

# Community Education Building

## Wellness Policy

The Community Education Building (CEB) is committed to promoting the Wellness Policy with all school nutrition personnel, teachers, nurses, coaches and other school administrative staff. CEB will work toward expanding awareness about this policy among students, parents, teachers and the community.

### I. GOALS FOR NUTRITION EDUCATION

The CEB aims to teach, model, encourage, and support healthy eating by students and shall support the nutrition education of students to encourage eating behaviors that result in lifelong health. These healthy food choices will help to eliminate barriers to learning associated with improper nutrition and fitness.

#### Healthy food choice themes include:

- Healthy diet
- Healthy breakfast
- Healthy snack
- Knowledge of the informational tool (MyPlate)
- Dietary Guidelines for Americans
- Understanding calories
- Diet and disease
- Food labels
- Serving size
- Proper food safety and sanitation

#### Nutrition Education

The CEB and the schools will collaborate to provide nutrition education that:

- Provides students with the knowledge and skills necessary to promote and protect their health.
- Is integrated into the respective subject areas with the help of credentialed nutrition professionals from DOE and other sources.
- Promotes nutrition awareness throughout the school environment by dissemination resources for nutrition education that can be displayed (i.e. posters in cafeteria, hallways, atrium, classrooms, and at the point of sale).
- Emphasizes caloric balance between food intake and energy expenditure.
- Promotes nutrition awareness to parents and communities through any of the following methods: offering healthy eating seminars, sending nutrition information home, posting nutrition tips on websites, and providing nutrient analysis of school menu.
- Prohibits school-based marketing of food or beverage brands that do not meet USDA Smart Snack Standards.
- Promotes healthy foods, including fruits, vegetables, whole grains and low-fat dairy products.

## **II. GOALS FOR NUTRITION STANDARDS**

The CEB and the schools strongly encourage the sale and distribution of foods and beverages that meet Smart Snack standards for all school functions and activities.

### **A. Nutrition Guidelines for Reimbursable Meals**

All schools within the CEB participate in the USDA Child Nutrition Programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and the At-Risk Dinner Program (CACFP) and Fresh Fruit & Vegetable Program (FFVP). All schools within the CEB are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal Child Nutrition Programs. The following standards will apply:

- 1) All reimbursable meals will meet Federal nutrient standards as required by the US Department of Agriculture (USDA) Child Nutrition Program regulations.
- 2) Menus will comply with the current USDA Dietary Guidelines for nutrition goals when averaged over a school week and portions should be appropriate for each age group. All menus are posted on both CEB and individual school websites.
- 3) In addition, the Community Education Building will:
  - a) Encourage students to select and consume all components of the school meal.
  - b) Provide students with healthy and nutritious foods.
  - c) Support healthy eating through nutrition education by posting at each school site the appropriate meal component for each menu item offered.
  - d) Include foods offered over the course of a school week that emphasize nutrient dense foods and include whole grain products, fiber rich vegetables and fruits.

### **B. Nutrition Standards for Snack and a la Carte Foods**

All foods and beverages available to the students during the school day must meet the USDA's published Smart Snack standards.

The school day, as defined by USDA, is the period from midnight the night before, until 30 minutes after the end of the school day.

The standards apply over the entire school campus, which includes all areas in the CEB that are accessible to students during the school day.

Any snacks available to students during the school day must:

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

### **C. Nutrition Standards for Fundraising and Vending**

- Snack and beverage vending machines intended for staff use will be located in designated staff lounge areas.
- Snacks and beverages sold to students during school hours shall meet the Smart Snack Nutrition standards and will not be sold during breakfast or lunch periods.
- Snacks and beverages occasionally sold after school hours on campus do not have to meet the Smart Snack Nutrition Standards but shall not be sold before time beginning 30 minutes after the scheduled school-end time of the last school to dismiss.
- Schools will promote availability of nutritional snacks at school events after school hours.
- School fundraisers should promote positive health habits such as the sale of non-food and nutritious food items as well as fundraising to support physical activities. The Smart Snack Standards do not apply during non-school hours, on weekends, and off-campus fundraising events.

#### **D. Nutrition Standards for Beverages**

##### **1. All schools may offer:**

- Plain water (with or without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free milk and milk alternatives permitted by the NSLP/NSBP
- Dairy products must be low fat or skim, including but not limited to: chocolate and strawberry flavors, and soy or rice beverages
- 100% fruit or vegetable juice and 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added or artificial sweeteners.

##### **2. Portions**

- K – 5 Grades: 8-ounce portions
- Middle and High school: up to 12-ounce portions
- There is no portion size limit for plain water

##### **3. Additional “no calorie” & “lower calorie” beverage options for high school students**

- No more than 20-ounce portion of:
  - \*Calorie-free, flavored water (with or without carbonation); and
  - \*Other flavored and/or carbonated beverages that are labeled to contain <5 calories per 8 fluid ounces or  $\leq 10$  calories per 20 fluid ounces
- No more than 12-ounce portions of beverages with  $\leq 40$  calories per 8 fluid ounces, or <60 calories per 12 fluid ounces
- Electrolyte replacement beverages with no more than 30 gram of sugar per 12 oz. serving size.

##### **4. Caffeine**

- Foods and beverages provided to elementary and middle school students must be caffeine-free, with the exception of trace amounts of naturally-occurring caffeine substances.

