

HollyDELL Wellness Policy

2018-2019

The HollyDELL Board of Directors recognizes that child and adolescent obesity has reached epidemic levels in the United States and that poor diet combined with the lack of physical activity negatively impacts on students' health, and their ability and motivation to learn. 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 a copy of this Wellness Policy. Also, school fundraising efforts will be supportive of healthy eating. The school nurses, along with the HollyDELL administration, will insure that the policy is implemented.

The Wellness Policy will be reviewed by the Safety and Wellness Committee in the beginning of each school year. This policy will be available to the public on the HollyDELL website – www.hollydell.org.

HollyDELL Wellness Policy includes 5 basic components:

1. Nutrition Education Goals

- a. Through the 10 month school year, students will be provided with healthy and nutritious foods during snack, meal time, lessons, and therapy related activities (except for use of positive reinforcers).
- b. Through the 10 month school year, students will encouraged the consumption of fresh fruits and vegetables, low fat milk, and whole grains.
- c. Through the 10 month school year, students will be supported to engage in healthy eating through nutrition education. The school's curriculum shall incorporate nutrition education and physical activity consistent with the New Jersey Department of Education Student Learning Standards. (*resources for instruction are attached*)
- d. Through the 10 month school year, students will be encouraged to select and consume all components of the school meal.
- e. Through the 10 month school year, students will be provided adequate time for student meal consumption. Our school will provide a pleasant dining environment within the classroom.

2. Nutrition Education Goals Implementation

- a. Lesson plans are reviewed on a weekly basis.

- b. Scheduled and unscheduled observations are made in the classrooms, which may also include therapy related activities.
- c. Because we participate the National School Lunch Program, our meals are required to follow the standards and nutritional guidelines for all food and beverages served. We receive monthly lunch menus which delineate meal components.
- d. Students do not purchase any snacks in school. Snacks are only received as part of instructional activities, reinforcements, and pleasure feeds. The nutritional guidelines may be altered during these snacks, depending on the individual/medical needs of each student.
- e. We display Farm-to-School posters to encourage healthy eating.
- f. We encourage classrooms to participate in Farm-to-School activities, i.e. vegetable gardens, herb gardens, etc.
- g. Teacher share nutritional information regarding healthy vs. unhealthy foods during instructional activities.

*The teachers have access to “*Nutrition Education Resources*” for lessons.

3. 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.
- b. The following items may not be served, sold, or given out to students anywhere on school property at any time before the end of the school day, with the exception of snacks for use as positive reinforcers:
 - 1. Food of minimal nutritional value (FMNV) as defined by U.S. Department of Agriculture regulations.
 - 2. All food and beverage items listing sugar, in any form, as the first ingredient.
 - 3. All forms of candy.

*See attached for “*Smart Snacks in School*”.

4. Physical Activity Goals

- a. Provide students with the opportunity to engage in physical activity during the school day. Teachers/Therapists will be encouraged to have students be physically active (if able) during lessons and therapy sessions.
- b. Provide weekly Gross Motor Group classes.
- c. Encourage students to use HollyDELL playground which is accessible to all individuals.

5. Other School Based Activities

- a. Food and beverages served during special school celebrations or during curriculum related activities shall be exempt from this policy.
- b. Some fundraisers may also be exempt from this policy as the children do not sell or buy the items. Some items children may sell (curriculum related treats) are sold to staff only.

The PT Department has a Snack Shack for staff as a fundraising effort for Strikes for Tykes. All proceeds go to this charity. Only staff have access to this cabinet. We do not have a School Store for students.

The HollyDELL Board of Education is committed to promoting the Wellness Policy with all those who serve food, teachers, nurses, therapists, and other school administrative staff so they have the skills they need to implement this policy and promote healthy eating practices. HollyDELL also has a Feeding Policy that was developed by our speech therapists in order to determine feeding issues and may necessary intervention. We will continue to bring awareness of our policies to teachers and therapists (through training) and to students and parents (through information/projects sent home by the teacher).

****This Wellness policy may not apply to medically authorized special needs diets pursuant to 7 CFR Part 210, school nurses using FMNVs during the course of providing health care to individual students or special needs students whose Individualized Education Plan (IEP) indicates their use for behavior modification.*

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