school week, and portions should be appropriate. In addition, the New Castle County Vocational Technical School District will:

1. Provide students with healthy and nutritious foods.
2. Include foods offered over the course of a school week that emphasize nutrient dense foods and beverages and include whole grain products, fiber rich vegetables and fruits.
3. Support healthy eating through nutrition education by entering every menu item on a board to illustrate which meal component it represents.
4. Encourage students to select and consume all components of the school meal.
5. Display prominently the nutrition information for products offered in snack bars, a la carte, vending, and school stores.

Smart Snacks in Schools

USDA has published the most updated nutrition standards for snack foods and beverages sold 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 went into effect on July 1, 2014.

1. Nutrition standards shall apply to all foods **served or** 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, including a la carte lines, vending machines, snack bars, school stores, or fundraising.
3. Specific nutrient standards for total fat, saturated fat, trans fat, sodium, calories, and total sugar are strictly followed.

The following items may not be served, sold, or given out as free promotion anywhere on school property at any time before the end of the school day:

~~Foods of minimal nutritional value as defined by USDA regulations:~~

~~"210.11 Foods of Minimal Nutritional Value"~~

~~A food which provides less than five percent of the Reference Daily Intakes (RDI) for each of eight specified nutrients per serving and in the case of all other foods a food which provides less than five percent of the RDI for each of eight specified nutrients per 100 calories and less than five percent of the RDI for each of eight specified nutrients per serving.~~

~~Examples: Soda water, water ices, chewing gum, and certain candies (hard candy, jellies/gums, marshmallow, fondant, licorice, spun candy, candy coated popcorn) are prohibited.~~

Smart Snack Nutrition Standards

Any Snack Food Sold in Schools Must:

1. Be a "whole grain-rich" grain product; or
2. Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
3. Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
4. Contain 10% of the Daily Value of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber)*

*On July 1, 2016, food may not qualify using the 10% Daily Value criteria.

Nutrient Requirements for Snacks

1. No more than 200 calories for snack items and 350 calories for entrée items
2. No more than 230 mg of sodium for snack items and 480 mg of sodium for entrée items

*After July 1, 2016, snack items must contain less than 200 mg of sodium

3. No more than 35% of calories from total fat
4. No more than 10% of calories from saturated fat
5. Zero grams of trans fat per item as packaged or served

6. No more than 35% of weight from total sugar

Accompaniments

Accompaniments such as cream cheese, salad dressing, and butter must be included in the nutrient profile as part of the food item sold. This helps to control the amount of calories, fat, sugar, and sodium added to foods by accompaniments, which can be significant.

Foods exempt from total fat, saturated fat, and sugar requirements include:

1. Reduced fat cheese
2. Nuts and seeds and nut/seed butters
3. Dried fruit with nuts or seeds, with no added nutritive sweeteners
4. Seafood with no added fat
5. Part-skim mozzarella

Beverages Sold in Schools

5. Schools may sell water in any portion size.
6. Schools may sell up to 12-ounce portions of unflavored low fat milk, flavored or unflavored fat free milk and milk alternatives permitted by the NSLP/NSBP, and 100% fruit or vegetable juice.
7. Schools may sell up to 20-ounce portions of calorie-free, flavored water (with or without carbonation)
8. Schools may sell up to 20-ounce portions other flavored and/or carbonated beverages that are labeled to contain less than 5 calories per 8 fluid ounces or less than 10 calories per 20 fluid ounces
9. Schools may sell up to 12-ounce portions of beverages with less than 40 calories per 8 fluid ounces or less than 60 calories per 12 fluid ounces.

Nutrition Standards Exemptions

School administration may allow up to four days per school year where the Smart Snack Nutrition Standards for foods served at no charge to students may be exempted. This will allow the school community the flexibility to celebrate student and school accomplishments together.

How to calculate Fat and Sugar Percentages:

If a Snack contains:

120 calories

4 grams fat

5 grams sugar

How to calculate fat percentage:

4 grams fat x 9 calories per gram = 36 fat calories (36 fat calories / 120 calories = 30%)

How to calculate sugar percentage:

5 grams sugar x 4 calories per gram = 20 sugar calories (20 sugar calories / 120 calories = 17%)

Other School Based Activities (Eating Environment)

1. The Nutritional Association of State Boards recommends a minimum of at least 10 minutes for breakfast and 20 minutes for lunch from the time the student sits down to eat.
2. There should be a minimum of 3 hours, and not more than 5 hours, scheduled between breakfast and lunch periods.
3. Bus schedules and morning breaks should be coordinated to allow students ample time before class to eat breakfast.
4. Lunch periods are scheduled as near the middle of the school day as possible.
5. It is recommended that physical education and recess be scheduled before lunch whenever possible.
6. Nutrition Services staff and school administration collaborate to provide sufficient space and time for meals.
7. Dining areas are attractive and have enough space for seating all students.
8. Drinking water is available at mealtime for all students.
9. Students should be encouraged to wash their hands before meals to prevent spread of germs and reduce the risk of illness.
10. Meals and snacks will not be used as a reward or a punishment for student behaviors, unless it is detailed in a student's Individualized Education Plan (IEP).
11. School should encourage fundraisers that promote positive health habits such as the sale of non-food and nutritious food items as well as fund raising to support physical activities.
12. School nutrition programs will aim to be financially self-supporting. The school nutrition program is an essential support to the success of the education process. Profit generation should not take precedence over the nutritional needs of the students. If subsidy of the school nutrition fund is needed, it will not be from the sale of foods that have minimal nutritional value and or compete nutritionally with program meals:

"210.11 Competitive Food Services"

Competitive Foods means any foods sold in competition with the school breakfast and lunch programs to children in food service areas during serving periods.

