

SUSSEX COUNTY PUBLIC SCHOOLS

LOCAL WELLNESS POLICY

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Sussex County School Board
June 2017

Sussex County Public Schools

School Division Wellness Policies on Physical Activity and Nutrition

Sussex County Public Schools recognizes that childhood overweight and obesity rates have nearly tripled in the past thirty years and continue to rise. Poor eating habits and increased sedentary activities have contributed to this trend. There are numerous emotional and health consequences of being overweight. Schools are in a strong position to impact children's nutritional and physical activity habits and reduce the proliferation of childhood obesity. Nutrition and physical activities are essential for students to achieve their full academic and physical potential.

The goals and purposes of this policy are to:

1. Provide a framework for schools to make positive changes that will increase and develop a framework for wellness.
2. Offer recommendations and provide guidelines, at the division level, that will strengthen school nutrition and physical activity programs in Sussex County Public Schools.
3. Address the issues that underlie the soaring rates of overweight children and adolescents in our division.
4. Provide our students with healthier food and beverage options and increase opportunities for physical activities.

Committee Members

Director of Instruction

Director of Human Resources

Director of Finance & Business Operations

Nutritional Services Dietary Manager

Coordinator of Pupil Personnel

Introduction

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, a limited number of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the www.choosemyplate.gov website;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, Sussex County Public Schools is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. To further that commitment, SCPS has set the following goals regarding student health and wellness to maximize student achievement:

The school division will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing division- wide nutrition and physical activity policies.

All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.

Foods and beverages sold or served at school, including in vending machines, will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.

Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and scheduled time for students to sit and eat.

To the maximum extent practicable, all schools in our division will participate in available federal school meal programs including but not limited to the School Breakfast Program, National School Lunch Program, and the Summer Food Service Program. Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

TO ACHIEVE THESE POLICY GOALS:

I. Division Wellness Committee and School Health Council

- A. The Division will convene a representative division wellness committee (here to referred to as the DWC) that meets at least four times per year to establish goals and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this division-level wellness policy (heretofore referred as “wellness policy”).

The DWC membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers; students, representatives of the school nutrition program (ex., school nutrition director), physical education teachers, health education teachers, school health professionals (ex., health education teachers, school health services staff [i.e., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services], and mental health and social services staff [i.e., school counselors, psychologists, social workers, or psychiatrists], school administrators (ex., superintendent, principal, vice principal), school board members; health professionals (ex., dietitians, doctors, nurses, dentists), and members of the general public. To the extent possible, the DWC will include representatives from each school building and reflect the diversity of the community.

- B. School Health Councils.** Individual schools within the division will create, strengthen, and work to develop, reasonably implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The councils also will serve as resources to school sites for implementing those policies. (A school health council consists of a group of individuals representing the school and community, and should include parents, students, and representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public.)

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus

Sussex County Public Schools is committed to serving healthy meals to 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 contain zero grams trans- fat per serving (nutrition label or manufacturer's specification). The meals aim to meet 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.

School Meals. All schools within the Division participate in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). The division also operates additional nutrition-related programs and activities including *Farm to School programs, school gardens, Breakfast in the Classroom, Mobile Breakfast carts, Grab 'n' Go Breakfast, Fresh Fruit & Vegetable Program (FFVP), Summer Food Service Program (SFSP), and the Community Eligibility Program.*

All schools within the division are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that adhere to the following nutritional guidelines:

NSLP Nutritional Guidelines for Grades K-12. Examples have been added by DWC.

Food Components	Grade K - 5	Grade 6 – 8	Grade 9 - 12
Milk	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)
Meat or Meat Alternates -Weekly minimum	8 oz equivalent/week (1 oz daily minimum)	9 oz equivalent/week (1 oz daily minimum)	10 oz equivalent/week (2 oz daily minimum)
Vegetables (total) -Weekly minimum	3¾ cups/week (¾ cup daily minimum)	3¾ cups/week (¾ cup daily minimum)	5 cups/week (1 cup daily minimum)
<i>Dark Green (broccoli, collard greens)</i>	½ cup/wk	½ cup/wk	½ cup/wk
<i>Red / Orange (carrots, sweet potatoes)</i>	¾ cup/wk	¾ cup/wk	1¼ cup/wk
<i>Legumes (kidney beans, lentils)</i>	½ cup/wk	½ cup/wk	½ cup/wk
<i>Starchy (corn, white potatoes)</i>	½ cup/wk	½ cup/wk	½ cup/wk
<i>Other (onions,</i>	½ cup/wk	½ cup/wk	¾ cup/wk

