



Book	Board Policies
Section	200 Pupils
Title	Health and Wellness
Code	210
Status	Active
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The Cape Henlopen School District and Board of Education are committed to providing school environments that promote and protect children's health, well-being and ability to learn by supporting health education regulations, physical activity, and the provision of balanced, healthy meals. The Board charges the Superintendent with establishing procedures to ensure that a District Health and Wellness Plan is implemented in all our District schools.

Following the guidelines set in Public Law 111-296, Section 204, the Board requests the listed areas of focus and guidelines for the District Health and Wellness Plan:

1. 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.
2. The Superintendent or his designee will oversee the implementation, evaluation and reporting of progress toward the goals of the District Health and Wellness Plan.
3. Goals for health education, and services, including nutrition education, physical education/physical activity, and other school-based activities to include standards based Health Education and Physical Education per state regulations.
4. Requirements for daily physical activity are to be specified, which satisfy the following: 300 minutes per week in grades K-5, 225 minutes per week in grades 6-8 (for one semester), and one credit of physical education to be completed in any grade 9-12.
5. Within the 300 minutes per week in grades K-5 will be a 30-minute recess period per day. The District and Board of Education recognizes the importance of physical activity, movement and free-play with young children and therefore strongly recommends that recess for our young children occur before 2:30 p.m., particularly for grades K-2. In addition, students will not be excluded from participating in recess as a consequence for unrelated disciplinary infractions unless deemed necessary by an administrator.
6. Nutritional guidelines for all food sold on campus.
7. Assurance that school meals meet USDA regulations.