

COLONIAL SCHOOL DISTRICT WELLNESS GUIDELINES/PLAN

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Preamble

Colonial School District has a strong history of promoting wellness among its students and is recognized by the United States Department of Agriculture (USDA) as a 2016 Healthier US School Challenge (HUSSC) Gold Award winner. HUSSC is a voluntary certification initiative acknowledging schools that have created a healthier school environment through the promotion of nutrition and physical activity. Policies outlined within this document are intended to maintain our school environment that protects and promotes a student's eating behavior that results in lifelong healthy food choices, encourages regular physical activity, and contributes to positive mental health. Colonial School District believes that in order to provide students with opportunities to achieve personal, academic, and developmental success, we need to create positive, safe, and health-promoting learning environments in every setting throughout the school year. Research indicates that proper nutrition and regular engagement in physical activity strongly correlate with higher student performance and lower absenteeism. Outlined in this document is our three-pronged approach (nutrition, health and physical activity, and social-emotional wellbeing) to student wellness that will help eliminate learning barriers associated with improper nutrition, lack of physical activity, and poor mental health.

The Colonial School District's Wellness Policy outlines the District's approach to ensuring an environment and opportunities for all students to practice healthy behaviors throughout the school day and beyond. Specifically, this policy establishes strategies that ensure:

- Students have access to healthy foods during the school day and nutrition education that helps develop lifelong healthy eating behaviors.
- Students have opportunities to be physically active during school and learn about opportunities beyond the school day that help develop lifelong healthy activity behaviors.
- Students have opportunities to learn healthy social and emotional behaviors that promote lifelong behavior health.
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school.
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy behaviors.

The Colonial School District is committed to the management, oversight, implementation, communication about, and monitoring of the District's Wellness Plan and its established goals and strategies.

Goals for Nutrition

1. All reimbursable breakfast, lunch, supper meals and snacks will meet Federal Nutrition Standards as required by the US. Department of Agriculture (USDA) Child Nutrition Program regulations.
 - a. Yearly, all meals receive six cents extra USDA reimbursement; every 4 years, Colonial will receive HealthierUS School Challenge Gold Award or better; and every three years, successful Dept. of Education (DOE) audits
2. All snacks and beverage items sold anywhere on school campus to students during the school day, including but not limited to, items sold in a la carte lines, vending machines, snack bars, school stores, and fundraising must meet federal standards and/or Smart Snack guidelines.
 - a. All foods sold through school cafes meet federal nutrition guidelines
 - b. Foods sold to students during the school day shall meet Smart Snack guidelines
 - c. The Smart Snack Calculator link will be accessible on the Wellness Policy page of the Nutrition Services website
 - d. It is recommended that school-related activities taking place outside of the school day display information regarding Smart Snack Guidelines and District Wellness Policy
3. Marketing activities of any food or beverages that do not meet Smart Snack nutrition guidelines are strictly prohibited on any property owned, leased, or controlled by the district. The only exception to this rule is if these images are present as a part of the curriculum, they (marketing materials, photos, corporate logos, or other marketing/brand identification images) may be used for educational purposes only.
 - a. The Nutrition Services Department will encourage all products such as cups, posters, menu boards, trashcans, food service equipment, vending machines, etc. to not contain graphic marketing depictions of any foods and beverages that do not meet Smart Snack guidelines.
 - b. The presence of electronic signs and scoreboards that contain a corporate logo that was installed prior to August 2016, may remain in place. When these signs/scoreboards are replaced, the new sign/scoreboards may either contain no marketing message or a message that promotes foods/beverages that meet USDA Smart Snacks guidelines.
4. Discourage outside food coming from home to be used for classroom parties, celebrations, events, and/or rewards for student behavior due to monitoring food allergies, reducing food safety concerns, and consumption of excess calories during the school day to meet Smart Snack guidelines.
 - a. Provide suggestions for and encourage the use of non-food incentives for student behavior.
 - b. Promote the use of Nutrition Services' order forms for classroom parties to ensure compliance with nutrition guidelines and to ensure the safety of students with food allergies.
5. Discourage competitive foods sold to students during scheduled meal times.
 - a. Foods will not be sold to students from school stores, bistros/school-based cafes, and/or school food-based fundraising activities during scheduled meal times.
6. Optimizing scheduling of meals to improve student nutrition.

