

Seaford School District Wellness Procedures

A. Nutrition Guidelines

1. Reimbursable meal menu offerings will comply with current USDA federal regulations and nutrition goals and strive to exceed those goals through the USDA Healthy U.S. School Challenge program or future designated programs.
2. Dining areas are attractive and have adequate space for the seating of students.
3. Students should have at least 10 minutes to consume his/her meal.
4. The sale or distribution of nutrient dense foods (i.e., foods that provide students with calories rich in nutrient content) to students shall be encouraged by the nutrition service staff, teachers, point of sale nutritional information and placement of nutrient dense foods.
5. Foods of minimal nutritional value (e.g., sodas, water ices, chewing gum, candy, etc.) shall not be available to students for distribution (for sale or reward) during the school day. Consideration will be given to students with severe needs, as documented on their IEPs.
6. Nutrition Services will provide a la carte offerings which reflect the goals of USDA Healthy U.S Challenge, SMART Snack, or current USDA regulations.
7. Drinking water shall be available for students at all times subject to teacher approval.

B. Nutrition Education Goals

1. Nutrition Education shall be an integral part of the Seaford School District's health curriculum from kindergarten through twelfth grade and shall, at a minimum, meet the requirements of the State of Delaware Department of Education.
2. Nutrition Education resource information will be promoted and disseminated to heighten student and parent awareness through the nutrition services website, the menu, SNAP education programs, and open house events.
3. The Nutrition Education program will work with the school meal program to use the cafeteria as a learning lab.
4. The Nutrition Services Department will strive to provide universal breakfast and lunch to all students in the district and insure that nutrition information is provided and available to parents on the website.
5. Nutrition Services shall insure professional development in the area of food and nutrition, marketing, customer service, Serve Safe etc. offered through state provided Unit Classes, NFSMI, and School Nutrition Association classes.

C. Food in the Schools

1. Classroom parties should be kept to a minimum. When parents provide foods and beverages, the items should be nutritious per the nutrition services healthy snack list which can be found on the district website.
2. With the exception of individual student lunches brought from home, food brought into the schools for student consumption must be commercially prepared, wrapped, and be limited to non-potentially-hazardous or perishable food requiring no refrigeration.

D. Physical Activity Guidelines

1. The District will offer opportunities for physical activity during and/or after the school day.
2. The District will provide sufficient space and adequate equipment to meet the Delaware standards for physical education.
3. After-school physical activity programs shall include adult supervision by Board approved staff.
4. Efforts will be made to schedule recess before lunch.
5. It is recommended that 150 minutes be the goal for physical activity per week for elementary students, middle and high school students. This includes opportunities in various settings such as:
 - Physical Education
 - Classroom (take ten, adventure to fitness, Nemours energizers)
 - Recess (elementary only)
 - After-school programs
6. Physical activity shall not be used as a disciplinary measure and students will not be excluded from participating in physical activity for unrelated disciplinary action

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7. All elementary students shall have the opportunity for daily recess.
 8. All students will have the option when available to participate in clubs and other activities that provide physical activity that is developmentally appropriate and age-appropriate.
 9. The benefits associated with healthy eating and physical activity will be shared with community groups and parents/guardians through mutli-media such as district websites and newsletters.
 10. Staff wellness opportunities should be available to all employees including the state benefit program DelaWell
 11. School facilities will be made available to community based organizations for physical activity programs.
- E. Physical Education Guidelines
1. All Schools must receive a quality program that is:
 - Age appropriate
 - Taught by a certified physical education teacher
 - Monitors fitness levels of all students
 - Align with state standards
 2. The physical education program will:
 - Build knowledge and skills for the enjoyment of lifelong fitness though physical activity
 - Create a positive atmosphere for all students to participate in physical fitness
 - Enhance skills in leadership, teamwork and self-confidence
 - Technology will be used in conjunction with curriculum to enhance motivation, student learning, and participation
 3. Student to teacher ratio is similar in other classrooms.
 4. Professional learning activities shall align with Health and Physical Education recommendations as set forth by national standards.
 5. Schools shall provide adequate space and the appropriate equipment to meet the Delaware standards for physical education and all applicable safety standards.
 6. Physical education curriculum will include nutrition education to ensure students understand the benefits of proper nutrition and overall health.
 7. Students shall not be excluded from participating in physical education classes for unrelated disciplinary action.
 8. Sports, extracurricular and curricular activities cannot take the place of physical education unless specified in a student's IEP's.
 9. An approved document shall be submitted to the school nurse, main office, physical education teacher/s, and/or special education coordinator in order for a student to be excused from physical education.
- F. Social/Emotional Learning (SEL) Services Guidelines
1. The Seaford School district will have in each school a committee to facilitate school improvement planning as it pertains to school climate.
 2. The Seaford School District will utilize district and individual school data to identify targeted and school-wide needs to inform the decision making process and intervention planning.
The Seaford School District will utilize Evidence-based or promising "research-supported" curriculum materials to develop social-emotional health and will be integrated into core subject areas and extracurricular activities for all students K-12.
 3. The Seaford School District will provide a breadth of professional development opportunities to learn and to share. Trainings for all staff will include areas of mental health, suicide prevention, classroom behavioral management, pro-social skills, prevention, and the school crisis response protocol.
 4. The Seaford School District will identify key teaching and support staff for involvement in advanced training, in areas such as risk assessment, de-escalation strategies and other mental health topics, such as prevention.

