

HollyDELL Wellness Policy

2017-2018

Agreement Number 01609435

The primary goal of our Nutritional Education Program is to influence students' eating behaviors thereby promoting good health and preventing obesity. This will be accomplished by providing nutrition education within learning activities.

In order to have this carried out in the home, parents will be sent notices explaining the Wellness Policy. Also, school fundraising efforts will be supportive of healthy eating.

HollyDELL Wellness Policy includes 4 basic components:

- I. Nutrition Education Goals
 - a. Provide students with healthy and nutritious foods during snack, meal time, lessons, and related therapy activities.
 - b. Encourage the consumption of fresh fruits and vegetables, low fat milk and whole grains.
 - c. Support healthy eating through nutrition education.
 - d. Encourage students to select and consume all components of the school meal.
 - e. Provide adequate time for student meal consumption.
- II. Nutrition Standards
 - a. All reimbursable meals shall meet federal nutrient standards as required by the United States Department of Agriculture Child Nutrition Program.

*HollyDELL School receives meals from Glassboro School District.
National standards of school lunches are followed by this providing vendor.*
- III. Physical Activity Goals
 - a. Provide students with the opportunity to engage in physical activity during the school day.

- b. Provide weekly Adaptive Physical Education classes.
- c. Encourage students to use HollyDELL playground which is accessible to all individuals.

IV. Other School Based Activities

Birthday parties and other celebrations within curriculum activities during the school day are exempt from the USDA guidelines.

**** This Wellness policy may not apply to medically authorized special needs diets, or for students whose IEP indicates their use for behavior modification.*

Any stakeholders are welcome to provide suggestions/feedback regarding our Wellness Policy.