

719 DISTRICT WELLNESS POLICY

Purpose of the Wellness Policy

The Woodbridge School District believes that health and success in school are interrelated. Our schools will be able to achieve their primary goal of educating students when our students and staff are at their optimal level of nutritional, physical, and mental health.

The Woodbridge School District Wellness Policy is designed with the following areas of focus:

- **Nutrition**
- **Physical Education and Physical Activity**
- **Mental Health**
- **Evaluation**

Leadership

The Superintendent and/or designee will convene the Woodbridge School District Wellness Committee and facilitate development of and updates to the wellness policy, each building principal will ensure their school is in compliance with the policy.

School Wellness Committee Members

- Superintendent and/or designee, Principal, Teachers, School Nutrition Staff, Physical Education Teachers, School Nurses, School Counselors, Parents, Students and Community Members.
- The committee will include representatives from each school building and reflect the diversity of the community.

NUTRITION

Nutrition Education and Wellness Promotion

Goals for Nutrition Education

Woodbridge 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:

Knowledge of the most current USDA dietary guidelines	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 Woodbridge School District is to promote the integration of nutrition in grades K-12.

1. Nutrition education will be integrated into the health curriculum to educate students on the benefits of proper nutrition and overall health.
2. Nutrition education will be integrated into respective subject areas with the help of the district nutritionist, specialists from DOE, and other sources as needed.
3. Promote and disseminate resource information related to integration of nutrition education into the curriculum.
4. Promote nutrition awareness throughout the school environment by disseminating resources for nutrition education that can be displayed (i.e. posters in cafeteria, hallways, gymnasiums, classrooms). The point of sale posters can assist students to make healthy food choices.
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 of websites, and providing nutrient analysis of school menus.
6. Incorporate nutrition education into after school programming that services our students.
7. School based marketing of food, such as posters and signs, will be consistent with nutrition education and health promotion. All food and beverage marketing will be limited to the promotion of those items which meet the nutrition standards for meals or for food and beverages sold individually.
8. Prohibit school-based marketing of brands promoting predominantly low nutrient foods and beverages.
9. Promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products.
10. School Wellness Committees shall develop, promote, and oversee a multi-faceted plan to promote staff and student health and wellness.
11. Encourage participation in the Coordinated School Health Programs (CSHP) as prescribed by the Centers for Disease Control (CDC) in order to facilitate coordination between food service and classroom instruction.
12. Provide training for school counselors and school nurses to identify unhealthy eating behaviors in students and make referrals to appropriate services as needed.
13. Nutrition education will incorporated skill based lessons, such as nutrition label reading and menu planning which fosters the adoption and maintenance of healthy eating habits.
14. Staff will be encouraged to model healthy eating and physical activity habits.

Standards for USDA Child Nutrition Programs and School Meals

Goals for Nutrition Standards

The Woodbridge 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

All reimbursable meals will meet Federal nutrient standards as required by the United States Department of Agriculture Child Nutrition Program regulations. Menus must comply with the current USDA standards for nutrition goals when averaged over a school week, and portions should be appropriate for each age group. In addition, the Woodbridge School District will:

1. Provide students with healthy and nutritious foods.
2. Provide access to free, safe, and fresh drinking water throughout the school day for students and staff.
3. 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.
4. Support healthy eating through nutrition education.
5. Encourage students to select and consume all components of the school meal.
6. Provide a breakfast each morning that meets USDA School Breakfast Program regulations and requirements.
7. Ensure that foods that do not meet the Competitive Food Service & Standards guidelines 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. These foods are defined as follows:

Other School Based Activities (Eating Environment)