"The sale of other competitive foods may, at the discretion of the State Agency and School Food Authority, be allowed in the food service area during the lunch period if all income from the sale of such foods accrues to the benefit of the non-profit school food service or the school or student's organizations approved by the school." (Federal Regulation 7CFR Part 210.11 (B)).

13. State agencies and school food authorities may impose additional restrictions on the sale of and income from all foods sold at any time throughout schools participating in the national school breakfast program and lunch program.
14. The school district will employ a properly qualified, certified and/or credentialed Nutrition Director to administer the school nutrition programs.
15. All school nutrition personnel shall have adequate in-service training in food service operations.
16. Students are encouraged to start each day with a healthy breakfast.
17. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.
18. Safety and security of the food, and building access to the school nutrition operations are limited to school nutrition personnel and other authorized personnel.

Vending/Fundraising/School Stores/Other Areas Where Food is Sold to Students

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. Snacks and beverages sold during school hours shall meet USDA Smart Snack nutrition standards but will not be sold during breakfast or lunch periods.
4. Snacks and beverages sold after school hours on campus do not have to meet the Smart Snack nutrition standards but must be timer controlled for sales to start 30 minutes after the official school day ends.
- ~~5. The Smart Snacks standards provide a special exemption for occasional fundraisers that do not meet the nutrition standards. State agencies may determine the frequency with which fundraising activities take place that allow the sale of food and beverage items that do not meet the nutrition standards.~~
5. School fundraisers should promote positive health habits such as the sale of non-food and nutritious food items as well as fundraising to support physical activities. However, the

Smart Snacks standards do not apply during non-school hours, on weekends, and off-campus fundraising events.

Food and Beverage Marketing

Marketing activities on any food or beverages that do not meet Smart Snacks standards is strictly prohibited on any property owned, leased, or controlled by a Local Education Agency (LEA). Any products, such as cups, posters, menu boards, trashcans, food service equipment, vending machines, etc., cannot contain graphic marketing depictions of any foods or beverages that do not meet the Smart Snacks standards. The exception is the use of scoreboards; however, once scoreboards need to be replaced, the new marketing activity requirements must be followed.

Professional Development

All school nutrition personnel shall have adequate in-service training in food service operations. Professional development will be provided in the areas of food and nutrition.

Goals for Physical Activity

Schools share a responsibility to help students and staff establish and maintain the lifelong habits of being physically active. Regular physical activity is one of the most important things individuals can do to maintain and improve their physical health, mental health and overall well being.

The New Castle County Vocational Technical School District will play a role in influencing students' physical activity behaviors. By providing challenging physical and health 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.

Physical Education versus Physical Activity

Physical Education teaches the knowledge and skills to be physically active for life. Physical Activity is all bodily movements that result in energy expenditure. This includes daily routine activities such as school work, intramural activities, sports, free play, planned and structured repetitive movements designed specifically to improve fitness and health.

Physical Education and Physical Activity

1. All public and charter school students in grades K-12 should receive a quality physical education program that is
 - Age-appropriate

- Taught by a certified physical education teacher
 - Monitoring fitness levels of all students while evaluating and issuing results to guide overall student progress and overall programming.
2. The physical education program should:
 - Build knowledge and skills for the enjoyment of lifelong fitness through physical activity
 - Create a positive atmosphere for all students to participate in physical activities
 - Enhance skills in leadership, teamwork and self-confidence
 - Utilize technology within the curriculum to enhance motivation and participation
 - Encourage physical activities outside of school
 3. The national recommendations of 60 minutes per day of moderate to vigorous physical activity should be the goal for all students. This includes opportunities in various settings such as:
 - Physical Education
 - Classroom
 - Recess
 - After-school programs
 4. Schools will provide adequate space and the appropriate equipment to meet the Delaware standards for physical education.
 5. Students should not be excluded from participating in physical education classes and opportunities for physical activity for unrelated disciplinary action. Nor should physical activity be used as a disciplinary measure.
 6. After-school programs should include supervision by trained staff, and provide developmentally and age-appropriate physical activity for all participants.
 7. Nutrition education should be integrated into the physical education curriculum to educate students on the benefits of proper nutrition and overall health.
 8. The benefits associated with healthy eating and physical activity should be shared with community groups and parents via the use of the district website.
 9. Staff wellness opportunities should be available to all employees.

