

Seaton Wellness Policy- in accordance with the DCPS Local Wellness Policy

In order to be in compliance with federal law and the DC Healthy Schools Act, please ensure the following items are addressed throughout the school year, and implement this policy in its entirety:

- Physical Education must occur at least 45 minutes per week. Health Education must occur at least 15 minutes per week and may take place during Physical Education; however, we will move towards the HSA requirement of Physical Education being offered at least 150 minutes per week, and Health Education be offered at least 75 minutes per week
- Ensure students have at least 20 minutes of recess per day, and that **recess is not withheld from your students as punishment**
- Encourage participation in all meal programs offered through outreach and promotion to students, families, and the community
- Ensure all food available on school grounds meet USDA Smart Snacks in Schools and DC Healthy Schools Act (to include Healthier US Schools Challenge Gold Standard) nutritional standards (included below) **This includes birthday/holiday parties and school-wide celebrations that take place during the school day and in aftercare**
- We will not provide food and beverages that do not meet the nutritional standards in classroom/school celebrations after school. (This does not include items sent in /donated by families)
- All classroom teachers should incorporate physical activity breaks into the academic schedule each day, such as Brainbreaks, Jammin' Minutes, Gonoodle, Energizers, and Take 10 (content based activities)
- **We will not use or withhold any food or beverage as reward or punishment**

The Seaton Wellness Committee will support you in implementing this policy. If you have any questions, comments, or suggestions please e-mail seatonwellness@gmail.com

Nutritional Standards

Portion Size	<ul style="list-style-type: none"> • Snacks ≤200 calories • Entrees ≤350 calories 	
Grains	Must be whole grain rich (at least 51% whole grain)	
Fruit/Vegetables	<ul style="list-style-type: none"> • Dried fruit must have no added sweetener • Canned fruit must be packed in water or natural fruit juice 	
Beverages	Milk	<ul style="list-style-type: none"> • Limited to low fat or skim, non-flavored • ≤8oz. serving size
	Juice	<ul style="list-style-type: none"> • Must be 100% fruit/vegetable juice • Serving size: ≤6oz. Elementary and Middle Schools • Serving Size: ≤8oz. High Schools
	Water	Must be non-flavored, non-sweetened, non-carbonated, non-caffeinated
Fat	<ul style="list-style-type: none"> • Trans-fat free • ≤ 35% calories from total fat (excludes reduced fat cheese, seeds, and seed butters) • ≤ 10% calories from saturated fat (excludes reduced fat cheese, seeds, and seed butters) 	
Sugar	≤ 35% sugar by weight	
Sodium	<ul style="list-style-type: none"> • ≤ 200mg per side dish • ≤ 480mg per side dish 	
Misc.	No tree nuts or peanuts	

- Alternative rewards:

1. Oriental trading items
2. Books from FirstBook
3. craft supplies/kits
4. cool school supplies (pencils, multicolor pens, erasers, smelly markers, etc_)
5. books from “first book”
6. lunch with the teacher, maybe picnic lunch outside (school lunch is preferable)

- Alternatives to withholding recess:

1. Isolated lunch (in the cafeteria)
2. Call, text, or email to parents (Maybe not ideal for frequent issues)
3. Conversation with the teacher (quick positive conversation outside at recess) Example verbiage-“We are going to have a conversation before you play at recess. Your behavior will help me determine how long of a conversation we will have”

- Suggested treats for birthday parties and celebrations

1. popcorn
2. fruit- cut, whole, kabobs
3. Low fat yogurt- parfaits w/ fruit and granola or can have a topping bar (like ice cream sundaes)
4. cheese sticks
5. pretzels
6. 100% juice popsicles