1. The Woodbridge School District requires a minimum of 10 minutes for breakfast and 15 minutes for lunch from the time the student sits down to eat.
2. Schools will make an effort to provide a minimum of 3 hours, and not more than 5 hours, scheduled between breakfast and lunch periods.
3. Bus schedules and morning breaks will 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. Food service staff and school administration collaborate to provide sufficient space and time for meals.
6. Dining areas are attractive and have enough space for seating all students.
7. Drinking water is available at mealtime for all students.
8. Students will be encouraged to wash their hands before meals to prevent spread of germs and reduce the risk of illness.
9. Meals and snacks will not be used as a punishment for student behaviors. Meals and snacks will be used minimally as a reward unless it is detailed in a student's Individualized Education Plan (IEP).
10. A list of healthy snacks will be available for parents to use as a guide when considering food items for special events during school celebrations or during curriculum-related activities (See Attachment A).
11. Schools will 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.
13. All school nutrition personnel shall have adequate in-service training on food safety, nutrition education, and food service operations.
14. Students are encouraged to start each day with a healthy breakfast.
15. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.
16. Safety and security of the food and building access to the school nutrition operations are limited to school nutrition personnel and other authorized personnel.
17. The Nutrition Services Department will provide a nutritional analysis of the school lunch menu. This analysis will be readily available for all parents to view via the Nutrition Services website.

Nutrition Standards for Competitive and Other Foods/Beverages

“210.11 Competitive Food Services”

Competitive food means all food and beverages other than meals reimbursed under programs authorized by the Richard B. Russell National School Lunch Act and the Child Nutrition Act of 1966 available for sale to students on the *School campus* during the *School day*

Fundraiser restrictions. Competitive food and beverage items sold during the school day must meet the nutrition standards for competitive food as required in this section. No special exemptions are allowed for the sale of food and/or beverages that do not meet the competitive food standards as required in this section for the purpose of conducting an infrequent school-sponsored fundraiser.

All snacks and beverage items sold or served anywhere on school property during the school day, including items sold in a la carte lines, vending machines, snack bars, school stores, fundraisers, concession stands*, or served in the reimbursable After School Snack Program shall meet the following standards:

*per district concession guidelines

§210.11 Competitive food service and standards.

(a) *Definitions.* For the purpose of this section:

(1) *Combination foods* means products that contain two or more components representing two or more of the recommended food groups: fruit, vegetable, dairy, protein or grains.

(2) *Competitive food* means all food and beverages other than meals reimbursed under programs authorized by the Richard B. Russell National School Lunch Act and the Child Nutrition Act of 1966 available for sale to students on the *School campus* during the *School day*.

(3) *Entrée item* means an item that is intended as the main dish and is either:

(i) A combination food of meat or meat alternate and whole grain rich food; or

(ii) A combination food of vegetable or fruit and meat or meat alternate; or

(iii) A meat or meat alternate alone with the exception of yogurt, low-fat or reduced fat cheese, nuts, seeds and nut or seed butters, and meat snacks (such as dried beef jerky); or

(iv) A grain only, whole-grain rich entrée that is served as the main dish of the School Breakfast Program reimbursable meal.

(4) *School campus* means, for the purpose of competitive food standards implementation, all areas of the property under the jurisdiction of the school that are accessible to students during the school day.

(5) *School day* means, for the purpose of competitive food standards implementation, the period from the midnight before, to 30 minutes after the end of the official school day.

(6) *Paired exempt foods* mean food items that have been designated as exempt from one or more of the nutrient requirements individually which are packaged together without any additional ingredients. Such "paired exempt foods" retain their individually designated exemption for total fat, saturated fat, and/or sugar when packaged together and sold but are required to meet the designated calorie and sodium standards specified in §§210.11(i) and (j) at all times.

(b) *General requirements for competitive food.* (1) *State and local educational agency policies.* State agencies and/or local educational agencies must establish such policies and procedures as are necessary to ensure compliance with this section. State agencies and/or local educational agencies may impose additional restrictions on competitive foods, provided that they are not inconsistent with the requirements of this part.

(2) *Recordkeeping.* The local educational agency is responsible for the maintenance of records that document compliance with the nutrition standards for all competitive food available for sale to students in areas under its jurisdiction that are outside of the control of the school food authority responsible for the service of reimbursable school meals. In addition, the local educational agency is responsible for ensuring that organizations designated as responsible for food service at the various venues in the schools maintain records in order to ensure and document compliance with the nutrition requirements for the foods and beverages sold to students at these venues during the school day as required by this section. The school food authority is responsible for maintaining records documenting compliance with these for foods sold under the auspices of the nonprofit school food service. At a minimum, records must include receipts, nutrition labels and/or product specifications for the competitive food available for sale to students.

