



Policy Title: Wellness Policy	Date Adopted: March 28, 2013
Policy #: 3001	Date Revised: August 28, 2024
Purpose: To influence students’ eating behaviors that result in lifelong healthy food habits. To promote student wellness by preventing and reducing childhood obesity, and providing assurance that school meal nutrition guidelines meet the federal school meals standards, including Smart Snacks.	
Scope: This policy applies to all students in K-12 grades.	

Introduction

ASPIRA Delaware is committed to the optimal development of every student. This wellness policy outlines our commitment to creating environments and providing opportunities that encourage healthy eating and physical activity throughout the school day.

Our goal is to influence students' eating behaviors positively, fostering lifelong healthy food habits. This policy is also designed to promote overall student wellness by addressing and preventing childhood obesity. To ensure the effectiveness of our wellness initiatives, we adhere to federal school meal nutrition standards and Smart Snacks guidelines

ASPIRA Delaware’s wellness policy will establish specific goals for nutrition promotion, physical activities and other school-wide events that promote students’ wellness. This policy establishes goals and procedures to ensure that students:

- Have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school – in accordance with federal and state nutrition standards
- Have access to food over the course of the school week that emphasize nutrient dense foods and beverages including whole grain products, fiber rich, vegetables and fruit.
- Receive quality nutrition education that helps them develop lifelong healthy eating behaviors
- Have opportunities to be physically active before, during and after school
- Are engaged in nutrition and physical activity promotion and other activities that promote student wellness
- Are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school

Public Law 108-265 Section 204 indicates that school wellness policies must include the following areas:

- Goals for nutrition education, physical activity and other school-based activities
- Nutrition guidelines for all foods sold in school
- Assurance that all school meals meet current USDA regulations
- A plan for monitoring the implementation of the wellness policy
- Involvement of parents, students, school administrators, teachers, nurses, school board and community

Wellness Policy Committee Role and Membership

ASPIRA Delaware will establish a representative School Wellness Committee that will meet at least once per year. This committee will be responsible for setting goals, overseeing school health policies and programs, and managing the development, implementation, and periodic review and update of this school wellness policy

The committee will include members representing the school's diverse populations and its broader community. Membership will consist of, but is not limited to:

- Parents
- Students
- Teachers
- School Nutrition Team Members
- School Nurses
- PE/Health Teachers
- Administrators
- Board Member

To the extent possible, the committee will include representatives from each Campus.

Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

ASPIRA Delaware will develop and maintain a plan for implementation and manage and coordinate the execution of this wellness policy by:

- Ensuring that the instruction and services associated with the wellness policy are mutually reinforcing and present consistent messages.
- Facilitating collaboration among administrative and instructional staff.
- Assisting with the integration, management, and supervision of the wellness policy.
- Providing or arranging for necessary technical assistance.
- Facilitating collaboration between the school and other agencies and organizations in the community who have an interest in the health and well-being of children and their families.

Recordkeeping

ASPIRA Delaware will retain records to document compliance with the requirements of the Wellness Policy at the School Nutrition Manager's office. Documents maintained in this location will include but will not be limited to:

- The written Wellness Policy
- Documentation demonstrating compliance with the community involvement requirements
- Documentation of annual policy progress reports for each building
- Documentation of the triennial assessment of the policy for each building
- Documentation demonstrating compliance with public notification requirements. Including: (1) Methods by which the Wellness Policy, annual progress reports, and triennial assessments are made available to the public; and (2) Efforts to actively notify families about the availability of the Wellness Policy.

Annual Progress Reports

ASPIRA Delaware will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. ASPIRA Delaware will make this information available in the school website. The school will provide as much information as possible about the school nutrition environment. This will include a summary of events or activities related to wellness policy implementation.

Triennial Progress Assessments

At least once every three years, ASPIRA DELAWARE will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which ASPIRA DELAWARE is in compliance with the wellness policy
- A description of the progress made in attaining the goals of ASPIRA DELAWARE's wellness policy

ASPIRA Delaware will notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

ASPIRA Delaware **Wellness Committee** will update or modify the wellness policy based on the results of the annual and triennial review and/or based on school priorities; community needs change; wellness goals; and when new Federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

Community Involvement, Outreach and Communications

ASPIRA Delaware is committed to being responsive to community input, which begins with awareness of the wellness policy. ASPIRA Delaware will communicate ways in which representatives of the wellness committee or others can get involved in the development, implementation and periodic review and update of the wellness policy. ASPIRA Delaware will inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. ASPIRA Delaware will use electronic email or other electric methods, will display notices on school's website, as well as non-electronic methods, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved to support the policy.

