

MILFORD SCHOOL DISTRICT
Milford, Delaware 19963
POLICY

6116

STUDENT WELLNESS POLICY

Goals for Nutrition Education

Milford School District is committed to protecting, enhancing, and educating toward the health and well-being of students. This Wellness Policy serves as a statement of the District's goals and priorities toward that end.

Milford School District's wellness policy is intended to influence a student's actual eating behaviors that result in lifelong healthy food choices. These healthy food choices will help to eliminate barriers to learning associated with improper nutrition and fitness.

Healthy food choice themes include:

Knowledge of the Food Guide Pyramid
Healthy heart choices
Sources and variety of foods
Dietary Guidelines for Americans
Diet and disease
Understanding calories
Healthy snacks
Healthy breakfast
Healthy diet
Food labels
Major nutrients
Multicultural influences
Serving sizes
Proper food safety/sanitation
Limiting foods of low nutrient density

The overall goal for nutrition education for Milford School District is to promote the integration of nutrition education into all curriculum areas. The District will:

1. Promote and disseminate resource information related to integration of nutrition education into curriculum.
2. Promote nutrition awareness throughout school environment by disseminating resources for nutrition education that can be displayed.
3. Promote nutrition awareness to parents and communities.
4. Promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products.
5. Encourage school staff wellness committees by promoting healthy eating habits and physical activity.

Goals for Nutrition Standards

Schools play a powerful role in influencing student's dietary behaviors. There are several ways schools can help ensure the daily eating habits being formed by students will contribute to their learning achievement and lifelong good health.

1. Reimbursable meal menu offerings will comply with current USDA federal regulations and nutrition goals. (see Child Nutrition Program Policy 3304)
2. It is recommended that physical education and recess be scheduled before lunch whenever possible.
3. Drinking water shall be available at meal times for students.
4. Students should be encouraged to wash their hands before meals to prevent spread of germs and reduce the risk of illness.
5. After school programming that serves our students will promote awareness of healthy food choices.
6. As applicable, nutrition education resource information will be promoted and dispersed to heighten student, parent, and teacher awareness. In addition, a list of healthy snacks will be distributed to parents and teachers to use as a guide when considering food items for special events during school celebrations or during curriculum-related activities.
7. Schools should encourage fundraisers that promote positive health habits such as the sale of non-food and nutritious food items as well as fund raising to support physical activities.
8. Students are encouraged to start each day with a healthy breakfast.
9. This policy does not apply to medically-authorized special needs diets supervised by school nurses 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.

Goals for Physical Activity

Schools share a responsibility to help students and staff establish and maintain the lifelong habits of being physically active. Regular physical activity is one of the most important things individuals can do to maintain and improve their physical health, mental health and overall well-being.

1. The District will offer physical and health education classes consistent with Delaware standards and Board policies and regulations.
2. The District will offer opportunities for physical activity during and /or after the school day.
3. The District will provide sufficient space and adequate equipment to meet the Delaware standards for physical education.
4. Staff wellness opportunities are encouraged for all employees.
5. **The district will provide a full 20 minutes of unstructured free play, per full school day, for students in grades K-5.**