

CAPE HENLOPEN SCHOOL DISTRICT  
HEALTH AND WELLNESS PLAN

OVERVIEW/RATIONALE

Cape Henlopen School District (hereto referred to as the District) is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes.

Public Law 111-296, Section 204 requires school districts to include the following areas of focus in the local wellness policy (LWP):

- Establishment of a Health and Wellness committee, that engages parents, students, representatives of District Child Nutrition Services, School Health Services, Board of Education school administrators, and members of the public;
- Superintendent or his/her designee will oversee the implementation, evaluation and reporting of progress toward the goals of the District Health and Wellness Plan;
- Goals for health education, and services, including nutrition education, physical education/physical activity, and other school-based activities;
- Requirements for daily physical activity are to be specified;
- Recess/physical activity recommendations;
- Nutritional guidelines for all food sold on campus; and,
- Assurance that school meals meet USDA regulations.

The Cape Henlopen School District 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. Therefore, it is the plan of the Cape Henlopen School District that:

ACCOUNTABILITY

The Office of the Superintendent or designee is responsible and accountable for implementation, evaluation, and reporting progress on the wellness policy.

WELLNESS COMMITTEE

The school district will convene a representative district wellness committee that meets annually to establish goals for and oversees school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy. The school district will engage students, parents, teachers, food service professionals, health/physical education professionals, school nurses and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.

## IMPLEMENTATION, MONITORING and COMMUNITY ENGAGEMENT

The District will develop and maintain a plan for implementation and coordinate the execution of this wellness policy.

The District will retain records to document compliance with the requirements of the wellness policy at the Cape Henlopen Child Nutrition office. Documentation maintained in this location will include but not be limited to:

The written wellness policy and plan:

- Documentation demonstrating the policy has been made available to the public;
- Documentation of efforts to review and update the local school wellness policy;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school well ness policy;
- Documentation demonstrating compliance with community involvement requirements;
- Documentation of the triennial assessment of the local school wellness policy.

The District must assess the local wellness policy at least every three years and report results to the public. The District will annually inform the public regarding the content of the wellness policy and the individual schools progress in implementing the policy.

## HEALTH EDUCATION

Health Education Standards that establishes a foundation of understanding the relationship between personal behavior and health and will include the following:

1. The District has identified the Superintendent and/or his designee as the district level person to coordinate the district program and a coordinator in each building to assure compliance at the building level.
2. The District has convened persons such as teachers, parents, school nurses, community leaders, guidance counselors, law enforcement officers and others with expertise in the areas of health, family life and safe and drug free schools and communities to serve as members of the Wellness Committee.
3. The use of the state content standards for health education for grades K to 12 to address the core concepts, tobacco, alcohol and other drugs, injury prevention and safety, nutrition and physical activity, family life and sexuality, personal health and wellness, mental health and community and environmental health with minimum hours of instruction as follows:
  - In grades K to 4, a minimum of thirty (30) hours in each grade of comprehensive health education and family life education of which ten (10) hours, in each grade, must address drug and alcohol education.
  - In grades 5 and 6, a minimum of thirty five (35) hours in each grade of comprehensive health education and family life education of which fifteen (15) hours, in each grade, must address drug and alcohol education.
  - In grades 7 and 8, separate from other subject areas, a minimum of sixty (60) hours of comprehensive health education and family life education of which fifteen (15) hours, in

each grade, must address drug and alcohol education. If all of the 60 hours are provided in one year at grade 7 or 8, an additional fifteen hours of drug and alcohol education must be provided in the other grade.

- In grades 9 to 12, one half (1/2) credit of comprehensive health education is required for graduation of which fifteen (15) hours of this 1/2 credit course must address drug and alcohol education. In addition, no less than two (2) hours of this 1/2 credit course shall cover cardiopulmonary resuscitation (CPR) awareness based on current evidence based emergency cardiovascular guidelines, use of an Automated External Defibrillator (AED) as well as a component on the life-saving and life enhancing effects of organ and tissue donation. This 1/2 credit course may be provided in the 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>, or 12<sup>th</sup> grade. In each of the remaining three grades, fifteen (15) hours of drug and alcohol education must be provided for all students.
4. Inclusion of a comprehensive sexuality education and an HIV prevention program that stresses the benefits of abstinence from high risk behaviors.
  5. Inclusion of the core concepts of nutrition and family life and sexuality integrated and implemented through related courses.
  6. Inclusion of research-based fire safety education in grades kindergarten through grade 6.
  7. Inclusion of an evidence-based tobacco, alcohol, drug and interpersonal violence prevention program.
  8. The use of effective instructional methods as demonstrated in sound research in the core concepts and skills inclusive of accessing information, self-management, analyzing internal and external influences.
  9. A description of the method(s) used to implement and evaluate the effectiveness of the program shall be reported upon request of the Department.