(3) *Applicability.* The nutrition standards for the sale of competitive food outlined in this section apply to competitive food for all programs authorized by the Richard B. Russell National School Lunch Act and the Child Nutrition Act of 1966 operating on the school campus during the school day.

(4) *Fundraiser restrictions.* Competitive food and beverage items sold during the school day must meet the nutrition standards for competitive food as required in this section. A special exemption is allowed for the sale of food and/or beverages that do not meet the competitive food standards as required in this section for the purpose of conducting an infrequent school-sponsored fundraiser. Such specially exempted fundraisers must not take place more than the frequency specified by the State agency during

such periods that schools are in session. No specially exempted fundraiser foods or beverages may be sold in competition with school meals in the food service area during the meal service.

(c) *General nutrition standards for competitive food.* (1) *General requirement.* At a minimum, all competitive food sold to students on the school campus during the school day must meet the nutrition standards specified in this section. These standards apply to items as packaged and served to students.

(2) *General nutrition standards.* To be allowable, a competitive food item must:

- (i) Meet all of the competitive food nutrient standards as outlined in this section; and
- (ii) Be a grain product that contains 50 percent or more whole grains by weight or have as the first ingredient a whole grain; or
- (iii) Have as the first ingredient one of the non-grain major food groups: fruits, vegetables, dairy or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); or
- (iv) Be a combination food that contains $\frac{1}{4}$ cup of fruit and/or vegetable; or
- (v) If water is the first ingredient, the second ingredient must be one of the food items in paragraphs (c)(2)(ii), (iii) or (iv) of this section.

(3) *Exemptions.* (i) *Entrée items offered as part of the lunch or breakfast program.* Any entrée item offered as part of the lunch program or the breakfast program under 7 CFR Part 220 is exempt from all competitive food standards if it is offered as a competitive food on the day of, or the school day after, it is offered in the lunch or breakfast program. Exempt entrée items offered as a competitive food must be offered in the same or smaller portion sizes as in the lunch or breakfast program. Side dishes offered as part of the lunch or breakfast program and served à la carte must meet the nutrition standards in this section.

(ii) *Sugar-free chewing gum.* Sugar-free chewing gum is exempt from all of the competitive food standards in this section and may be sold to students on the school campus during the school day, at the discretion of the local educational agency.

(d) *Fruits and vegetables.* (1) Fresh, frozen and canned fruits with no added ingredients except water or packed in 100 percent fruit juice or light syrup or extra light syrup are exempt from the nutrient standards included in this section.

(2) Fresh and frozen vegetables with no added ingredients except water and canned vegetables that are low sodium or no salt added that contain no added fat are exempt from the nutrient standards included in this section.

(e) *Grain products.* Grain products acceptable as a competitive food must include 50 percent or more whole grains by weight or have whole grain as the first ingredient. Grain products must meet all of the other nutrient standards included in this section.

(f) *Total fat and saturated fat.* (1) *General requirements.* (i) The total fat content of a competitive food must be not more than 35 percent of total calories from fat per item as packaged or served, except as specified in paragraphs (f)(2) and (3) of this section.

(ii) The saturated fat content of a competitive food must be less than 10 percent of total calories per item as packaged or served, except as specified in paragraph (f)(3) of this section.

(2) *Exemptions to the total fat requirement.* Seafood with no added fat is exempt from the total fat requirement, but subject to the saturated fat, trans fat, sugar, calorie and sodium standards.

(3) *Exemptions to the total fat and saturated fat requirements.* (i) Reduced fat cheese and part skim mozzarella cheese are exempt from the total fat and saturated fat standards, but subject to the trans fat, sugar, calorie and sodium standards. This exemption does not apply to combination foods.