<i>cucumbers)</i>			
Fruits -Weekly minimum	2½ cups/week (½ cup daily minimum)	2½ cups/week (½ cup daily minimum)	5 cups/week (1 cup daily minimum)
Grains / Breads -Weekly minimum - -All whole grain beginning School Year 2014-2015	8 oz equivalent/week (1 oz daily minimum)	8 oz equivalent/week (1 oz daily minimum)	10 oz equivalent/week (2 oz daily minimum)
Minimum – Maximum Calories (kcal) -Weekly average	550 – 650	600 – 700	750 - 850
Saturated Fat (% of total calories) -Weekly average	<10%	<10%	<10%
Sodium** -Weekly average	≤1230 mg*	≤1360 mg*	≤1420 mg*
Trans Fat	0 grams / serving	0 grams / serving	0 grams / serving

SBP Nutritional Guidelines for Grades K-12.

Food Components	Grade K - 5	Grade 6 – 8	Grade 9 - 12
Milk	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)
Meat or Meat Alternates None required but may substitute 1 oz equivalent of meat /meat alternate for 1 oz equivalent grains after minimum daily grain is met			
Vegetables May be substituted for fruits, but the first 2 cups/week must be from a subgroup other than starchy (dark green, red/orange, legumes, other)			
Fruits	5 cups/week* (1 cup daily minimum)	5 cups/week* (1 cup daily minimum)	5 cups/week* (1 cup daily minimum)
Grains / Breads -minimum -At least half whole grain beginning School Year 2013-14	7 oz equivalent/week (1 oz daily minimum)	8 oz equivalent/week (1 oz daily minimum)	9 oz equivalent/week (1 oz daily minimum)

-All whole grain beginning School Year 2014-2015			
Minimum – Maximum Calories (kcal) Weekly average	350 – 500	400 – 550	450 - 600
Saturated Fat (% of total calories) Weekly average	<10%	<10%	<10%
Sodium** Weekly average	≤ 540 mg*	≤ 600 mg*	≤ 640 mg*
Trans Fat	0 grams/serving	0 grams/serving	0 grams/serving
*Effective School Year 2014-15 **Increasingly restrictive targets in School Year 2017-18 and School Year 2022-23			

Per the NSLP guidelines, SCPS commits to the following:

A. Meals served through the National School Lunch and Breakfast Programs will:

be appealing and attractive to children; be served in clean and pleasant settings;

meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;

offer a variety of fruits and vegetables;²

serve only low-fat (1%) and fat-free milk³ and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and

ensure that half of the served grains are whole grain.

Schools should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials.

B. **Breakfast.** To ensure that all children have breakfast, in order to meet their nutritional needs and enhance their ability to learn: Schools will, to the extent possible, operate the School Breakfast Program.

Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, “grab-and-go” breakfast, or breakfast during morning break or recess.

Schools that serve breakfast to students will notify parents and students

of the availability of the School Breakfast Program.

- C. **Community Eligibility Provision (CEP) Program**. Schools will make every effort to eliminate any social stigma attached to free and reduced-priced meals. Toward this end, the division will operate the Community Eligibility Provision (CEP) Program. All students currently enrolled in any Sussex County Public School are eligible to receive a healthy breakfast and lunch at no charge. Students will be required to pay cash for additional items.

D. **Meal Times and Scheduling**.

Schools:

will provide students with scheduled time to eat after sitting down for breakfast and lunch;

should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat lunch or breakfast during such activities;

will schedule lunch periods to follow recess periods in elementary schools;

will provide students access to hand washing or hand sanitizing before they eat meals or snacks.

- E. **Water**. To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus. The division will make drinking water available where school meals are served during mealtimes. All water sources and containers will be maintained on a regular basis to ensure good hygiene standards. Such sources and containers may include drinking fountains, water jugs, hydration stations, water jets, and other methods for delivering drinking water.

- F. **Qualifications of School Food Service Staff**. Qualified nutrition professionals will administer the school meal programs. As part of the school division's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.⁶

- G. **Sharing of Foods and Beverages**. Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

A notice of this policy will be shared with parents at the beginning of each school year. It will also be posted on the School Division's website under School Nutrition Services.

- H. **USDA Smart Snacks in Schools (Effective July 1, 2014).** The Division is committed to ensuring that all foods and beverages available to students during the school day support healthy eating. 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 on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, and snack or food carts.

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. A summary of the USDA Smart Snack Guidelines is outlined below:

Smart Snack Guidelines.

Nutrition Standards for Foods (per item as packaged or served)

Any food sold on the school campus, during the school day must:

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

* Effective July 1, 2016, foods may not qualify using the 10% DV criteria.