- a. The Nutrition Services Department will advocate for meal schedules that are at least 3 hours apart and no more than 5 hours.
7. Improve/increase communication and awareness to parents and community members about healthy eating and cooking.
 - a. Messaging and promotions regarding nutrition education and information will be regularly posted on the Nutrition Services website and social media accounts.
 - b. As able, the Nutrition Services Department will attend health fairs and/or school-related events to provide nutrition-related information.

Goals for Health and Physical Activity

1. Physical Education (PE): Students will participate in activities, during and after the school day, that promote lifetime physical fitness.
 - a. Data from the Teaching-Learning Framework will indicate 100% compliance with state and district curriculum standards
 - b. A review of school schedules will indicate 100% compliance with required minutes for health and physical education
 - c. Health and Physical Education staff will learn how to implement Focused Fitness to accommodate fitness testing requirements per Delaware regulations. Parents and the community will be made aware of reporting requirements and how to support the data.
 - d. Comprehensive school discipline plans will not include the use of withheld recess as a punishment. School teams will be trained in appropriate school discipline strategies in conjunction with school climate plans (i.e., Responsive Classroom, etc.)
 - e. Guidance will be created that identifies opportunities to incorporate Nutrition Education into school programming. For example, students in each middle school will participate in programs using Penn Bistro and Penn Farm to reiterate nutrition education. Additionally, elementary schools will establish garden programs in conjunction with Colonial's agriscience program.
 - f. Professional learning opportunities will be made available to all instructional staff regarding the importance of physical activity within academic programs
 - g. Students in each Colonial school will have at least one opportunity to promote lifetime fitness strategies beyond the school day
2. Health Education: Students will participate in activities, during and after the school day, that promote lifetime healthy choices.
 - a. Data from the Teaching-Learning Framework data will indicate 100% compliance with state and district curriculum standards
 - b. A plan will be created that accounts for health education and corresponding topics associated with Delaware's Health Education standards that are addressed in elementary schools.
 - c. All schools will partner with outside agenc(ies) to supplement health education
 - d. Guidance will be created that identifies opportunities to incorporate health education topics into school programming/core-area instructional topics

Goals for Social and Emotional Wellness

1. Colonial School District will institute various opportunities for staff, students, and families to learn about mental health, trauma, and substance abuse issues.
 - a. All schools will have a list of resources to share with parents and students. This information will be posted on the district's Health and Wellness website as well.
 - b. The Division of Health and Wellness will sponsor or promote parent workshops regarding topics related to social, emotional, and behavioral well-being.
 - c. The Division of Health and Wellness will coordinate or promote professional development opportunities related to social, emotional, and behavioral well-being.
 - d. The Colonial School District will promote effective programs/practices (such as Mindfulness Training, Restorative Practices, Responsive Classroom, Conscious Discipline, etc) to support the social, emotional, and behavioral well-being of students and staff.
 - e. The Division of Health and Wellness will facilitate targeted group meetings (i.e. School Counselors, School Nurses, etc) for the purpose of sharing ideas for increased student and staff health consciousness such as mindfulness, yoga, and meditation
 - f. The Division of Health and Wellness will collaborate with schools to address the coordination and collaboration of social, emotional, and behavioral services across grade configurations and across schools.
2. Ensure Colonial School District's behavioral health employees and community partners will utilize social-emotional and mental health screeners to guide interventions and support for students.
 - a. The Division of Health and Wellness will:
 - i. Coordinate training for schools on social-emotional screening processes as well as identified social-emotional screening tools.
 - ii. Ensure schools have access to social-emotional and behavioral data including social-emotional and mental health screeners.
 - iii. Facilitate communication between schools and community partner agencies to support the needs of the students.
 - iv. Create and communicate to teachers "look fors" and when it is appropriate to refer students for screening
3. Collaborate with faith-based organizations, child care, community organizations, and mental health agencies to increase public and professional awareness of resources and treatment strategies to support student wellness needs.
 - a. Maintain a list of faith-based organizations, child care, community organizations, and mental health agencies within the Colonial School District
 - b. Collaborate with other New Castle County districts and agencies on a joint Mental Health Conference
 - c. Collaborate with community organizations to educate the public about the importance of student wellness (awareness) and the resources available in Colonial schools to support student wellness
 - d. Invite local community organizations to participate in Tier 1 training on social-emotional support
4. Ensure all schools have a school-wide approach for positive school culture and tiered support strategies for dealing with challenging classroom and individual behaviors.
 - a. All schools will have a multi-tiered systematic approach to addressing social-emotional learning and behavior.

