

DELMAR SCHOOL DISTRICT WELLNESS POLICY

The Delmar Board of Education will comply with relevant law related to wellness as follows:

- The Board confirms that parents, students, representatives of the District's nutrition services staff, school administrators, and the Board itself have been involved in the development of this policy.
- Recognizing that proper nutrition is integral to the wellness and to the education of students, the Board assures that nutritionally balanced reimbursable meals, based on federally approved meal patterns and federal nutrient standards, will be available to all students during the school day.
- The Board supports the belief that foods available and/or sold to students during the school day should promote healthy eating habits and that foods of minimum nutritional value will be excluded during the school day.
- The Board recognizes that nutrition education is an important part of each student's education with the goal of influencing students' behaviors as well as laying a foundation for them to make lifelong, healthy food choices.
- The Board understands that physical education is an important part of each student's education with the goal of influencing students to lead physically active lifestyles.
- The Board recognizes the need to have a health education program for students that emphasizes wellness.

The implementation and evaluation of this wellness policy shall be the collaborative responsibility of the Supervisor of Nutrition Services, the Delmar District Administration, and the members of the Delmar Wellness Center.

A. Nutrition Guidelines

- Reimbursable meal menu offerings will comply with current USDA federal and nutrition goals.
- Efforts will be made to make certain that dining areas are attractive and have adequate space for the seating of students [construction for

a cafeteria addition scheduled for August 2006 with additional seating capacity of 250]

- Efforts will be made to ensure that students have adequate time to eat.
- The sale or distribution of nutrient dense foods (i.e., foods that provide students with calories rich in nutrient content) to students shall be encouraged.
- Foods of minimal nutritional value (e.g., sodas, water ices, chewing gum, candy, etc.) shall not be available to students during the school day.
- Nutrition Services will provide a la carte offerings which reflect goals of reducing fat, sugar, and overall moderation.
- Drinking water shall be available for students at meal times.

B. Nutrition Education Goals

- Nutrition Education shall be an integral part of the Delmar School District's health curriculum from grade six through grade 12 and shall, at a minimum, meet the requirements of the State of Delaware Department of Education.
- As applicable, nutrition education resource information will be promoted and disseminated to heighten student and parent awareness.

C. Physical Activity Goals

- The District will offer physical and health education classes consistent with Delaware standards and Board policies and regulations.
- The District will offer opportunities for physical activity during and/or after the school day.
- The District will provide sufficient space and adequate equipment to meet the Delaware standards for physical education.
- After-school physical activity programs shall include adult supervision by Board- approved staff.
- Efforts will be made to schedule a middle school recess before lunch.

D. Wellness Policy Coordinators

- The Supervisor of Nutrition Services shall act as the Policy Coordinator with respect to the Nutrition Guidelines.
- The Delmar School District Administration in conjunction with the School Administration shall act as the Policy Coordinators with respect to the Nutrition Education Guidelines and Physical Activity Guidelines.

DBOE Approved April 11, 2006