Foods must also meet all of the specific nutrient standards (with accompaniments):

Calorie limits

Entrée items: ≤ 350 calories

Snack/side items: ≤ 200 calories

Sodium limits

Entrée items: ≤ 480 mg

Snack/side items: ≤ 230 mg**

Fat limits

Total fat: ≤ 35% of total calories

- Exemptions: Reduced fat cheese (including part skim mozzarella), nuts and seeds and nut/seed butters, dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats, seafood with no added fat

Saturated fat: < 10% of total calories

- Exemptions: Reduced fat cheese (including part skim mozzarella), nuts and seeds and nut/seed butters, dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats

Trans fat: zero grams (<0.5g)

Sugar limit

Total sugar: $\leq 35\%$ of weight from total sugars

- Exemptions: Dried/dehydrated fruits or vegetables with no added nutritive sweeteners, dried fruits with nutritive sweeteners for processing and/or palatability, products consisting of only exempt dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats

** Effective July 1, 2016, snack/side items must contain ≤ 200 mg sodium.

Exemptions from meeting all nutrient standards:

- Fresh, frozen, and canned fruits and vegetables with no added ingredients except water; or in the case of fruit, packed in 100% juice, extra light, or light syrup
- Canned vegetables that contain a small amount of sugar for processing purposes
- Entrée items offered as part of the lunch program or breakfast program on the day of service or the day after service (Entrée item is a combination food of Meat/Meat Alternative and Grain, or combination of Meat/Meat Alternative and Fruit or Vegetable, or a Meat/Meat Alternative served alone.)
- Sugar-free chewing gum

Beverage Guidelines.

Category	Elem	Middle	High
Plain or Carbonated Water	Any size	Any size	Any size
Low Fat Milk (1%), Unflavored	$\leq 8\text{oz}$	$\leq 12\text{oz}$	$\leq 12\text{oz}$
Non Fat Milk (Skim), Flavored or Unflavored*	$\leq 8\text{oz}$	$\leq 12\text{oz}$	$\leq 12\text{oz}$
100% Fruit or Vegetable Juice (plain or carbonated) with no added sweeteners	$\leq 8\text{oz}$	$\leq 12\text{oz}$	$\leq 12\text{oz}$
100% Fruit or Vegetable Juice, Diluted with Water (plain or carbonated) with no added sweeteners	$\leq 8\text{oz}$	$\leq 12\text{oz}$	$\leq 12\text{oz}$

**including nutritionally equivalent milk alternatives as permitted by the school meal requirements.*

Fundraising Activities. To support children's health and school nutrition-education efforts, school administrators and school based wellness councils will discourage the use of school fundraising activities that involve food or, if such a fundraiser is held, ensure that at least half of the foods sold meet the above nutrition and portion size standards for foods and beverages sold individually. School fundraisers involving food should highlight the idea that healthy foods can taste good.

Additionally, schools should encourage fundraising activities that promote physical activity (such as walk-a-thons, Jump Rope For Heart, fun runs, etc.) The school division will make available a list of ideas for acceptable fundraising activities.

School based wellness councils will provide guidance to school administrators on fundraising activities that are not food based. All fundraising activities must be approved by the school's principal.

After school Snacks. The School Division will encourage its partners that conduct after school programs, to offer snacks that will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. The School Division will also encourage its community partners that donate snacks to SCPS after school programs to donate snacks that will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage.

Rewards. Schools will not use foods or beverages, that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior,¹⁰ and will not withhold food or beverages (including food served through school meals) as a punishment.

Celebrations. Schools will eliminate celebrations that involve food during the school day. Some alternatives can include:

- Craft or gift making

- Reading a special story (Parent/guardian comes into classroom and reads their child's favorite book)

- Extra recess

- Physical activity party (like a class zumba party, dance party, field day party, etc.)

- *Additional links in appendix

School-sponsored Events. Foods and beverages offered or sold at school-sponsored events outside the school day will strive to meet the nutrition standards for meals or for foods and beverages sold individually by offering a healthy option.

III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Information will be disseminated through backpack letters, parent link and website. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff and teachers, parents, students, and the community.

Nutrition Education. Sussex County Public Schools aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program 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 classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;

- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;

- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;

emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);

links with school meal programs, other school foods, and nutrition-related community services;

teaches media literacy with an emphasis on food marketing; and

includes training for teachers and other staff.