- There are no caffeine restrictions for beverages provided to high school students.

### **III. PHYSICAL EDUCATION AND PHYSICAL ACTIVITY**

1. All students in grades 1 – 12 will participate in a physical education program that is:
  - a. Age-appropriate;
  - b. Taught by a certified physical education teacher;
  - c. In compliance with Delaware standards for physical education and physical education guidelines.
2. The physical education program will:
  - a. Build knowledge and skills for the enjoyment of lifelong fitness through physical activity;
  - b. Create a positive atmosphere for all students to participate in physical activities;
  - c. Enhance skills in leadership, teamwork and self-confidence.
3. Students will not be excluded from participating in physical education classes or opportunities for physical activity for unrelated disciplinary action. Physical activity will not be used as a disciplinary measure.
4. Nutrition education will be integrated into the physical education curriculum.

### **IV. FOOD AND BEVERAGE MARKETING ACTIVITIES**

Marketing activities on any food or beverages that do not meet the Smart Snack nutrition guidelines is strictly prohibited on CEB property. Any products, such as cups, posters, menu board, trashcans, food service equipment, vending machines accessible to students shall not contain graphic marketing depictions of any foods or beverages that do not meet strict nutrition guidelines.

### **V. PROFESSIONAL DEVELOPMENT**

All CEB School Nutrition personnel shall have adequate in-service training in food service operations, Professional development will be provided in the area of food and nutrition. Professional standards for all employees that are regulated by the USDA will be followed.

### **VI. OTHER SCHOOL BASED ACTIVITIES**

1. Students are encouraged to start each day with a healthy breakfast.
2. Meals and snacks will not be used as a punishment for student's behaviors, unless it is detailed in a student's Individualized Education Plan (IEP).
3. The National Association of State Boards recommends a minimum of at least 10 minutes for breakfast and 20 minutes for lunch from the time the student sits down to eat.
4. There should be a minimum of 3 hours not more than 5 hours scheduled between breakfast and lunch periods.
5. Bus schedules and morning breaks should be coordinated to allow students ample time to eat breakfast.
6. The CEB and the schools will collaborate to provide sufficient space and time for meals.
7. Drinking water is available at mealtime for all students and students are permitted access.
8. Students will be encouraged to wash their hands before meals to prevent spread of germs and reduce the risk of illness.

9. Schools will encourage fundraisers that promote positive health habits such as the sale of non-food and nutritious food items as well as fun raising to support physical activities.
10. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food-borne illness in schools.
11. The CEB, school personnel, students, or support groups will not sell food, except those that meets the Smart Snack standards, during school hours.
12. Safety and security of the food, and building access to the school nutrition operations are limited to school nutrition personnel and other authorized personnel.

## **VII. WELLNESS COMMITTEE**

Involvement of parents, students, representatives of school food authority, the school board, school administrators and the public.

- A. The CEB shall assume leadership of the Wellness Committee. The Wellness Committee shall ensure compliance with this Wellness Policy.
- B. Membership of the Wellness Committee: The Wellness Committee shall be comprised of: 1) a member of the CEB school nutrition staff; 2) an administrator from each school, 3) a Wellness Policy Liaison from each school; 4) a school nurse; 5) one or more parents; 6) one or more students; 7) one or more board members; 8) one or more teachers; and 9) one or more members of the general public.
- C. The Wellness Committee shall meet at least two times during the school year to discuss school health, safety policies and programs, Wellness Policy implementation, and the periodic review and update of the CEB Wellness Policy.

## **VIII. MONITORING THE IMPLEMENTATION OF WELLNESS POLICY**

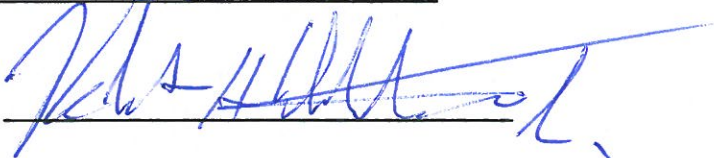
- A. The implementation of the Wellness Policy shall be reviewed and assessed annually by the Wellness Committee.
- B. The Wellness Committee shall conduct a triennial evaluation of the Wellness Policy. Assisting the CEB CEO, Heads of School, and other administrative staff with the integration, management, and supervision of the Wellness Policy.
- C. Each school should appoint a Wellness Policy Liaison to assist in the implementation, coordination and evaluation of the Wellness Policy by:
  1. Ensuring that nutrition instruction and food service present consistent messages.
  2. Facilitating collaboration between the CEB and schools and other agencies and organizations in the community who have an interest in the health and well-being of children.
  3. Participating in the triennial evaluation of the Wellness Policy.

IN WITNESS WHEREOF, the Parties agrees to this Wellness Policy.

**Community Education Building (CEB)**

Name: Robert H Whithead Jr.

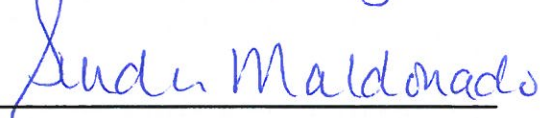
Title: Exec. Chef

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**KUUMBA ACADEMY CHARTER SCHOOL**

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**GREAT OAKS CHARTER SCHOOL**

Name: Nikki Darden

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