It is the intent of the Board of Education that the District's program be designed in response to demonstrated community needs, be based on models that demonstrate evidence of effectiveness, emphasize a positive youth development approach, and respond to district families' needs and preferences. The school health program is designed to incorporate the following:

1. A school environment that is safe, that is physically, socially, and psychologically healthful, and that promotes health-enhancing behaviors;
2. Teaching all students the essential knowledge and skills needed to become health literate, to make health-enhancing choices while avoiding behaviors that can damage their health and wellbeing;
3. A sequential, age-appropriate health education and physical education curriculum provided in kindergarten through grade 12 that is integrated with other areas of study as appropriate and is designed to motivate and help students maintain and improve their health, prevent disease, and avoid health-related risk behaviors;
4. Food services activities that are coordinated with the district's nutrition education curriculum;
5. School health services activities that are designed to ensure access and/or referral to primary health care services, foster appropriate use of health care services, prevent and control communicable disease and other health problems, and provide emergency care for illness or injury;

6. Counseling, psychological, and social services activities that are designed to ensure access and/or referral to assessments, interventions, and other services for student's mental, emotional, and social health; and,
7. Integrated family and community involvement activities that are designed to engage families as active participants in their student's education, that support the ability of families to support students school achievement, and that encourage collaboration with community resources and services to respond more effectively to the health-related needs of students, and opportunities for school staff to improve their health status through activities such as health assessments, health education, health-related fitness, and similar activities.

The superintendent and his/her staff will develop administrative procedures as needed for the implementation of this plan, including specific provisions for the responsibilities of staff under the District's program and for evaluation of each component of the District's health program on an annual basis.

#### PHYSICAL EDUCATION/PHYSICAL ACTIVITY

The School Board recognizes that children and adolescents should participate in at least 60 minutes of moderate to vigorous physical activity every day with the goal of influencing students to adopt a healthy lifestyle. Schools will require all students in grades 1-5 three hundred minutes (300) per week of physical education/physical activity through classroom instruction in Physical Education classroom activity energizer breaks and semi-structured recess. Students in grades 6-8 will receive two hundred twenty five (225) per week of physical education/physical activity (for one semester). Students in grades 9-12 are required to complete the State graduation requirement for Physical Education, per Regulation 503 of one credit, in any grade 9-12. National recommendation for high school students suggest two hundred fifty (250) minutes per week of physical education/physical activity. This includes instruction and practice in basic movement and fine motor skills, progressive physical fitness, and wellness activities through age appropriate activities. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components; quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement and the district is committed to providing these opportunities. Schools will ensure that these varied physical activity opportunities are in addition to and not as a substitute for physical education. To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

Through a formal joint-or-shared-use agreement, indoor and outdoor physical activity facilities and spaces will be open to student, their families, and the community outside of school hours. The District will work with schools to ensure that inventories of physical activity supplies and equipment are known and, when necessary, will work with community partners to ensure sufficient quantities of equipment are available to encourage physical activity for as many students as possible. Students should not be excluded from participating in physical education classes, recess, or physical activity as a consequence for unrelated disciplinary infractions, nor will physical activity be used as a disciplinary measure.

## PHYSICAL EDUCATION REQUIREMENTS

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts discussed in the "Health Education" subsection). The curriculum will support the essential components of physical education and meet the requirements of the national and state and district standards. All students will be provided equal opportunity to participate in physical education classes (State Regulation 503). The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary to meet all student needs. Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.

All physical education teachers will be required to participate in at least a once a year professional development in education.

All physical education classes are taught by licensed teachers who are certified or endorsed to teach physical education classes. Quality physical education programs are designed to meet the needs of all students.

## PHYSICAL FITNESS ASSESSMENT

In compliance with Regulation 503, the District will annually assess the physical fitness of each student in grades 4 and 7, and in grade 9 or 10. A pre and post assessment is required to measure individualized fitness by administering the FitnessGram/Brockport Fitness test.