(ii) Nuts and Seeds and Nut/Seed Butters are exempt from the total fat and saturated fat standards, but subject to the trans fat, sugar, calorie and sodium standards. This exemption does not apply to combination products that contain nuts, nut butters or seeds or seed butters with other ingredients such as peanut butter and crackers, trail mix, chocolate covered peanuts, etc.

(iii) Products that consist of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat are exempt from the total fat, saturated fat and sugar standards, but subject to the trans fat, calorie and sodium standards.

(iv) Whole eggs with no added fat are exempt from the total fat and saturated fat standards but are subject to the trans fat, calorie and sodium standards.

(g) *Trans fat.* The trans fat content of a competitive food must be zero grams trans fat per portion as packaged or served (not more than 0.5 grams per portion).

(h) *Total sugars.* (1) *General requirement.* The total sugar content of a competitive food must be not more than 35 percent of *weight* per item as packaged or served, except as specified in paragraph (h)(2) of this section.

(2) *Exemptions to the total sugar requirement.* (i) Dried whole fruits or vegetables; dried whole fruit or vegetable pieces; and dehydrated fruits or vegetables with no added nutritive sweeteners are exempt

from the sugar standard, but subject to the total fat, saturated fat, trans fat, calorie and sodium standards. There is also an exemption from the sugar standard for dried fruits with nutritive sweeteners that are required for processing and/or palatability purposes;

(ii) Products that consist of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat are exempt from the total fat, saturated fat, and sugar standards, but subject to the calorie, trans fat, and sodium standards; and

(i) *Calorie and sodium content for snack items and side dishes sold as competitive foods.* Snack items and side dishes sold as competitive foods must have not more than 200 calories and 200 mg of sodium per item as packaged or served, including the calories and sodium contained in any added accompaniments such as butter, cream cheese, salad dressing, etc., and must meet all of the other nutrient standards in this section. Effective July 1, 2016, these snack items and side dishes must have not more than 200 calories and 200 mg of sodium per item as packaged or served.

(j) *Calorie and sodium content for entrée items sold as competitive foods.* Entrée items sold as competitive foods, other than those exempt from the competitive food nutrition standards in paragraph (c)(3)(i) of this section, must have not more than 350 calories and 480 mg of sodium per item as packaged or served, including the calories and sodium contained in any added accompaniments such as butter, cream cheese, salad dressing, etc., and must meet all of the other nutrient standards in this section.

(k) *Caffeine.* Foods and beverages available to elementary and middle school-aged students must be caffeine-free, with the exception of trace amounts of naturally occurring caffeine substances. Foods and beverages available to high school-aged students may contain caffeine.

(l) *Accompaniments.* The use of accompaniments is limited when competitive food is sold to students in school. The accompaniments to a competitive food item must be included in the nutrient profile as a part of the food item served in determining if an item meets all of the nutrition standards for competitive food as required in this section. The contribution of the accompaniments may be based on the average amount of the accompaniment used per item at the site.

(m) *Beverages.* (1) *Elementary schools.* Allowable beverages for elementary school-aged students are limited to:

- (i) Plain water or plain carbonated water (no size limit);
- (ii) Low fat milk, unflavored (no more than 8 fluid ounces);
- (iii) Non fat milk, flavored or unflavored (no more than 8 fluid ounces);
- (iv) Nutritionally equivalent milk alternatives as permitted in §210.10 and §220.8 of this chapter (no more than 8 fluid ounces); and
- (v) 100 percent fruit/vegetable juice, and 100 percent fruit and/or vegetable juice diluted with water (with or without carbonation and with no added sweeteners) (no more than 8 fluid ounces).

(2) *Middle schools.* Allowable beverages for middle school-aged students are limited to:

- (i) Plain water or plain carbonated water (no size limit);
- (ii) Low fat milk, unflavored (no more than 12 fluid ounces);
- (iii) Non fat milk, flavored or unflavored (no more than 12 fluid ounces);
- (iv) Nutritionally equivalent milk alternatives as permitted in §210.10 and §220.8 of this chapter (no more than 12 fluid ounces); and
- (v) 100 percent fruit/vegetable juice, and 100 percent fruit and/or vegetable juice diluted with water (with or without carbonation and with no added sweeteners) (no more than 12 fluid ounces).

