

WELLNESS POLICY

BELIEF STATEMENT

The Board of Education of Big Hollow School District #38 is committed to providing a learning environment that supports and promotes wellness, good nutrition, and an active lifestyle and recognizes the positive relationship between good nutrition, physical activity, and the capacity of students to develop and learn. The entire school environment shall be aligned with healthy school goals to positively influence students' beliefs and habits and promote health and wellness, good nutrition and regular physical activity. In addition, school staff shall be encouraged to model healthy eating and physical activity as a valuable part of daily life.

INTENT

The purpose of this policy is to ensure a total school environment that promotes and supports student health and wellness, helps to reduce childhood obesity and meets the requirements of the Child Nutrition and WIC Reauthorization Act of 2004 and the Illinois School Code, including, without limitation, goals for nutrition education, physical activity and other school-based activities designed to promote student wellness; nutrition guidelines for all foods available during the school day; a plan for measuring implementation including designating one of more persons charged with operational responsibility; and involving parents, students, school food service providers, the school board, school administrators, and the public in developing this policy.

RATIONALE

A disturbing number of children are inactive and do not eat well. The result is an alarming 16 percent of children and adolescents are overweight – a threefold increase since 1980. Congress passes the Child Nutrition and WIC Reauthorization Act of 2004 on June 30, 2004. Recognizing the role students can play in health promotion; this law requires local education agencies participating in a program authorized by the National School Lunch Act or the Child Nutrition Act of 1996 to develop a local wellness policy. The objectives of the wellness policy are to improve the school nutrition environment, promote student health and reduce childhood obesity. In addition, Public Act 094-0199 amends the Illinois School Code, requiring the Illinois State Board of Education to establish a state goal that all districts have a wellness policy.

The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating is demonstrably linked to reduce risk for mortality and development of many chronic diseases. Schools and school communities have a responsibility to help students acquire the knowledge and skills necessary to establish and maintain lifelong healthy eating patterns. Well-planned and

well-implemented wellness programs have been shown to positively influence children's health.

Schools also have a responsibility to help students establish and maintain lifelong habits of being physically active. According to the U.S. Surgeon general, regular physical activity is one of the most important things people can do to maintain and improve their physical health, mental health, and overall well-being. Regular physical activity reduces the risk of premature death in general and of heart disease, high blood pressure, colon cancer, and diabetes.

GOALS FOR NUTRITION EDUCATION

Students in kindergarten through grade 8 shall receive nutrition education as part of a sequential program that is coordinated within a comprehensive health education curriculum. The program shall be designed to provide students with the knowledge and skills necessary to adopt healthy eating behaviors and aimed at influencing students' knowledge, attitudes, and eating habits. Special emphasis shall be placed on nutrition education in kindergarten through primary grades as eating habits are established at a young age. The curriculum shall be consistent with and incorporate relevant Illinois Learning Standards.

To maximize classroom time and to achieve positive changes in students' eating behaviors, nutrition education shall be integrated into the standards-based lesson plans of other school subjects like math, science, language arts, physical education, health, family, and social sciences.

To achieve positive changes in students' eating behaviors, it is recommended that a minimum of fifty contact hours of nutrition education opportunities be provided to students each year. Contact hours include a combination of classroom instruction; nutrition education provided in the cafeteria; or health fairs, field trips and assemblies providing nutrition education.

The nutrition education program shall include enjoyable interactive activities such as contests, promotions, taste testing, field trips, and school gardens.

GOALS FOR PHYSICAL ACTIVITY

Students in kindergarten through grade 8 shall participate in daily physical education that enables them to achieve and maintain a high level of personal fitness; emphasizes self-management skills including energy balance (calories in minus out); is consistent with state/district's standard/guidelines/framework; and is coordinated within a comprehensive health education curriculum. The curriculum shall be consistent with and incorporate relevant Illinois Learning Standards.

It is recommended that elementary students participate in physical education for a minimum of 150 minutes per week, and middle school students participate for 225 minutes per week (national Association for Sport & Physical Education recommendations). Special emphasis should be placed on promoting an active lifestyle in kindergarten through primary grades and health habits established at a young age. Accommodations shall be made for students with disabilities, 504 plans, and other limitations.

Schools shall provide at least one daily supervised recess period to elementary students (Grades K-4)

Students shall be provided opportunities for physical activity through a range of before-and-after school programs including intramurals, interscholastic athletics, and physical activity clubs.

Because students should engage in a minimum of 60 minutes of physical activity a day, the physical education program shall seek opportunities to actively engage families as partners in providing physical activity beyond the school day.

GOALS FOR OTHER SCHOOL-BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS

Parent Partnerships

Schools shall support parents' efforts to provide a healthy diet and daily physical activity for their children. This support shall begin in elementary school (Grades K - 4) and continue through middle school.

Parents shall be provided information to help them incorporate healthy eating and physical activity into their student's lives. This information may be provided in the form of handouts, postings on the school/district website, information provided in school/district newsletters, presentations that focus on nutrition and healthy lifestyles and any other appropriate means available for reaching parents.

Consistent School Activities and Environment – Healthy Eating

It is recommended that food providers share information about the nutrition content of school meals and/or individually sold foods with students, family and school staff.

