

CLAYMONT WELLNESS POLICY

As required by law, the Board of Education establishes the following wellness policy for the Claymont City School District.

The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the District's students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks, supporting the development of good eating habits, and promoting increased physical activity both in and out of school.

The Board, however believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The Board sets the following goals in an effort to enable students to establish good health and nutrition habits:

NUTIRTION EDUCATION

A: With regard to nutrition education, the District shall:

- Include nutrition education in the Health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.
- Include nutrition education in the sequential, comprehensive Health curriculum in accordance with the curriculum standards and benchmarks established by the State.
- Include nutrition education posters displayed in the cafeteria.
- Include nutrition education to reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercised in ways that are age-appropriate.
- Nutrition education standards and benchmarks to promote the benefits of a balanced diet that includes fruits, vegetables, whole grain products, and low-fat dairy products.

PHYSICAL EDUCATON

B. With regard to physical education, the District shall encourage:

- A sequential, comprehensive physical education program provided for students in K-12 in accordance with standards and benchmarks established by the State.
- A sequential, comprehensive physical education curriculum to provide students with opportunities to learn, practice, and be assessed on developmentally appropriate

knowledge, attitudes, and skills necessary to engage in lifelong, health-enhancing physical activity.

- Planned instruction in physical education to teach cooperation, fair play, and responsible participation.
- Planned instruction in physical education to cooperative gender and cultural differences.

PHYSICAL ACTIVITY

C. With regard to physical activity, the district shall have:

- Schools encourage families to provide physical activity outside the regular school day, such as outdoor play at home, participation in sports sponsored by community agencies or organizations, and in lifelong physical activities like bowling, swimming, or tennis.
- The schools provide information to families to encourage them in their efforts to incorporate physical activity in their children's daily lives.

NUTRITION GUIDELINES FOR ALL FOODS AVAILABLE ON CAMPUS DURING THE SCHOOL DAY

D. With regard to other school-based environment the District shall have:

- The schools provide at least twenty (20) minutes daily for students to eat.
- The schools schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.
- The school provide attractive, clean environments in which the students eat.

E. Furthermore, with the objectives of enhancing student health and well-being, and reducing childhood obesity, the following guidelines are established:

- In accordance with Policy 8500, entitled Food Services, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as to the fiscal management of the program.
- As set forth in Policy 8531, entitled Free and Reduced Priced Meals, the guidelines for reimbursable school meals meet or exceed the regulations issued by the U.S. Department of Agriculture (USDA).
- The food service program will strive to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of foods with minimal nutritious value.
- The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.

The Board designates the Superintendent, the Building principals as the individuals in charge of operational responsibility for measuring and evaluating the District's implementation and

progress under this policy. The Superintendent will develop administrative guidelines necessary to implement this policy.

The Superintendent shall report on the District's compliance with this policy and the progress toward achieving the goals set forth herein when requested to do so by the Board.

Review of this policy shall occur every three (3) years, by a committee appointed by the Board, consisting of a representative(s) of the Board, the administration, the food service provider, the parents, the students, and the public. The committee shall provide the Board with any recommended changes to this policy.

42 U.S.C. 1651, Sec. 204

42 U.S.C. 1771

BOARD OF EDUCATION OPERATIONS

CLAYMONT CITY SCHOOLS DISTRICT

NEW POLICY SPECIAL UPDATE – MARCH 2015