Nutrition Promotion. The division will promote healthy food and beverage choices for all students by implementing Smarter Lunchroom techniques¹¹. Individual schools will implement at least five of the following techniques but not limited to:

- Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans)
- 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 staff 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
- Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas
- A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.)
- 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
- Announcements may be used to promote and market menu options

Integrating Physical Activity into the Classroom Setting. For students to receive the nationally-recommended amount of daily physical activity (*i.e.*, at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;

opportunities for physical activity will be incorporated into other subject lessons; and

classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Communications with Parents. The division/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The division/school will offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The division/school will provide parents a list of foods that meet the division's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities.

In addition, the division/school will provide opportunities for parents to share their healthy food practices with others in the school community.

The division/school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

Healthy food promotion in Schools. The division is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The division strives to teach students how to make informed choices about nutrition, health, and physical activity. These efforts will be weakened if students are subjected to advertising on division property that contains messages inconsistent with the health information the division is imparting through nutrition education and health promotion efforts. It is the intent of the Division to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the division's wellness policy.

If and when school-based marketing is permitted it will be reasonably consistent with nutrition education and health promotion. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

IV. Physical Activity Opportunities and Physical Education

Children and adolescents should participate in 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive, school-based physical activity program (CSPAP) that includes these components: physical education, recess, classroom-based physical activity, walk and bicycle to school, and out-of-school time activities. The division is committed to make every effort to safely and reasonably provide these opportunities for physical activity. Schools should ensure that these varied opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection).

To the extent practicable, the Division will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The Division will conduct necessary inspections and repairs to its grounds, facilities, and equipment to ensure that it is available for students to use.

Physical Education and Activity (P.E.) K-12. In accordance with the Standards of Quality, § 22.1-253.13:1 (D) of the Code of Virginia: Local school divisions shall implement a program of physical fitness available to all students with a goal of at least 150 minutes per week on average during the regular school year. Such programs may include any combination of (i) physical education classes, (ii) extracurricular athletics, or (iii) other programs and physical activities deemed appropriate by the local school board. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

Daily Recess. All elementary school students will have at least 30 minutes a day of supervised recess, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Outdoor Recess. Daily recess should be held outdoors when weather is feasible for outdoor play. Students will be allowed outside for recess except when outdoor temperature is above 35°F or below 95°F, inclusive of wind chill factors and extreme weather conditions including, storms with lightening or thunder and high levels of humidity. It is at the discretion of the building administrator based on his/her best judgment of safety conditions to determine when recess cannot be held outdoors.

In the event that the school or division must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students. Each school will maintain and enforce its own indoor recess guidelines.

Recess will complement, not be a substitute for physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

Physical Activity Breaks. Schools should discourage extended periods (*i.e.*, periods of two or more hours) of inactivity whenever possible. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active. The division will provide resources and links to resources, tools, and technology with ideas for physical activity breaks.

Active Academics. 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.

The division will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

Physical Activity Opportunities Before and After School. All elementary, middle, and high schools will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools, and middle schools as appropriate, will offer interscholastic sports programs if funding allows. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

After-school child care and enrichment programs sponsored by the school division will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

Students, their families and community groups who wish to use school facilities for physical activity shall secure the appropriate approval from Sussex County Public Schools Facility Services.

Physical Activity and Punishment. Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) as a punishment. Teachers will be encouraged not to withhold opportunities (e.g., recess, physical education) for physical activity as punishment. The division will provide teachers and other school staff with a [list of ideas](#) for alternative ways to discipline students.

Active Transport. The Division will support active transport to and from school, such as walking or biking. To the extent possible, the division will encourage active transport by supporting and promoting the activities below; including but not limited to:

- Designation of safe or preferred routes to school

- Promotional activities such as participation in International Walk to School Week, National Walk and Bike to School Week

- Secure storage facilities for bicycles and helmets (e.g., shed, cage, fenced area)

- Instruction on walking/bicycling safety provided to students

- Promotion of safe routes program to students, staff, and parents via newsletters, websites, local newspaper

- Placing crossing guards when feasible

- Ensuring that crosswalks exist on streets leading to schools

- Walking school buses Documentation of number of children walking and or biking to and from school

- Creation and distribution of maps of school environment (e.g., sidewalks, crosswalks, roads, pathways, bike racks, etc.)

The division will support parent and student groups to assess walking and biking access to their school and apply for funding to improve access.

