



## **Dover Area School District Classroom Celebrations & Wellness**

### Frequently Asked Questions (FAQs)

**Q. Does Dover Area School District have a School Wellness Policy?**

A. Yes. The DASD School Board Policy can be found [here](#).

**Q. Is the School Wellness Policy a new initiative for school districts?**

A. No. The School Wellness Policy was established as a requirement as part of the Child Nutrition and WIC Reauthorization Act of 2004. The Wellness Policy was further strengthened during the Healthy, Hunger-Free Kids Act of 2010. It was put in place to assist schools with addressing the growing concern of childhood obesity. District Wellness Policies are reviewed during the School Nutrition Program's administrative review process that occurs every 3 years.

**Q. Are we permitted to give candy/food out as treats and rewards in the classroom?**

A. No. This practice does not comply with our Wellness Initiative and does not encourage healthy eating habits. Providing candy/food that does not meet Smart Snacks in Schools does not comply with our District Wellness Policy.

**Q. Should classroom parties offer a balance of sweet and high calorie treats with fresh fruits, vegetables and lower calorie snacks?**

A. Yes. Every classroom party should offer a balance of both sweet/salty high calorie treats along with healthier for you fruits and vegetables.

**Q. Do beverages count toward high and low-calorie treats?**

A. Yes. Beverages can be very high in sugars and calories and should be balanced with lower calorie options like milk and water.

**Q. Are treats brought from home permitted for birthdays to share in the classroom?**

A. Yes. The Dover Area School District School Wellness Policy permits parents to send treats from home to share in classrooms.

**Q. What are the options for birthday treats?**

A. The district school nutrition department offers a convenient birthday box that is delivered to the child's classroom. The treats must be ordered and paid for in advance. We also permit other non-food and food options to be shared from home.

**Q. Does the PTO still need to follow Smart Snacks in Schools nutritional guidelines for foods served during the school day?**

A. Yes. The Dover Area School District School Wellness Policy encourages students' eating habits to be healthy and balanced during the school day. In keeping with this goal, healthy Smart Snack Compliant treats are available for the PTO to purchase from the School Nutrition Department. A balance of sweet/high calorie treats and "healthier for you" fruits and vegetables are required for in classroom parties. Non-food rewards are always encouraged, as well.

**Q. Are we still permitted to have Soaring Eagle Breakfast and Lunches?**

A. Yes. The School Nutrition Team is ready to celebrate with these special Wellness Policy compliant meals that allow students to feel special and still receive healthy food components that meet school meal requirements. Non-food rewards are always encouraged, as well.

**Q. Are we still permitted to hand out PROUD food-based rewards?**

A. Yes. The Dover Area School District School Wellness Policy encourages students' eating habits to be healthy and balanced during the school day. In keeping with this line of thinking, healthy Smart Snack Compliant treats are available for the PTO to purchase from the School Nutrition Department. Non-food rewards are always encouraged as well.