

Local Wellness Committee

In accordance with Federal Regulations, West Deptford School District established a Local School Wellness Policy in 2017. Our Local Wellness Committee, comprised of a cross-representation of School Administrators, Nurses, Physical Education Teachers, Guidance Counselors, Teachers, Aides and Parents, met several times throughout the '18-19 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.



Wellness Week

From February 25 to March 1, 2019 West Deptford Schools celebrated their first ever "Wellness Week." In conjunction with February being Heart Health Month, we celebrated Wellness Week at West Deptford Schools by learning to make healthier meal and snack choices, setting aside time for daily exercise and being conscious to drink lots of water.

There were also many exciting special events held during this week and throughout the month of February. Staff and students wore red in support of the American Heart Association's GO RED for Women campaign. Red Bank, Oakview and the Middle School all held their annual Jump Rope for Heart event, which got the students excited about exercising. Green-Fields and the High School both held Hoops for Heart basketball games. Money raised from these events was donated to the American Heart Association and also to a family in our community who experienced recent tragedy from heart disease. A Toothbrush Challenge was issued to the elementary students and healthy tips were announced daily on the morning announcements.

The school nurses also sent out weekly emails to the staff to help educate them, giving them tips and information about heart health and making healthy choices. Many staff members were trained throughout the year in CPR and Epi-pen administration, and there was a Biggest Loser Challenge. All in all it was a fun-filled, educational and motivating month!

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



2018 - 2019

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	\$81,915.78
# of Schools Participating	5
Total Breakfasts Served	45,671
Average Daily Participation	271
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	\$303,375.79
# of Schools Participating	5
Total Lunches Served	165,025
Average Daily Participation	1,015
# Students Approved for Free Meals	639
# Students Approved for Reduced Price Meals	111
# Students Paid Meals	2174
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/>

Old and New Child and Adult Meal Patterns:

Let's Compare



Breakfast Meal Patterns

	Ages 1-2		Ages 3-5		Ages 6-12 & 13-18		Adults	
	Old	New	Old	New	Old	New	Old	New
Milk	½ cup	½ cup	½ cup	½ cup	1 cup	1 cup	1 cup	1 cup
Vegetables, fruit, or both	¼ cup	¼ cup	¼ cup	¼ cup	½ cup	½ cup	½ cup	½ cup
Grains	½ serving	½ oz eq*	½ serving	½ oz eq*	1 serving	1 oz eq*	2 servings	2 oz eq*

*Meat and meat alternates may be used to substitute the entire grains component a maximum of three times per week.
Oz eq = ounce equivalents

Lunch and Supper Meal Patterns

	Ages 1-2		Ages 3-5		Ages 6-12 & 13-18		Adults	
	Old	New	Old	New	Old	New	Old	New
Milk	½ cup	½ cup	½ cup	½ cup	1 cup	1 cup	1 cup	1 cup*
Meat and meat alternates	1 oz	1 oz	1 ½ oz	1 ½ oz	2 oz	2 oz	2 oz	2 oz
Vegetables	¼ cup	¼ cup	¼ cup	¼ cup	½ cup	½ cup	1 cup	½ cup
Fruit	¼ cup	¼ cup	¼ cup	¼ cup	½ cup	½ cup	½ cup	½ cup
Grains	½ serving	½ oz eq	½ serving	½ oz eq	1 serving	1 oz eq	2 servings	2 oz eq

*A serving of milk is not required at supper meals for adults
Oz eq = ounce equivalents

Snack Meal Pattern

	Ages 1-2		Ages 3-5		Ages 6-12 & 13-18		Adults	
	Old	New	Old	New	Old	New	Old	New
Milk	½ cup	½ cup	½ cup	½ cup	1 cup	1 cup	1 cup	1 cup
Meat and meat alternates	½ oz	½ oz	½ oz	½ oz	1 oz	1 oz	1 oz	1 oz
Vegetables	¼ cup	¼ cup	¼ cup	¼ cup	½ cup	½ cup	½ cup	½ cup
Fruit	¼ cup	¼ cup	¼ cup	¼ cup	½ cup	½ cup	½ cup	½ cup
Grains	½ serving	½ oz eq	½ serving	½ oz eq	1 serving	1 oz eq	1 serving	1 oz eq

Select 2 of the 5 components for snack.
Oz eq = ounce equivalents

Note: All serving sizes are minimum quantities of the food components that are required to be served.

April 22, 2016

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!

Preschool Grant

With the implementation of the Preschool Grant that West Deptford was awarded in January of 2019, we were issued the challenge to feed preschoolers "family style" meals in their classrooms daily. Preschoolers were served breakfast, lunch and milk at snack times, and they learned how to select the options they wanted from a cart that was wheeled around to each classroom throughout the day.