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5. The Seaford School District has a policy or procedure on:
 - Bullying
 - Code of Conduct
 - Equality/discrimination/harassment
 - Crisis response
 - Reported or suspected child abuse
 - Methods to maintain confidentiality and privacy of students reporting social-emotional concerns
6. The Seaford School District will provide a safe and supportive environment for all students (which consist of grades K-12) and staff.

G. SEL Climate and Environment

1. The Seaford School rules and expectations for behavior will be clearly defined and positively-stated online and/or in the student handbook as well as being posted throughout the schools when possible.
2. The Seaford School Students will be recognized for meeting social and behavioral expectations through the routine use of praise and other forms of social recognition (e.g., bulletin boards, school paper/newsletter, assemblies). This information will be shared with families.
3. The Seaford School District will encourage staff to model respectful, responsible and safe behavior to staff, students, and families, including respect for cultural and linguistic diversity as aligned with PBIS standards.
4. The Seaford school environment will provide opportunities for students to have positive relationships with staff, peers and family members.

H. SEL Services

1. The Seaford School District will address the provision of and quality of services in the school by providing qualified counselors, school psychologists, and social services workers that are full-time/part time qualified staff adhering to a ratio of 1 professional for every 250 students.
2. The Seaford School District will ensure that collaboration is promoted to engage outside counseling, psychological, or social services providers with school staff, family members, and community/pediatric providers involved in the student's care. This team collaboration approach will work to promote student health and safety in the following areas: Individual Education plans, 504 plans, behavior support plans, and school team plans. School counseling, psychological, or social services provider establishes a communication system to address care at school and home. Parents are engaged early and often as partners in the process.
3. The Seaford School District will ensure A designated team with a designated leader will be located at each school (e.g. school counselor, social worker, or psychologist) to regularly review school data indicators (screening) to identify potential referrals, and monitors existing identified students who are in need of services.
4. The Seaford School District will provide universal supports to students for social-emotional development and implement and offer preventative initiatives to mitigate risks (e.g. PBS, responsive classroom, and wellness committees).
5. The Seaford School District will use data-based decision-making to identify and provide support to students and families who will benefit from small group supports/interventions at school.
6. The Seaford School District will use data-based decision-making to identify and provide support to students and families who will benefit from intensive and individualized supports/interventions at school.
7. The Seaford School District will work closely with community mental health agencies to meet the mental health needs of students as well as staff by referring students or staff who need treatment beyond the services available at school to outside agencies.
8. The Seaford School District will have uniform written protocols or flow charts to describe and direct the array of services available to students with emotional-behavioral health needs, including internal supports, external resources and counseling services for students and families. See attached procedures guide.
9. The Seaford School District will provide a detailed referral resource information is distributed widely (e.g. through flyers, brochures, website, student handbook, health education class) so that students, staff, faculty, coaches, and families can learn about school and community services without having to contact school staff.
10. The Seaford School District will have a district-wide system for tracking and monitoring students identified and referred, to appropriate school- or community-based counseling, psychological, and social services. School has a written process in place to follow-up on this information.
11. The Seaford School District will implement and maintain follow-up procedures (e.g., via telephone, text messaging, email, personal contact) to be conducted to facilitate evaluation of referrals for service and gather feedback accordingly.

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12. The Seaford School District Team meetings will be held with all relevant parties (families, teachers, care providers) whenever possible to discuss resources and referral options. These teams in addition will assist families with potential barriers that may prevent appropriate services from being accessed.
 13. The Seaford School District will ensure all legal requirements will be met for students receiving additional testing at school and services within the school environment.
 14. In special circumstances (e.g., suicide, natural disaster, trauma), The Seaford School District will ensure additional supports are provided at the school and are accessible to staff, students and families.
- I. SEL Parents and Community
1. The Seaford school District sees parents as a valuable partner in education and for the social emotional health of their child and our students.
 2. The Seaford School District will ensure information for free or low-cost extracurricular and social activities (both at school and with community partners such as YMCA, Boys & Girls Club) are provided to families
 3. The Seaford School District will provide relevant school committees that are focused on social-emotional wellness will be inclusive of parents, key community organizations and partners that have frequent contact with families.
 4. The Seaford Schools will actively recruit parents in order to have a broad range of input and to foster positive relationships between school and parents. Examples include asking involved parents to invite other parents to participate, meeting with parents as part of groups that already exist (e.g. boosters, PTA/PTO)
 5. The Seaford School District will ensure that relevant school committees that are focused on social-emotional wellness will identify a process for assessing barriers to parent engagement and respond to that information by adjusting services and logistics associated with said services.
 6. The Seaford School District will provide multiple means in which to provide information and resources for children to be successful within school socially and emotionally.
 7. The Seaford District Schools will strive to increase positive interactions between families and the school via culturally and linguistically appropriate methods that are acceptable to the family accounting for parent literacy.
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 9. The Seaford School District will seek Family-friendly community organizations to participate in school events and activities when possible. Communication with community groups is two-way and uses innovative means to increase community engagement (e.g. meetings at a convenient time, virtual meetings, and open house for community partners).
 10. The Seaford School District will encourage and foster relationships with Community groups that encourage social development. The District will encouraged said organizations participate and support school activities and clubs.
- J. Wellness Policy Coordinators
1. The Supervisor of Nutrition Services shall act as the Policy Coordinator with respect to the Nutrition Guidelines and Nutrition Education goals.
 2. The Directors of Elementary and Secondary Education and the school principals shall act as the Policy Coordinators to integrate into the curriculum the Nutrition Education and physical activity guidelines.