## RECESS (ELEMENTARY)

All elementary schools will offer at least thirty (30) minutes of recess on all days during the school year. If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built in to the recess transition period/timeframe before students enter the cafeteria.

In addition to required physical education, students at the elementary level will have the opportunity to participate in daily recess and physical activity. Elementary schools will provide daily recess time featuring time for semi-structured and supervised activity. 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.

Students will not be excluded from participating in physical education classes, recess, or opportunities for physical activity as a consequence for unrelated disciplinary infractions, unless deemed necessary by an administrator.

## CLASSROOM PHYSICAL ACTIVITY BREAKS (ELEMENTARY AND SECONDARY)

The District 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. The District recommends teachers provide short physical activity breaks to students during and between classroom times at least three days per week. These physical activity breaks will complement, not substitute for physical education class, recess and class transition periods. These times may be counted in the physical activity time recommended at that grade level.

The District will provide resources and links to resources, tools, and technology with ideas for classroom physical activity breaks. Resources and ideas are available through USDA and the Alliance for a Healthier Generation.

#### CHILD NUTRITION PROGRAMS (REGULATIONS)

The Cape Henlopen School District Child Nutrition Services Department will operate the USDA federal breakfast and lunch program.

As required for participation in the Child Nutrition Programs, the Board of Education prescribes that:

1. School lunch is to be made available to all students.
2. Free and reduced price lunches are to be made available for students who meet the federal income guidelines.
3. In the operation of the Child Nutrition Programs, no child will be discriminated against because of race, sex, color, national origin, age or disability. Discrimination complaints under these programs should be filed with the State Department of Education Child Nutrition Programs.

The Supervisor of Child Nutrition Services is directed to prepare rules and regulations to implement and support this plan, including such provisions as may be necessary to address all food and beverages sold and/or served to students at school, including provisions for staff development, family and community involvement and program evaluation.

#### SCHOOL CAFETERIAS

1. Any student may eat in the school cafeteria or other designated place.
2. Students may bring their own lunch. Milk or other beverages may be purchased in the school cafeteria if desired.
3. Meal prices will be conspicuously posted in each cafeteria.
4. All guests should contact the child nutrition manager/designee at the school site for space availability.
5. Use of dining room facilities by non-district organizations or individuals must have approval of the Supervisor of Child Nutrition Services.
6. The Supervisor of Child Nutrition Services will develop in-service training programs for the child nutrition staff.
7. Qualifications for free and reduced-price meals will vary each year in accordance with the annual income eligibility guidelines.

#### NUTRITIONAL GUIDELINES

The Cape Henlopen School District Board of Education recognizes that childhood obesity has reached epidemic levels throughout the country. Overweight children are at a higher risk for developing severe long-term health problems, and overweight children are affected by discrimination, psychological stress, and low self-esteem. However, research indicates that obesity and subsequent diseases are largely preventable through diet and regular physical activity. Research also indicates that becoming physically active and maintaining a regular physical activity program significantly reduces the risk of some obesity and some cancers, diabetes, and other chronic diseases.

Children who eat well-balanced meals and are healthy are more likely to learn in the classroom. The Board supports increased emphasis on nutrition, health education, and physical activity at all grade levels to enhance the well-being of our district's youth. Therefore, it is the policy of the board to:

1. Provide students access to nutritious food;
2. Provide opportunities for physical activity and developmentally appropriate exercise; and
3. Provide instructional time in health topics.

In order to assist students in establishing sound nutritional habits, to assure that sanitary food practices are maintained, and to preserve a sound financial status in the school nutrition program the Supervisor, Child Nutrition Services is responsible for ensuring that:

1. Nutrition Services will communicate with parents and staff to encourage them to supply healthy snacks, in lieu of sugary snacks, for classroom parties. A list of possible snacks will be supplied to all parents and staff.
2. Samples of nutritious foods, for taste testing, will be provided as time and staffing allows.
3. No food or beverage vending machines will be permitted in school buildings without the permission of the building principal and Supervisor of Child Nutrition.
4. Student vending machines will include only healthy snacks and beverages.
5. Faculty will be encouraged to include healthy snacks and beverages in their vending machine selections.
6. Point-of-decision posters will be displayed in the dining area to encourage healthy eating.