VI. Other Activities that Promote Student Wellness

The division will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. The Division will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

Community Partnerships. The division will enhance relationships with community partners (i.e. hospitals, universities/colleges, local businesses, etc.) in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

Community Health Promotion and Engagement. The division will promote to SCPS parents/caregivers and families the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

As described in the "Community Involvement, Outreach, and Communications" subsection, the Division will use electronic mechanisms (such as email or displaying notices on the division's website), as well as non-electronic mechanisms, (such as newsletters, presentations to parents, or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

Staff Wellness. Sussex County Public Schools highly values the health and well-being of every staff member. An SCPS Wellness Committee (established by the Risk Manager) will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The Committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. The Wellness Committee should distribute its plan to the SCPS DWC annually.

The Committee will work with the Employee Wellness Coordinator to ensure that programs are in line with the overall strategic plan of the Wellness-Fitness Program. Each school will have a designated Wellness Champion (as determined by individual school administration) that will work with the Employee Wellness Coordinator to help promote employee wellness initiatives through the program. Wellness Champions may also, if they wish, be part of their school/department Wellness Council.

Professional Learning. When feasible, the division will offer professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help division staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing division reform or academic improvement plans/efforts.

VI. Implementation, Monitoring and Policy Review

Implementation Plan. The DWC will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions, and timelines for activities, and includes information about who will be responsible to make what change, by how much, where, and when, as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education, and other school-based activities that promote student wellness.

Community Involvement, Outreach, and Communications. The division is committed to being responsive to community input, which begins with awareness of the wellness policy. The division will actively communicate ways in which representatives of the DWC and others can participate in the development, implementation, and periodic review and updating of the wellness policy through a variety of means appropriate for the division. The division will also 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 compliance with Smart Snacks in School nutrition standards. The division will use electronic mechanisms, such as email or displaying notices on the division's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The division will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the division and individual schools are communicating other important school information with parents.

The division will actively notify the public about the content of or any updates to the wellness policy. The division will also use these mechanisms to inform the community about the availability of triennial reports. Schools should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful and appealing food choices.

Monitoring. The superintendent or designee (Director of Instruction) will ensure compliance with established division-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school division superintendent, the Director of Instruction, and/or their immediate supervisor.

School food service staff, at the school will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Nutritional Services Dietary Manager. The Nutritional Services Dietary Manager will report on compliance matters to the Director of Instruction.

The Superintendent or designee, will develop a summary report every three years on division-wide compliance with the division's established nutrition and physical activity wellness policies, based on input from schools within the division. That report will be provided to the school board and also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the division. The division will actively inform the community about the policy every three years.

Policy Review.

Assessments of schools' existing nutrition and physical activity environments and practices will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school division will review its nutrition and physical activity policies, its provision of an environment that supports healthy eating and physical activity and its nutrition and physical education policies and program elements. The division, and individual schools within the division, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

VI. Resources for Local School Wellness Policies on Nutrition and Physical Activity

Crosscutting:

School Health Index, Centers for Disease Control and Prevention,
<<http://apps.nccd.cdc.gov/shi/>>

Local Wellness Policy website, U.S. Department of Agriculture,
<<http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>>

Fit, Healthy, and Ready to Learn: a School Health Policy Guide, National Association of State Boards of Education,
<www.nasbe.org/HealthySchools/fithealthy.mgi>

Preventing Childhood Obesity: Health in the Balance, the Institute of Medicine of the National Academies, <www.iom.edu/report.asp?id=22596>

The Learning Connection: The Value of Improving Nutrition and Physical Activity in Our Schools, Action for Healthy Kids,
<www.actionforhealthykids.org/docs/specialreports/LC%20Color%20_120204_final.pdf>

Ten Strategies for Promoting Physical Activity, Healthy Eating, and a Tobacco-free Lifestyle through School Health Programs, Centers for Disease Control and Prevention, <www.cdc.gov/healthyyouth/publications/pdf/ten_strategies.pdf>

Health, Mental Health, and Safety Guidelines for Schools, American Academy of Pediatrics and National Association of School Nurses,
<<http://www.nationalguidelines.org>>

Cardiovascular Health Promotion in Schools, American Heart Association [link to pdf]

School Health Councils:

Promoting Healthy Youth, Schools and Communities: A Guide to Community-School Health Councils, American Cancer Society [link to PDF]

Effective School Health Advisory Councils: Moving from Policy to Action, Public Schools of North Carolina,
<www.nchealthyschools.org/nchealthyschools/htdocs/SHAC_manual.pdf>

Nutrition:

General Resources on Nutrition

Making it Happen: School Nutrition Success Stories, Centers for Disease Control and Prevention, U.S. Department of Agriculture, and U.S. Department of Education,
<<http://www.cdc.gov/HealthyYouth/nutrition/Making-It-Happen/>>

Changing the Scene: Improving the School Nutrition Environment Toolkit, U.S. Department of Agriculture,
<www.fns.usda.gov/tn/Healthy/changing.html>