Nutrition Education

The goal for the Nutrition Education in ASPIRA Delaware is to promote the integration of nutrition education into curricular areas. Educate and train teachers to integrate nutrition education in an interdisciplinary approach. Materials should be fun for the students and appropriate for their ages. When practical, teacher will enhance nutrition education learning through gardening, food preparation, and during eating experiences. Teachers will be encouraged to include food-centered activities and lessons that are healthful, enjoyable, developmentally appropriate, culturally relevant, and participatory, such as taste testing, farm visits, school gardens, food preparation, and contests. ASPIRA Delaware 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. Standard based nutrition curriculum, health education curriculum or other curriculum that integrates nutrition. Each teacher integrates a nutrition lesson to acquire the knowledge and skills necessary to make healthy lifestyle choices.

ASPIRA Delaware will teach, model, encourage and support healthy eating by all students. It will provide nutrition education and engage in nutrition promotion that:

- Is aligned with state and federal learning objectives and standards

- Ensures that every grade level K-12 has access to a comprehensive health education curriculum integrating nutrition topics
- Links nutrition education with school food environment (kitchen and garden as classrooms)
- Incorporates lessons helping students acquire skills for reading food labels, menu planning and other topics-
- Is designed to provide students with the knowledge and skills necessary to promote and protect their health
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, English language arts, social sciences and specials
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise)

Essential Healthy Eating Topics in Health Education

ASPIRA Delaware will include in the health education curriculum to the extent possible, but it will not be limited to, the following topics:

- Healthy heart choices
- Dietary Guidelines for Americans
- Understanding calories
- Healthy snacks-Healthy breakfast
- Healthy diet
- Food labels
- Major nutrients
- Serving sizes Proper food safety/sanitation
- Relationship between healthy eating and personal health and disease prevention
- Food guidance from MyPlate
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little or no added sugars
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers and culture

Standards for USDA Child Nutrition Programs and School Meals

ASPIRA Delaware is committed to serving healthy meals to all children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams trans fat per serving; and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

ASPIRA Delaware will:

- Provide breakfast through the USDA school breakfast program

- Ensure that all reimbursable school meals meet current USDA meal nutrition standards
- Not serve juice as a substitute for fruit and vegetables
- Use a Point of Sale (POS) system where students are given a code to enter at the POS or the student name is entered in the system to record all meal transactions
- Ensure privacy and confidentiality is maintained at all times
- Post information about the school breakfast and lunch program in the school's website
- Increase participation at ASPIRA Delaware by considering students' input on local, cultural and ethnic favorites by means of a suggestion box and consider suggestions (to the extent possible) for future menus
- Strive to increase breakfast participation by offering Grab-N-Go breakfast
- Sale a la carte items and Smart Snacks daily during the scheduled breakfast and lunch periods that meet USDA nutrition standards
- Ensure that all students have space and time to eat meals in the school cafeteria. Pre-arrangements with the cafeteria manager must be made if food is provided from an outside source (parents or teachers).
- Comply with the school nutrition team member's required annual training. Standards are followed to ensure that professional development in the area of food and nutrition is provided for food service managers.
- Have free drinking water fountains available self-service in the cafeteria during school meals

School Meals

ASPIRA Delaware will participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), after school supper and snack program and the Summer Food Service Program (SFSP). ASPIRA Delaware is committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet USDA nutrition standards.)
- Promote healthy food and beverage choices using at least ten of the following Smarter Lunchroom techniques:
 - Whole fruit options are displayed in attractive bowls or baskets
 - Sliced or cut fruit is available daily
 - Daily fruit options are displayed in a location in the line of sight and reach of students
 - All available vegetable options have been given creative or descriptive names
 - Daily vegetable options are bundled into all grab-and-go meals available to students
 - All team members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal
 - White milk is placed in front of other beverages in all coolers
 - A reimbursable meal can be created in any service area available to students
 - Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas
 - Student artwork is displayed in the service and/or dining areas
 - Daily announcements are used to promote and market menu options
 - Monthly menus will be posted in the school website
 - Menus will be created/reviewed by a Registered Dietician

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day in water fountains. Students will be allowed to bring and carry water bottles filled with only water with them throughout the day.

Competitive Foods and Beverages

ASPIRA Delaware is committed to ensuring that all foods and beverages available to students on the school property during the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students at ASPIRA Delaware during the school day and after school programs will meet or exceed the USDA Smart Snacks nutrition standards.

Food Beverage Marketing Activities

Marketing activities on any food or beverages that do not meet Smart Snack nutrition guidelines is strictly prohibited. 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 strict nutrition guidelines.

Food advertising and marketing is defined as an oral, written oral or graphic statement made with the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with commercial interest in the product. This term includes, but it is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container;
- Displays, such as vending machine exteriors;
- Corporate brand, logo, name, or trademark on school equipment, such as marquees, message boards, scoreboards, or backboards (note: immediate replacement of these items are not required; however, the school will consider replacing or updating scoreboards or other durable equipment over time so the decisions about the replacement include compliance with the marketing policy);
- Corporate brand, logo, name, or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment; as well as on posters, book covers, pupil assignment books, or school supplies displayed, distributed, offered or sold by the school;
- Advertisements in school publications or school mailings;
- Free product samples, taste tests, or coupons of a product, or free samples displaying advertising of a product.