## NUTRITION PROMOTION

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in the school meal programs. This promotion will occur by:

- Implementing evidence-based healthy food promotion techniques through the school meals programs using Smarter Lunchroom techniques; and,
- Ensuring 100% of the foods and beverages sold to students during the school day meet USDA Smart Snacks in School nutrition standards.

All schools within the District will participate in the USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and the Fresh Fruit and Vegetable Program (if eligible). All schools within the District are 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 all 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 encourages non-food options for celebrations and rewards.

- All foods provided for celebrations and rewards are required to be commercially packaged and have food nutrition labels which include nutrient analysis and allergy information. A list of non-food items are available on the school nutrition website and District website.

#### NUTRITION EDUCATION

The District will teach, model, encourage, and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- 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).

#### NUTRITION AND FOOD SERVICES OPERATION

In order to support the school's nutrition and food services operation as an essential partner in the educational mission of the District and its role in the District's comprehensive nutrition program. The building is responsible for ensuring:

1. The school encourages all students to participate in the school's child nutrition program meal opportunities.
2. The school notifies families of need-based programs for free or reduced —price meals and encourages eligible families to apply.
3. The school's child nutrition program maintains the confidentiality of students and families applying for or receiving free or reduced-price meals in accordance with the National School Lunch Act.
4. The school's child nutrition program will meet the minimum federal standards for local school wellness policy implementation under the Healthy, Hunger-Free Kids Act of 2010.
5. Food prices set by the district are communicated to students and parents. District pricing strategies will encourage students to purchase full meals and nutritious items.
6. The District will attempt to provide substitute foods to students with disabilities upon written parental permission and a medical statement by a physician that identifies the student's disability, states why the disability restricts the student's diet, identifies the major life activity



affected by the disability, and states the food(s) to be omitted and the food or choice of foods that must be substituted.

7. Food service equipment and facilities meet applicable local and state standards concerning health, safe food preparation, handling and storage, drinking water, sanitation; and workplace safety.
8. Students are provided adequate time and space to eat meals in a pleasant and safe environment. School dining areas will be reviewed to ensure;
  - Tables and chairs are of the appropriate size for students;
  - Seating is not overcrowded;
  - Students have a relaxed environment;
  - Noise is not allowed to become excessive;
  - Rules for safe behavior are consistently enforced;
  - Tables and floors are cleaned between meal periods; ● The physical structure of the eating area is in good repair; ● Appropriate supervision is provided.

#### STAFF DEVELOPMENT

The Board of Education encourages ongoing in-service and professional development training opportunities for staff, in the area of food nutrition. All child nutrition staff are required to complete 120 hours of training offered through Department of Education and Delaware Technical and Community College. Staff members interested in furthering their education and/or in managerial positions are required to complete an additional 60 hours of training as offered by Delaware Department of Education and Delaware Technical and Community College.

#### FAMILY AND COMMUNITY INVOLVEMENT

In order to promote family and community involvement in supporting and reinforcing nutrition education in the schools, the building principal is responsible for ensuring:

1. Parents are encouraged to send healthy snacks/meals to school.
2. Families are invited to attend exhibitions of student nutrition projects or health fairs.
3. Nutrition education homework that students can do with their families is assigned (e.g., reading and interpreting food labels, reading nutrition-related newsletters, preparing healthy recipes, etc.).

#### PROGRAM EVALUATION

In order to evaluate the effectiveness of the school health program in promoting healthy eating and to implement program changes as necessary to increase its effectiveness, the building principal is responsible for ensuring:

1. Board policy and related regulations are implemented as written;
2. All building, grade-level nutrition education curricula and materials are assessed for accuracy, completeness, balance, and consistency with state and local district educational goals and standards;

3. Nutrition education is provided throughout the student's school years as part of the District's age-appropriate, comprehensive nutrition program;
4. Teachers deliver nutrition, education through age-appropriate, culturally relevant, participatory activities that include social learning strategies and activities; and,
5. Families and community organizations are involved, to the extent practicable, in nutrition education.

The District will coordinate the wellness policy with other aspects of school management, including the District's School Improvement Plan, when appropriate. The District will include any relevant data or statistics from state or local sources supporting the need for establishing and achieving the goals in this policy. (University of Delaware, Delaware Schools Survey and YRBS data)

To have the most positive impact on the health outcomes, the District will continue to work together through a collaborative and comprehensive approach using the Whole School, Whole Community, Whole Child (WSCC) model for greater alignment and integration, between education and health to improve each student's cognitive, physical, social and emotional development.