Dietary Guidelines for Americans 2005, U.S. Department of Health and Human Services and U.S. Department of Agriculture,
<www.health.gov/dietaryguidelines/dga2005/document/>

Guidelines for School Health Programs to Promote Lifelong Healthy Eating, Centers for Disease Control and Prevention,
<www.cdc.gov/mmwr/pdf/rr/rr4509.pdf>

Healthy Food Policy Resource Guide, California School Boards Association and California Project LEAN, <www.csba.org/ps/hf.htm>

Diet and Oral Health, American Dental Association,
<<http://www.ada.org/public/topics/diet.asp>>

School Meals

Healthy School Meals Resource System, U.S. Department of Agriculture,
<<http://schoolmeals.nal.usda.gov/>>

School Nutrition Dietary Assessment Study–II, a U.S. Department of Agriculture study of the foods served in the National School Lunch Program and the School Breakfast Program,
<www.cspinet.org/nutritionpolicy/SNDAllfind.pdf>

Local Support for Nutrition Integrity in Schools, American Dietetic Association, <www.eatright.org/Member/Files/Local.pdf>

Nutrition Services: an Essential Component of Comprehensive Health Programs, American Dietetic Association,
<www.eatright.org/Public/NutritionInformation/92_8243.cfm>

HealthierUS School Challenge, U.S. Department of Agriculture,
<www.fns.usda.gov/tn/HealthierUS/index.htm>

Breakfast for Learning, Food Research and Action Center,
<www.frac.org/pdf/breakfastforlearning.PDF>

School Breakfast Scorecard, Food Research and Action Center,
<www.frac.org/School_Breakfast_Report/2004/>

Arkansas Child Health Advisory Committee Recommendations [includes recommendation for professional development for child nutrition professionals in schools],
<www.healthylarkansas.com/advisory_committee/pdf/final_recommendations.pdf>

Meal Times and Scheduling

Eating at School: A Summary of NFSMI Research on Time Required by Students to Eat Lunch, National Food Service Management Institute (NFSMI) [Attach PDF file]

- *Relationships of Meal and Recess Schedules to Plate Waste in Elementary Schools*, National Food Service Management Institute,
<www.nfsmi.org/Information/Newsletters/insight24.pdf>

Nutrition Standards for Foods and Beverages Sold Individually

Recommendations for Competitive Foods Standards (a report by the National Consensus Panel on School Nutrition), California Center for Public Health Advocacy,
<www.publichealthadvocacy.org/school_food_standards/school_food_standards/Nutrition%20Standards%20Report%20-%20Final.pdf>

State policies for competitive foods in schools, U.S. Department of Agriculture,
<www.fns.usda.gov/cnd/Lunch/CompetitiveFoods/state_policies_2002.htm>

Nutrition Integrity in Schools, (forthcoming), National Alliance for Nutrition and Activity

School Foods Tool Kit, Center for Science in the Public Interest,
<www.cspinet.org/schoolfood/>

Foods Sold in Competition with USDA School Meal Programs (a report to Congress), U.S. Department of Agriculture,
<www.cspinet.org/nutritionpolicy/Foods_Sold_in_Competition_with_USDA_School_Meal_Programs.pdf>

FAQ on School Pouring Rights Contracts, American Dental Association,
<http://www.ada.org/public/topics/softdrink_faq.asp>

Fruit and Vegetable Promotion in Schools

Fruits and Vegetables Galore: Helping Kids Eat More, U.S. Department of Agriculture, <www.fns.usda.gov/tn/Resources/fv_galore.html>

School Foodservice Guide: Successful Implementation Models for Increased Fruit and Vegetable Consumption, Produce for Better Health Foundation. Order on-line for \$29.95 at <www.shop5aday.com/acatalog/School_Food_Service_Guide.html>.

School Foodservice Guide: Promotions, Activities, and Resources to Increase Fruit and Vegetable Consumption, Produce for Better Health Foundation. Order on-line for \$9.95 at <www.shop5aday.com/acatalog/School_Food_Service_Guide.html>

National Farm-to-School Program website, hosted by the Center for Food and Justice, <www.farmtoschool.org>

Fruit and Vegetable Snack Program Resource Center, hosted by United Fresh Fruit and Vegetable Association, <<http://www.uffva.org/fvpilotprogram.htm>>

Produce for Better Health Foundation website has downloadable fruit and vegetable curricula, research, activity sheets, and more at <www.5aday.org>