(3) *High schools.* Allowable beverages for high school-aged students are limited to:

- (i) Plain water or plain carbonated water (no size limit);
- (ii) Low fat milk, unflavored (no more than 12 fluid ounces);
- (iii) Non fat milk, flavored or unflavored (no more than 12 fluid ounces);
- (iv) Nutritionally equivalent milk alternatives as permitted in §210.10 and §220.8 of this chapter (no more than 12 fluid ounces);
- (v) 100 percent fruit/vegetable juice, and 100 percent fruit and/or vegetable juice diluted with water (with or without carbonation and with no added sweeteners) (no more than 12 fluid ounces);
- (vi) Calorie-free, flavored water, with or without carbonation (no more than 20 fluid ounces);
- (vii) Other beverages that are labeled to contain less than 5 calories per 8 fluid ounces, or less than or equal to 10 calories per 20 fluid ounces (no more than 20 fluid ounces); and
- (viii) Other beverages that are labeled to contain no more than 40 calories per 8 fluid ounces or 60 calories per 12 fluid ounces (no more than 12 fluid ounces).

(n) *Implementation date.* This section is to be implemented beginning on July 1, 2014.

[78 FR 39091, June 28, 2013, as amended at 81 FR 50151, July 29, 2016]

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%)

PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

Physical Education (PE): The Woodbridge School District will provide physical education that is a planned, sequential curriculum (K-12). This curriculum will provide cognitive content and learning experiences in a variety of activity areas including basic movement skills; physical fitness; rhythm and dance; games; team, dual, and individual sports; tumbling and gymnastics; health education and aquatics.

Physical Activity: 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 may improve blood pressure and cholesterol levels. Physical activity is movement that results in the energy expenditure. This reduces the risk of premature mortality in general and of coronary heart disease, hypertension, colon cancer, and diabetes in particular. Two levels of physical activity are commonly recommended include “Moderate” and “Vigorous.”

Moderate: Movement activities in which participants breathe heavily and are able to talk in complete sentences, but not sing.

Vigorous: Movement activities in which participants perspire, breathe hard and are not able to say more than a few words without pausing for a breath.

Physical Education

- All schools must receive a quality physical education program that is:
 1. Age appropriate
 2. Taught by a certified physical education teacher
 3. Monitors fitness levels of all students
 4. Aligned with State Standards
- The physical education program will:
 1. Build knowledge and skills for the enjoyment of lifelong fitness through physical activity

2. Create a positive atmosphere for all students to participate in physical fitness
 3. Enhance skills in leadership, teamwork and self-confidence
 4. When necessary, technology will be utilized within the curriculum to enhance motivation, student learning, and participation
- Professional learning activities shall meet the needs of Health and Physical Education instructors.
 - Schools shall provide adequate space and the appropriate equipment to meet the Delaware standards for physical education and all applicable safety standards.
 - Students shall not be excluded from participating in physical education classes for an unrelated disciplinary action.
 - Physical activity shall not be used as a disciplinary measure.
 - A student serving In-School Suspension (ISS) will be excluded from physical education until the conclusion of the ISS.
 - Students must have a medical, or other approved document, on file in the school in order to be excused from participating in physical education. Copies of the document will be provided to the school office, school nurse, physical education teacher/s, and special education coordinator (if applicable).

Physical Activity

- The National Association of Sports and Physical Education (NASPE) recommendations of 150 minutes per week for elementary students and 225 minutes per week for middle and high school students will be the goal for all 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.
- All elementary students shall have the opportunity for daily recess (K-5).
- Physical activity will not be withheld as a disciplinary measure or used as a punishment. School principals are responsible to monitor the implementation of this requirement.
- After-school programs shall include supervision by staff or approved volunteers and provide developmentally and age appropriate physical activity for all participants by offering clubs and other activities.
- The benefits associated with healthy eating and physical activity will be shared with community groups and parents/guardians through the district website, school newsletters and parent night activities.
- Staff wellness opportunities will be available to all employees such as a fitness lounge and participation in the DelaWell program.

