

MILFORD SCHOOL DISTRICT
Milford, Delaware 19963
POLICY 3304A WELLNESS POLICY

PURPOSE:

The Milford School District is dedicated to supporting the health and wellbeing of all students to foster personal, academic, developmental, and social success. Our goal is to create a positive, safe, and health-promoting learning environment throughout the school year. This policy outlines our approach to encouraging healthy eating and physical activity and each student's social, emotional, and behavioral wellbeing.

The Milford Child Nutrition Program follows regulations from the Delaware Department of Education, the USDA, and the Milford Board of Education, working to achieve these goals responsibly.

GOALS:

The goals of this policy are:

- Provide students access to healthy foods in line with USDA and Delaware state nutrition standards.
- Offer quality nutrition education that fosters lifelong healthy eating habits.
- Facilitate physical activity opportunities before, during, and after school.
- Support initiatives that promote students' social, emotional, and behavioral well-being.
- Engage schools and the community in promoting nutrition, physical activity, and mental health.
- Ensure effective policy implementation, monitoring, and communication with families and the public.

MILFORD SCHOOL DISTRICT WELLNESS COMMITTEE:

The committee will aim to include a diverse group of stakeholders such as parents, students, School Food Authority members, administrators, and health professionals. The Superintendent or their designee will oversee policy compliance and updates.

NUTRITION STANDARDS:

The Child Nutrition Program will provide meals and snacks per USDA and Delaware state regulations, including:

- Free breakfast and lunch through the USDA Community Eligibility Provision.
- Meals that comply with the Healthy Hunger-Free Kids Act and Dietary Guidelines for Americans.
- Adherence to USDA Smart Snack guidelines and Delaware state standards for all foods and beverages outside the reimbursable school meal programs, including items served during celebrations and events.
- Providing ingredient and nutritional information to families through the school district website and other communication channels.
- Ensuring appealing food presentation and strict adherence to health and safety standards.

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SCHOOL MEAL PROGRAM STAFFING

Qualified nutrition professionals will manage the school meal programs, with annual certification and training through organizations like the USDA and School Nutrition Association. All Child Nutrition employees will complete USDA Professional Standards training hours, and the district will employ a registered dietitian to support menu planning, dietary accommodations, and staff training.

FOOD ALLERGIES AND CULTURAL DIETARY REQUESTS

Milford School District is committed to a safe environment for students with food allergies, providing alternative meals for those with documented allergies. For cultural or religious dietary requests, the district will work with families to provide alternatives within nutrition guidelines. Documentation is required to support these requests.

WATER

Free, safe drinking water will be available to all students throughout the school day, especially near meal service areas.

FOODS AND BEVERAGES OFFERED OUTSIDE FEDERAL NUTRITION PROGRAMS

All foods and beverages offered outside the school meal program and served during the school day must comply with USDA Smart Snack and Delaware state nutrition guidelines. Items served must be commercially packaged and labeled with ingredients to meet allergen requirements. The district encourages fundraising activities that promote non-food items and physical activity. Food items served during school hours for fundraising must also follow USDA Smart Snack and Delaware guidelines. Non-compliant foods may be allowed up to 4 (four) times per year during specific school celebrations.

REWARDS AND INCENTIVES

Schools will not withhold meals or physical activity as punishment. Non-food performance incentives are encouraged to promote positive behavior. Examples include, but are not limited to, extra recess, homework passes, and recognition.

FOOD MARKETING

Marketing efforts will prioritize the promotion of nutritious foods and beverages that align with USDA and Delaware nutrition standards.

NUTRITION EDUCATION

Nutrition education will be part of the comprehensive health program, aligned with state standards, to promote healthy eating and physical activity.

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PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

Milford School District recognizes the importance of physical activity in supporting students' overall health, well-being, and academic success. Students will have regular opportunities for physical activity through physical education, recess, and/or other structured or unstructured activities that promote lifelong fitness and healthy habits.

DAILY RECESS

All elementary students will receive at least 20 minutes of daily recess, ideally outdoors. Recess should follow weather guidelines, occurring when the wind chill is 32°F or higher and the heat index is 89°F or lower.

STUDENT WELL-BEING AND MENTAL HEALTH

Milford School District will support each student's social, emotional, and behavioral well-being by providing access to counselors, wellness programs, and/or mental health resources. A variety of initiatives will be available to help students develop skills for managing stress and overall well-being.

IMPLEMENTATION, MONITORING, AND POLICY REVIEW

The Superintendent or designee will ensure compliance with this policy, conducting annual progress assessments and triennial assessments to measure overall implementation and effectiveness. These assessments will be publicly reported to the Milford School Board and shared on the district website. The principal or designee in each school will oversee compliance at the school level, ensuring continuous progress toward wellness goals.