Fundraising Activities

Creative Financing and Fun Fundraising, Shasta County Public Health, <www.co.shasta.ca.us/Departments/PublicHealth/CommunityHealth/projlean/fundraiser1.pdf>

Guide to Healthy School Fundraising, Action for Healthy Kids of Alabama, <www.actionforhealthykids.org/AFHK/team_center/team_resources/AL/N&PA%2031%20-%20Fundraising.pdf>

Snacks

Healthy School Snacks, (forthcoming), Center for Science in the Public Interest

Materials to Assist After-school and Summer Programs and Homeless Shelters in Using the Child Nutrition Programs (website), Food Research and Action Center, <www.frac.org/html/building_blocks/afterschsummertoc.html>

Rewards

Constructive Classroom Rewards, Center for Science in the Public Interest,
<www.cspinet.org/nutritionpolicy/constructive_rewards.pdf>

Alternatives to Using Food as a Reward, Michigan State University
Extension, <www.tn.fcs.msue.msu.edu/foodrewards.pdf>

*Prohibition against Denying Meals and Milk to Children as a Disciplinary
Action*, U.S. Department of Agriculture Food and Nutrition Service [Link to
PDF]

Celebrations

Guide to Healthy School Parties, Action for Healthy Kids of Alabama,
<www.actionforhealthykids.org/AFHK/team_center/team_resources/AL/N&PA%2032%20-%20parties.pdf>

Classroom Party Ideas, University of California Cooperative Extension
Ventura County and California Children's 5 A Day Power Play! Campaign,
<<http://ucce.ucdavis.edu/files/filelibrary/2372/15801.pdf>>

Ideas for Parents: Non-food Ideas for Birthday Celebrations at School,
<http://www.conejousd.org/Portals/61/ChildNutrition/Docs/NonFoodCelebrations.pdf>

Healthy School Celebrations
http://cspinet.org/new/pdf/healthy_school_celebrations.pdf

Nutrition and Physical Activity Promotion and Food Marketing:

Health Education

National Health Education Standards, American Association for Health
Education, <http://www.aahperd.org/aahe/pdf_files/standards.pdf>

Nutrition Education and Promotion

U.S. Department of Agriculture Team Nutrition website (lists nutrition
education curricula and links to them),
<www.fns.usda.gov/tn/Educators/index.htm>

*The Power of Choice: Helping Youth Make Healthy Eating and Fitness
Decisions*, U.S. Food and Drug Administration and U.S. Department of
Agriculture's Food and Nutrition Service,
<www.fns.usda.gov/tn/resources/power_of_choice.html>

Nutrition Education Resources and Programs Designed for Adolescents,
compiled by the American Dietetic Association,
<www.eatright.org/Public/index_19218.cfm>

Integrating Physical Activity into the Classroom Setting

Brain Breaks, Michigan Department of Education,
<www.emc.cmich.edu/brainbreaks>

Energizers, East Carolina University, <www.ncpe4me.com/energizers.html>

GoNoodle, Health Teacher Inc., www.gonoodle.com

Food Marketing to Children

Pestering Parents: How Food Companies Market Obesity to Children, Center for Science in the Public Interest, <www.cspinet.org/pesteringparents>

Review of Research on the Effects of Food Promotion to Children, United Kingdom Food Standards Agency,
<www.foodstandards.gov.uk/multimedia/pdfs/foodpromotiontochildren1.pdf>

Marketing Food to Children (a report on ways that different countries regulate food marketing to children [including marketing in schools]), World Health Organization (WHO),
<<http://whqlibdoc.who.int/publications/2004/9241591579.pdf>>

Guidelines for Responsible Food Marketing to Children, Center for Science in the Public Interest, <<http://cspinet.org/marketingguidelines.pdf>>

Commercial Activities in Schools, U.S. General Accounting Office,
<www.gao.gov/new.items/d04810.pdf>

Eating Disorders

Academy for Eating Disorders, <www.aedweb.org>

National Eating Disorders Association, <www.nationaleatingdisorders.org>

Eating Disorders Coalition, <www.eatingdisorderscoalition.org>

Staff Wellness

School Staff Wellness, National Association of State Boards of Education
[link to pdf]

Healthy Workforce 2010: An Essential Health Promotion Sourcebook for Employers, Large and Small, Partnership for Prevention,
<www.prevent.org/publications/Healthy_Workforce_2010.pdf>

Well Workplace Workbook: A Guide to Developing Your Worksite Wellness Program, Wellness Councils of America,
<www.welcoa.org/wellworkplace/index.php?category=7>

Protecting Our Assets: Promoting and Preserving School Employee Wellness, (forthcoming), Directors of Health Promotion and Education (DHPE)