MENTAL HEALTH

School Practices and Environment

Schools will incorporate student wellness, focusing on social and emotional areas, in the school improvement plan. This will be done using information from the annual school climate survey and results from the student responses.

Opportunities are provided for students and staff members to develop positive and meaningful relationships through the following ways:

- Mentoring program for new staff
- Student Council
- Clubs and sports teams
- Family fun nights

Schools in the district actively discourage bullying among students through a separate bullying plan that can be found in the district policy manual and student handbook, listed as “806 Bullying Prevention.”

Schools adequately address issues of potential stress during school and life transitions in the following ways:

- Opportunities for students to check in with a trusted adult (counseling sessions, advisory groups)
- Incorporating outside agencies in the schools to assist with deaths in families

All staff, at the beginning of each school year, will receive introductory training or awareness about child abuse and bullying. Teachers and other staff members are encouraged to attend further professional development about child abuse, bullying, mental health and youth suicide. Schools will identify key staff for involvement in advanced training, in areas such as critical incident response.

Support for Students

Schools will address the provision of and quality of services in the school. Counseling, psychologist, and social services are provided by full-time, qualified staff in an appropriate ratio of staff to students.

Schools will promote the emotional, behavioral, and mental health of students and provide treatment to students and families in the following ways:

- One – on – One counseling sessions

- Small group counseling sessions
- Classroom-based health promotion and prevention
- School-wide health promotion and prevention (PBS and Wellness Committees)

School counseling, psychological, or social services providers collaborate with other school staff members to promote student health and safety in the following ways:

- Developing plans to address student health problems (504, IEP, BIP)
- Providing professional development for teachers
- Developing and implementing classroom activities and lessons
- Establishing communication systems with other school staff

Referral System and Incident Response

School has procedures in place for the identification and referral for students with specific health needs including truancy, behavior, grief, abuse, anger management, divorce and family problems, bullying, suicidal behaviors, mental illness and eating disorders.

There is a systematic approach for referring students, as needed, to appropriate school or community based counseling, psychological, and social services. This includes:

- Referral forms are made available to staff for counseling, psychological, and social service needs
- Written consent is obtained in compliance with HIPPA to gather relevant records from outside agencies
- Families can be provided with information about outside agencies
- Special support can be made available in a critical incident

Family Engagement

The Woodbridge School District will provide a regular exchange of information between families and the school. This will be done through phone calls, flyers, and emails. Schools will actively recruit parent support by involving them in activities held at the school.

Partnerships for Social and Emotional Wellness

The Woodbridge School District encourages partnerships with outside agencies to assist with students' social and emotional wellness. Local mental health services are referred to families needing assistance. Schools will work closely with community mental health services to meet the needs of students. The schools maintain up-to-date lists of appropriate support and referral agencies, with adequate contact information.

Delaware Law and School Policies

The Woodbridge School District is committed to following Delaware Law and District Policies to ensure the safety and well-being of our students. The following information can be found in the District Policy manual as well as the school handbook:

- Reported or suspected child abuse (DE Title 16 903)
- Bullying (806)
- Welfare and discipline (706 and 801)
- Equality/discrimination/harassment (507)
- Critical incident response (1400)
- Referral of suspected student health problems (706)

EVALUATION

- The Woodbridge School District, through the Superintendent's office, will oversee this policy and insure that it is in compliance.
- School Wellness Committees will meet four times a year to complete the School Health Index and create and implement a wellness action plan. Progress will be reported annually to the Board.
- The District Wellness Committee will meet at least annually to review the nutrition, physical education/physical activity and mental health policies. The committee will analyze data such as student fitness tests, meal participation rates, and effective programs and program elements to determine the over-all effectiveness of the policy.
- The District Wellness Committee will prepare an annual report for the Superintendent evaluating the implementation of the Wellness Policy and regulations and include any recommendations for change/revision. Any changes will be posted to the district website.