- b. All schools will have a team to review social-emotional/behavior data to determine interventions and support.
 - c. Schools will ensure all staff are trained in the identified approaches for addressing social-emotional learning and behavior.
 - d. Schools will increase collaboration between behavioral health staff, community partners, and teachers to support the individual social-emotional and behavioral needs of students.
 - e. The Division of Health and Wellness will continue to collaborate with Community Partners to improve communication when a student re-enters a Colonial school.
5. Expand wellness resources across the district.
- a. The Division of Health and Wellness will support the implementation of school-based health centers in all eight elementary schools and at William Penn High School.
 - b. The Division of Health and Wellness will partner with schools to expand and coordinate behavioral health services in all schools

Goals for Communication

1. Build community awareness.
 - a. Colonial School District will maintain a wellness webpage on the Colonial School District website that provides information on nutrition, physical activity, health, and social-emotional wellness.
 - b. Colonial Clippings will include articles focused on health and wellness for students, families, and the community. These articles may focus on strategies to be implemented at home or resources available in Colonial schools.
 - c. Colonial School District will partner with community legislature and community partners to offer a Community Health and Wellness Fair.
2. Advocate for wellness among staff, students, parents, and the community.
 - a. Each school will identify School Wellness Champions
 - to serve on the District Wellness Committee,
 - distribute information,
 - promote wellness,
 - and assist in the implementation of the District Wellness Plan
 - b. Schools will promote activities or events focused on the benefit of healthy choices.
 - c. Schools will promote opportunities for staff health and wellness.
3. Communicate pertinent information to parents
 - a. District and school websites will include the points of contact in the areas of nutrition, physical education and activity, health education, and social-emotional wellness.
 - b. Following completion of Fitnessgram data entry, physical fitness data will be communicated to parents/guardians in Grades 4, 7, and 9 or 10

Wellness Plan Evaluation

1. Ensure the wellness committee is representative of all stakeholders.
 - a. District wellness plan completed by June 30, 2017; revised district policy board approved by June 30, 2017; plan reviewed and revised annually, by August 15th.

2. Goals and strategies for nutrition, health and physical activity, and social-emotional wellness meet SMART goal standards; Strategic and specific, measurable, attainable, results-based, and time-bound.
3. Evaluate wellness plan implementation and progress.
 - a. All schools will participate in the evaluation of the wellness plan through the completion of data collection and completion of online assessments.
4. Publicly report implementation progress
 - a. Wellness committee progress updates will be posted on the Wellness webpage of the Colonial School District website
 - b. School and district evaluation results will be on the wellness webpage of the Colonial School District website annually
 - c. Success stories will be posted on the wellness webpage of the Colonial School District website
 - d. Local and national recognition will be posted on the wellness webpage of the Colonial School District website

Resources

Delaware Department of Education Health/Physical Education Guidance: Delaware Code, Title 14, Regulation Section 501: State Content Standards; Section 502: Alignment of Local School District Curricula to the State Content Standards; Section 503: Instructional Program Requirements (Physical Education); Section 851: Health Education.

Nemours/DuPont Hospital for Children: <https://kidshealth.org>

School Health Assessment and Performance Evaluation System: <https://theshapesystem.com>

Local School Wellness Policy Implementation under the Healthy, Hunger-Free Kids Act of 2010: Final Rule. United States Department of Agriculture; Food and Nutrition Services; Document Number 2016-17230; 7 CFR Parts 210 and 220; pg. 50151-50170. Date: Aug 29, 2016.
<https://www.gpo.gov/fdsys/pkg/FR-2016-07-29/pdf/2016-17230.pdf>

Delaware Department of Education. Health and Nutrition; SNP Wellness Policy.
<https://www.doe.k12.de.us/page/3255>

School Nutrition Environment and Wellness Resources. United States Department of Agriculture; Team Nutrition Website.
<https://healthymeals.fns.usda.gov/local-wellness-policy-resources/schoolnutrition-environment-and-wellness-resources-0>

Alliance's Model Wellness Policy School Wellness Committee Toolkit. Alliance For A Healthier Generation.
<https://www.healthiergeneration.org/takeaction/schools/wellnesscommitteesolicies/>

For more information and resources listed in the above plan, please visit Colonial School District's Nutrition Services Department Website at <http://www.schoolnutritionandfitness.com/index.php?sid=2703121500268035&page=wellnesspolicy>