Celebrations and Rewards

All foods offered at ASPIRA Delaware will meet or exceed the USDA Smart Snacks in School nutrition standards. ASPIRA Delaware will provide a list of healthy party ideas to parents and teachers including non-food celebrations. To the extent possible, ASPIRA Delaware will not use food as a reward for student achievements. Foods and beverages will not be used as a reward, or withheld as punishment for any reason.

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers at ASPIRA Delaware. All fundraiser events must be approved by the Head of School. ASPIRA Delaware will make available to parents and teachers a list of healthy fundraising ideas.

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).

Physical Education and Physical Activity

Students in grades **K-12** receive a quality physical education program aligned with standards and identify the progression of skilled development. Physical and Health education curriculum will be reviewed annually to ensure that:

- Is age-appropriate
- Is taught by a certified physical education teacher
- Monitor fitness levels of all students
- Uses fitness assessment to plan and guide instruction
- Meets the needs of all students especially those who are not athletically gifted
- Takes into account gender and cultural differences in students' interests
- Requires 150 minutes per week for elementary school students and 225 minutes per week at for middle school students
- Uses the fitness-gram data to guide programming
- Students will be moderate to vigorously active for at least 50% of class time during most of the physical education class sessions
- All physical education teachers in ASPIRA DELAWARE will be required to participate in at least a once a year professional development in education

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 activities
- Enhance skills in leadership, teamwork and self-confidence
- Utilize technology within the curriculum to enhance motivation and participation
- Focus on life-long activities that can be done individually or in teams
- Improve individual fitness level of each student
- Encourage physical activities outside of school (i.e., Girls on the Run, agility club, Soccer Shots, summer camps, community club teams, gymnastics, dance)
- Be an enjoyable experience for all students

The national recommendation 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 Activity Breaks

- Structured and Free Style Recess
- After-school programs
- Organized athletic activities

The school will:

- Provide adequate space and the appropriate equipment to meet the Delaware standards for physical education.
- Not exclude students from participating in physical education classes and opportunities for physical activity for unrelated disciplinary action. Nor will physical activity be used as a disciplinary measure.
- Integrate nutrition education into the classroom with cooperation of the health and physical educators. Nutrition curriculum will educate students on the benefits of proper nutrition and overall health.
- Share the benefits associated with healthy eating and physical activity to parents and other stakeholders in the school website
- Provide wellness opportunities to staff
- Provide teacher adequate training in Fitness Breaks or participate in school wide brainstorm sessions to incorporate into daily lessons

Essential Physical Activity Topics in Health Education

ASPIRA Delaware will include in the health education curriculum to the extent possible but not limited to the following topics:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise and fitness
- Phases of an exercise session, that is, warm up, workout and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity.

Recess

Research shows that outdoor play helps children be more physically active. Children can play outdoors when the weather does not pose a significant health risk that includes wind chill at or below 25° F and a heat index at or above 90° F. ASPIRA Delaware staff and coaches must aim to promote physical activity during recess. The school nurse can exclude a student from outdoor recess due to health reasons.

Cold/inclement weather

- Recess will be held indoors in the event of precipitation (rain, snow, sleet, etc.). Teachers will provide indoor recess activities.
- Outdoor recess will be held without restriction if the temperature exceeds 32 degrees Fahrenheit (including wind chill factor).
- Outdoor recess will be held with the following restrictions if the temperature is between 25 to 32 degrees Fahrenheit (including wind chill factor).
 - Coats must be zipped; hands and gloves or mittens must be worn at all times.
 - Children must be closely observed by the staff for signs of hypothermia.
 - The teacher on duty may shorten the length of outdoor recess time if deemed necessary.
- Recess will be held indoors if the temperature is below 25 degrees Fahrenheit.

Recess during summer

Students can go outdoors when temperatures are at or below 90° F. Teachers will encourage students to apply sunscreen before going outdoors. Children will be encouraged to drink water during and after the outdoor activity.

Supervision

Children must be supervised while on the playground. The following guidelines are to be implemented with regard to proper supervision:

- children need to be in view of the staff at all times
- rules of playground behavior will be given to students by teachers
- student to teacher ratio will be no less than one teacher per one class

NOTE: The administration reserves the right to cancel or shorten recess as deemed necessary.

Classroom Physical Activity Breaks (Elementary and Secondary)

ASPIRA Delaware recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered **periodic opportunities** to be active or to stretch throughout the day on all or most days during a typical school week. ASPIRA Delaware recommends teachers provide short (3-5-minute) physical activity breaks to students during and between classroom time at least three days per week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.