Physical Activity Opportunities and Physical Education:

General Resources on Physical Activity

Guidelines for School and Community Programs to Promote Lifelong Physical Activity among Young People, Centers for Disease Control and Prevention,
<www.cdc.gov/mmwr/preview/mmwrhtml/00046823.htm>

Healthy People 2010: Physical Activity and Fitness, Centers for Disease Control and Prevention and President's Council on Physical Fitness and Sports,
<www.healthypeople.gov/document/HTML/Volume2/22Physical.htm#_Toc490380803>

Physical Fitness and Activity in Schools, American Academy of Pediatrics,
<<http://pediatrics.aappublications.org/cgi/reprint/105/5/1156>>

Physical Education

Opportunity to Learn: Standards for Elementary Physical Education, National Association for Sport and Physical Education. Order on-line for \$7.00 at
<<http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=368§ion=5>>

Opportunity to Learn: Standards for Middle School Physical Education. National Association for Sport and Physical Education. Order on-line for \$7.00 at
<<http://member.aahperd.org/Template.cfm?template=ProductDisplay.cfm&productid=726§ion=5>>

Opportunity to Learn: Standards for High School Physical Education, National Association for Sport and Physical Education. Order on-line for \$7.00 at
<<http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=727§ion=5>>

Substitution for Instructional Physical Education Programs, National Association for Sport and Physical Education,
<www.aahperd.org/naspe/pdf_files/pos_papers/substitution.pdf>

Blueprint for Change, Our Nation's Broken Physical Education System: Why It Needs to be Fixed, and How We Can Do It Together, PE4life,
<www.pe4life.org/articles/blueprint2004.pdf>

Recess

Recess in Elementary Schools, National Association for Sport and Physical Education, <www.aahperd.org/naspe/pdf_files/pos_papers/current_res.pdf>

Recess Before Lunch Policy: Kids Play and then Eat, Montana Team Nutrition, <www.opi.state.mt.us/schoolfood/recessBL.html>

Relationships of Meal and Recess Schedules to Plate Waste in Elementary Schools, National Food Service Management Institute,
<www.nfsmi.org/Information/Newsletters/insight24.pdf>

The American Association for the Child's Right to Play,
<<http://www.ipausa.org/recess.htm>>

Physical Activity Opportunities Before and After School

Guidelines for After School Physical Activity and Intramural Sport Programs, National Association for Sport and Physical Education,
<www.aahperd.org/naspe/pdf_files/pos_papers/intramural_guidelines.pdf>

The Case for High School Activities, National Federation of State High School Associations,
<www.nfhs.org/scriptcontent/va_custom/vimdisplays/contentpagedisplay.cfm?content_id=71>

Rights and Responsibilities of Interscholastic Athletes, National Association for Sport and Physical Education,
<www.aahperd.org/naspe/pdf_files/pos_papers/RightandResponsibilities.pdf>

Safe Routes to School

Safe Routes to Schools Tool Kit, National Highway Traffic Safety Administration,
<www.nhtsa.dot.gov/people/injury/pedbimot/bike/saferouteshtml/>

KidsWalk to School Program, Centers for Disease Control and Prevention,
<www.cdc.gov/nccdphp/dnpa/kidswalk/>

Walkability Check List, Pedestrian and Bicycle Information Center,
Partnership for a Walkable America, U.S. Department of Transportation, and
U.S. Environmental Protection Agency,
<www.walkinginfo.org/walkingchecklist.htm>

Monitoring and Policy Review:

School Health Index, Centers for Disease Control and Prevention (CDC),
<<http://apps.nccd.cdc.gov/shi/>>

Changing the Scene: Improving the School Nutrition Environment Toolkit, U.S.
Department of Agriculture, <www.fns.usda.gov/tn/Healthy/changing.html>

*Criteria for Evaluating School-Based Approaches to Increasing Good Nutrition
and Physical Activity*, Action for Healthy Kids,
<www.actionforhealthykids.org/docs/specialreports/report_small.pdf>

Opportunity to Learn: Standards for Elementary Physical Education, National
Association for Sport and Physical Education. Order on-line for \$7.00 at
<<http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=368§ion=5>>

Opportunity to Learn: Standards for Middle School Physical Education. National
Association for Sport and Physical Education. Order on-line for \$7.00 at
<<http://member.aahperd.org/Template.cfm?template=ProductDisplay.cfm&Productid=726§ion=5>>

Opportunity to Learn: Standards for High School Physical Education. National
Association for Sport and Physical Education. Order on-line for \$7.00 at
<<http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=727§ion=5>>