First Reading: May 18, 2023
Second Reading/Approval: June 15, 2023

Wellness Policy Assessment Tool

Form 357 Rev 12/15

This template provides information on wellness policy goals and practices within the LEA. Use this tool to track progress and gather ideas on ways to create a healthier school environment. A separate assessment should be completed for each school or at a minimum, each school level. The wellness policy and completed assessment must be available to the public.

LEA/District Name **WOODBIDGE SCHOOL**

Reviewer **Christopher T. Rogers**

School Name **DISTRICT OFFICE**

Date **06/30/2023**

Select all grades: PK K 1 2 3 4 5 6 7 8 9 10 11 12

Yes No **I. Public Involvement**

We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:

Administrators School Food Service Staff P.E. Teachers Parents
 School Board Members School Health Professionals Students Public

We have a designee in charge of compliance.

Name/Title:

We make our policy available to the public.

Please describe:

We measure the implementation of our policy goals and communicate results to the public.

Please describe:

Our district reviews the wellness policy at least annually.

Yes No **II. Nutrition Education**

Our district's written wellness policy includes measurable goals for nutrition education.

We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).

We offer nutrition education to students in: Elementary School Middle School High School

Yes No **III. Nutrition Promotion**

Our district's written wellness policy includes measurable goals for nutrition promotion.

We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

We have reviewed *Smarter Lunchroom* techniques and evaluated our ability to implement some of them.

We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).

We ensure students have access to hand-washing facilities prior to meals.

We annually evaluate how to market and promote our school meal program(s).

We regularly share school meal nutrition, calorie, and sodium content information with students and families.

We offer taste testing or menu planning opportunities to our students.

We participate in Farm to School activities and/or have a school garden.

We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).

We price nutritious foods and beverages lower than less nutritious foods and beverages.

We offer fruits or non-fried vegetables in: Vending Machines School Stores Snack Bars à La Carte

We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.

We provide teachers with samples of alternative reward options other than food or beverages.

We prohibit the use of food and beverages as a reward.

IV. Nutrition Guidelines (Cont. from page 1)

- Yes No
- Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
 - We operate the School Breakfast program: Before School In the Classroom Grab & Go
 - We follow all nutrition regulations for the National School Lunch Program (NSLP).
 - We operate an Afterschool Snack Program.
 - We operate the Fresh Fruit and Vegetable Program.
 - We have a Certified Food Handler as our Food Service Manager.
 - We have adopted and implemented *Smart Snacks* nutrition standards for ALL items sold during school hours, including:
 as à La Carte Offerings in School Stores in Vending Machines as Fundraisers

V. Physical Activity

- Yes No
- Our district's written wellness policy includes measurable goals for physical activity.
 - We provide physical education for elementary students on a weekly basis.
 - We provide physical education for middle school during a term or semester.
 - We require physical education classes for graduation (high schools only).
 - We provide recess for elementary students on a daily basis.
 - We provide opportunities for physical activity integrated throughout the day.
 - We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
 - Teachers are allowed to offer physical activity as a reward for students.
 - We offer before or after school physical activity: Competitive sports Non-competitive sports Other clubs

VI. Other School Based Wellness Activities

- Yes No
- Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.
 - We provide training to staff on the importance of modeling healthy behaviors.
 - We provide annual training to all staff on: Nutrition Physical Activity
 - We have a staff wellness program.
 - We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff).
 - We actively promote walk or bike to school for students with Safe Routes to School or other related programs.
 - We have a recycling /environmental stewardship program.
 - We have a recognition /reward program for students who exhibit healthy behaviors.
 - We have community partnerships which support programs, projects, events, or activities.

VII. Progress Report: Indicate any additional wellness practices and/or future goals and describe progress made in attaining the goals of the local wellness policy

We need to do better in assessing our Wellness Policy and program and staying involved in the Wellness policy

VIII. Contact Information:

For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.

Name

Position/Title

Email

Phone