Communication and Promotion

1. New Castle County Vocational Technical School District provides the opportunity for major stakeholders to be involved in the development of the District Wellness Policy including parents, students, school food authority, school board, school administration, and teachers. **Current communication methods for district families will be used to share information about this opportunity.**
2. Health and wellness opportunities are available through DelaWELL activities offered by the state. Regular communications are provided to keep staff abreast of these opportunities.
3. The school environment, including cafeteria and classroom, shall provide clear and consistent messages that reinforce healthy eating.
4. Staff will be encouraged to model healthy eating and physical activity as a valuable part of their daily life.
5. School Nutrition Services provides families with the opportunity for input and monitoring of their student's food purchases through the use of the online parent tool for viewing student purchases.
6. Schools will provide nutrition education through promotional materials available at the schools and information available to the public on our district website.
7. School Nutrition provides food promotions to encourage taste testing of healthy new foods being introduced on the menu.
8. The District provides parents with healthy snack ideas on the district Nutrition Services websites.
9. The Nutrition Services Registered Dietitian can be contacted regarding special dietary requirements needed on an individual case basis.

Monitoring Implementation of Wellness Policy

The New Castle County Vocational Technical School District will appoint a Wellness Policy Coordinator to assist **school administration** in the implementation, coordination and evaluation of the Wellness Policy by:

1. **Communicating with the administrator in each building responsible for adhering to the district wellness policy.**
2. Establishing school based wellness committees that report to the District Wellness Committee which meets at minimum three times per school year.

3. Ensuring 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 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. Ensuring the implementation of the Wellness Policy through the development of assessment tools to analyze the status of each school and create an implementation plan to ensure that goals are met. The committee will annually review nutrition and physical activity policies and effective programs and program elements. The result in an annual report that will be presented to the Board of Education.
9. The District Wellness Policy will be reviewed at a minimum of every three years. The report will be shared with the Board of Education.

Glossary

A la carte foods - a menu term signifying that each item is sold and priced separately from the National School Lunch and School Breakfast Programs.

Food Allergens - substances in food that trigger the immune system and can cause severe allergic reactions.

Competitive Foods - foods that are sold in competition with meals served under the National School Lunch and School Breakfast Programs.

Coordinated School Health Program - integrated, planned, school-based programs that were designed by the Center of Disease Control to promote physical, emotional, and educational development of students. The eight components consist of Physical Education, Health Education,

Health Services, Counseling, Psychological & Social Services, Healthy School Environment, Health Promotion for Faculty and Staff, Parent and Community Involvement and Nutrition/Food Service.

Dietary Guidelines for Americans - is published jointly every five years by the Department of Health and Human Services (HHS) and the Department of Agriculture (USDA). It provides authoritative advice for people two years and older about how good dietary habits can promote health and reduce risk for major chronic diseases.

Federal Nutrient Standards - standards for healthy school meals developed by the USDA to set required levels for key nutrients in keeping with the recommendations of the Dietary Guidelines for Americans.

MyPlate- outline or a system that provides many options to help Americans make healthy food choices based on dietary guidelines set by the USDA.

Foods of low nutrient density - Foods that are high in calories, often from fats or sugars and contain little or no of vitamins, minerals, or other essential nutrients, eg. chewing gum, flavored ice bars, etc.

Hazard Analysis and Critical Control Points Plan and Guidelines - a systematic approach to the identification, evaluation, and control of food safety by preventing hazards that could cause food-borne illnesses by applying science-based controls, from raw material to finished products.

Individualized Education Plan (IEP) - children, who are eligible for special education services, will have a written document that outlines an educational program that is tailored to the individual student to provide maximum educational benefit.

Nutrient Analysis - evaluation of a menu to ensure that it meets the appropriate nutrient standards.

Nutrient dense foods - foods that are high in essential nutrients proportional to their caloric value.

Physical Activity - exercise or health related activity that is planned, structured and repetitive, consisting of moderate to high intensity levels of exertion, resulting in the maintenance or

improvement of physical fitness (body composition, flexibility, aerobic power, muscular strength and endurance).

Physical Education - learning a wide range of movements, knowledge, and skills that will contribute to the development of responsible practices, attitudes and behaviors essential to a healthy lifestyle.

Reimbursable meals - meals that are free, reduced and are reimbursable by the federal and state government. These meals must meet federal requirements established by the National School Lunch Program. Schools who participate are required to offer lunches to eligible children.

Saturated Fats - fats such as those in meat, poultry, some dairy products, processed and fast foods and other sources can cause an elevation in blood cholesterol levels. High levels of saturated fats are risk factors for cardiovascular disease.

School-based marketing - public relations and marketing strategies that focuses on students, teachers and administrators within the school environment.

Trans fats - Trans fats naturally occur in some foods, but are more commonly formed from "partial hydrogenation" of liquid oil. Trans fats contribute to cardiovascular disease by raising levels of LDL (bad cholesterol) and decreasing levels of HDL (good cholesterol). Mandatory labeling of trans fats will begin January 1, 2006.