

Local Wellness Committee

In accordance with new Federal Regulations, West Deptford School District established a Local School Wellness Policy in 2017. A committee was formed, comprised of a cross-representation of School Administrators, Nurses, Physical Education Teachers, Guidance Counselors, Teachers, Aides and Parents who met several times throughout the 17-18 school year to ensure our compliance with this policy, to discuss topics related to wellness and to evaluate where we currently stand as a district in regards to overall wellness. Specific goals were discussed for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness.



Community Garden Projects

Stemming from our Local Wellness Committee, the West Deptford Middle and High Schools, in partnership with Rutgers University, are proud to announce that we will be designing and implementing a community garden at each of the upper level schools, targeted to begin in the Fall of 2018. Gardens will engage students by providing a dynamic environment to observe, discover, experiment, nurture and learn. They are living laboratories where interdisciplinary lessons are drawn from real life experiences, encouraging students to become active participants in the learning process. School gardens improve nutrition knowledge, increase fruit and vegetable consumption and have a positive impact on student achievement and behavior.

We plan for students to plant and maintain the gardens, which will give them a sense of ownership as they see the results of their hard work come to fruition. We have ideas for curriculum to be utilized in the classrooms that will tie in with our initiatives as well. We hope this enterprise will be something to pull our community together as we see the beauty and results of our labor!

Physical Activity & Achievement

Schools play a crucial role in influencing physical activity behaviors. Sound curriculum, policies and facilities create an environment encouraging students and staff to engage in a variety of physical activity opportunities. Evidence supports a correlation between academic achievement and the physical well-being of students.

Intense physical activity programs have positive effects on academic achievement, including increased concentration, improved mathematics, reading and writing test scores and reduced disruptive behavior.

Physical Activity & Wellness School Physical Activity Assessment

Program/Activity	Elem	Middle	High
Provide Daily Recess	Yes	Yes	No
Provide physical education class at least 1x/week	Yes	Yes (rotating schedule)	Yes (rotating schedule)
Assess students' level of physical activity at least 1x/year	Yes	Yes	Yes
Provide physical activity integrated into school day activities	25%	25%	25%
Provide intramural physical activity opportunities	No	Yes	Yes

Healthy Heart Choices in our Schools

- ♥ Walking/Running Laps
- ♥ Weight Room
- ♥ Yoga
- ♥ Playgrounds/Gaga Pit
- ♥ Aerobic Exercise
- ♥ Basketball
- ♥ Kickball/Dodgeball
- ♥ Volleyball
- ♥ Baseball/Softball
- ♥ Track/Cross Country

West Deptford School District



2017-2018

Wellness Report Card

Nutrition & Physical Activity

West Deptford School District is dedicated to serving nutritious meals and providing multiple physical activity opportunities as a means of helping our students reach proficiency.



National School Breakfast Program

USDA studies show that children who eat breakfast daily have significantly higher standardized achievement test scores than students who do not eat breakfast. Children with access to school breakfast also have significantly reduced absence and tardiness rates.

The table below provides a synopsis of the breakfast program, including participation data.

Federal Reimbursement	\$82,959.99
# of Schools Participating	5
Total Breakfasts Served	48,326
Average Daily Participation	268
Breakfast Prices	Student Paid MS/HS: \$2.25 Student Paid Elem: \$2.00 Student Reduced: \$0.30

National School Lunch Program

Federal Regulations require that we offer certain portion sizes of meat, fruit, vegetable, grains/breads and milk during every lunch meal service. The portion sizes are designed to meet the needs of growing children, and as a rule, we increase the portion sizes as the children grow older. We offer a variety of fresh fruits and vegetables every day. The menu provides for variety and allows us to make the most efficient use of the donated commodities, especially seasonal fruits. We offer 1% and fat-free milk as well as 100% fruit juice.

The table below provides a synopsis of the lunch program, including participation data.

Federal Reimbursement	\$309,384.43
# of Schools Participating	5
Total Lunches Served	171,472
Average Daily Participation	953
# Students Approved for Free Meals	648
# Students Approved for Reduced Price Meals	163
# Students Paid Meals	2175
Lunch Prices	Student Paid MS/HS: \$3.10 Student Paid Elem: \$2.80 Student Reduced: \$0.40

Healthy Hunger-Free Kids Act

The Healthy, Hunger-Free Kids Act of 2010 contains many provisions that help improve child nutrition programs and make meals and offerings more nutritious. West Deptford School District is 100% compliant in serving school meals that meet these challenging Federal Nutrition Standards, ensuring that meals are healthy and well-balanced, and providing students with all of the nutrition they need to succeed in school.

School meals offer students milk, fruits, vegetables, proteins/meats and bread/grains and meet strict limits for saturated fat and portion size. School lunches meet additional standards requiring:

- Age-appropriate calorie limits
- Larger servings of vegetables and fruits
- A wider variety of vegetables (including dark green, red/orange vegetables and legumes)
- Fat-free or 1% milk
- More whole grains
- Less sodium

The Child Nutrition Program utilizes the USDA's MyPlate to aid in education about healthy eating habits by teaching what should go on our plate at every meal.

Balancing Calories:

- Make ½ of your plate fruits and vegetables
- Make at least 1/2 of your grains whole grains
- Switch to fat-free or low-fat (1%) milk

Foods to reduce:

- Reduce sodium in foods
- Drink water instead of sugary drinks



Menus and other information related to nutrition are available to students and parents on our district website under District Information → Cafeteria Information:

<http://www.wdeptford.k12.nj.us/>

Meal Pattern Chart

Meal Pattern	Breakfast Meal Pattern			Lunch Meal Pattern		
	Grades K-5	Grades 6-8	Grades 9-12	Grades K-5	Grades 6-8	Grades 9-12
	Amount of Food Per Week (Minimum Per Day)					
Fruits (cups)	5 (1)	5 (1)	5 (1)	2½ (½)	2½ (½)	5 (1)
Vegetables (cups)	0	0	0	¾ (¾)	¾ (¾)	5 (1)
Dark green	0	0	0	½	½	½
Red/Orange	0	0	0	¾	¾	1¼
Beans/Peas (Legumes)	0	0	0	½	½	½
Starchy	0	0	0	½	½	½
Other	0	0	0	½	½	¾
Additional Veg to Reach Total	0	0	0	1	1	1½
Grains (oz eq)	7-10 (1)	8-10 (1)	9-10 (1)	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq)	0	0	0	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk (cups)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week						
Min-max calories (kcal)	350-500	400-550	450-600	550-650	600-700	750-850
Saturated fat (% of total calories)	< 10	< 10	< 10	< 10	< 10	< 10
Sodium (mg)	≤ 430	≤ 470	≤ 500	≤ 640	≤ 710	≤ 740
Trans fat	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.					

Smart Snacks in Schools

As of July 1, 2014, School Sites are required to follow the USDA nutrition standards for snack foods and beverages that are sold to students during the school day. These standards, required by the Healthy Hunger-Free Kids Act of 2010, allow schools to offer healthier snack foods to students, while limiting junk food. Smart Snacks in School is another step toward improving the health of our students and school environments. This supports the efforts already being made by school food service staff, school administrators, teachers, parents and the school community to instill healthy eating habits in students. All snacks sold in WD Cafeterias are Smart Snack Compliant!