School meals shall be served in a clean, safe, and pleasant setting with adequate time provided for students to eat, at a minimum in accordance with state and federal standard guidelines. The National Association of State Boards of Education recommends that students have adequate time to eat, relax and socialize: at least 10 minutes after sitting down for breakfast and 20 minutes after sitting down for lunch.

All food service personnel shall have adequate pre-service training and regularly participate in professional development activities that provide strategies for providing tasty, appealing, and healthy school meals; nutrition education strategies including coordination of classroom and cafeteria activities; and effective promotional techniques to encourage healthy eating habits.

Food providers shall involve families, students and other school personnel in choosing nutritious food and beverage selections for their local schools through surveys, committees, taste-testing and similar activities designed to provide input into the decision-making process.

Food providers shall work with suppliers to obtain foods and beverages that meet the nutrition requirements of school meals and nutrition standards for those sold individually.

Food providers shall work closely with school instructional staff to reinforce nutrition instruction and foster an environment where students can learn about and practice healthy eating habits.

Food providers shall take every measure to ensure that student access to foods and beverages on school campuses meets federal, state, and local laws guidelines.

School based organizations shall be encouraged to raise funds through the sale of items other than food (Attachment A).

To reduce competition with nutritionally balanced school meals and enhance safety, it is recommended that, to the extent practicable, students are not permitted to leave school grounds to purchase food or beverages.

Partnerships between schools and businesses are encouraged and many commercial advertising relationships involve foods or beverages. To meet wellness objectives, it is recommended that commercial advertising relationships involve only foods and beverages that meet nutrition standards (Attachments A).

School shall take efforts to promote nutritious food and beverage choices consistent with the current Dietary Guidelines for Americans and Food Guidance System (My Plate) such as fruits, vegetables, low-fat dairy foods and whole grain products.

Nutrition education shall be provided by trained and well-supported staff with adequate pre-service and in-service training. It is recommended that staff involved in nutrition education complete a pre-service course in nutrition and a minimum of one hour of nutrition education in-service training per school year. Preparation and professional development shall provide basic knowledge of nutrition along with activities, instructional techniques and strategies designed to

change students' attitudes and behaviors. Food service handlers will complete the state required amount of training.

All foods and beverages made available on campus shall comply with the federal, state, and local food safety and sanitation regulations.

For the safety and security of food, access to any area involved in storage, preparation or service of food on the school campus shall be limited to authorized personnel.

Consistent School Activities and Environment- Physical Activity

Physical education shall be provided by trained and well-supported staff that is certified by the state to teach physical education. All physical education teachers shall regularly participate in continuing education activities that impart knowledge and skills needed to effectively promote enjoyable lifelong healthy eating and physical activity among students.

Physical education classes shall have a student to teacher ratio comparable to those in other curricular areas.

The physical education program shall be closely coordinated with other components of the overall school health program. Physical education topics shall be integrated within other curricular areas. In particular, the benefits of being physically active shall be linked with instruction about human growth, development, and physiology in science classes and with instruction about personal health behaviors in health education class.

Schools are encouraged to limit extended periods of inactivity. When activities such as mandated testing make it necessary for students to be inactive for long periods of time, it is recommended that schools give students periodic breaks during which they are encouraged to stand and be moderately active.

Schools are encouraged to develop community partnerships with other child-serving organizations such as park districts and YMCA's to provide students with opportunities to be active.

Schools are encouraged to provide student and community access to and promote use of the school's physical activity facilities outside of the normal school day.

Physical activity facilities and equipment on school grounds shall be safe.

Schools are encouraged to work with the community to create a community environment that is safe and supportive of students walking or biking to school.

NUTRITION GUIDELINES FOR ALL FOODS AND BEVERAGES AVAILABLE ON SCHOOL CAMPUSES DURING THE SCHOOL DAY

Food providers shall offer a variety of age-appropriate, appealing foods and beverage choices and employ food preparation, purchasing and meal planning practices consistent with the current Dietary Guidelines for Americans (e.g. Provide a variety of fruit and vegetable choices; serve low-fat and fat-free dairy products; ensure that whole grain products are served.)

All foods and beverages sold individually (apart from the reimbursable school meal) on school campuses during the school day shall meet nutrition standards (Attachment B). This includes:

- A La Carte offerings in the food service program;
- Food and beverages sold as part of school-sponsored fundraising activities.

Nutritious appealing foods and beverages, such as fruits, vegetables, low-fat dairy foods and whole grain products, shall be available wherever food is sold or otherwise offered at school.

GUIDELINES FOR SCHOOL MEALS

School meals shall be consistent with the recommendations of the Dietary Guidelines for Americans and/or shall meet, at a minimum, the nutrition requirements and regulations for the national School Lunch program and/or School Breakfast Program and all applicable state and local laws and regulations.

MEASURING IMPLEMENTATION & COMMUNITY INVOLVEMENT

The district superintendent shall be charged with the operational responsibility for ensuring that each school meets the local wellness policy requirements.

The district superintendent shall appoint a district wellness team/council that includes parents, representatives of the school food authority, the school board, school administrators, and the public to oversee development, implementation and evaluation of the wellness policy. In addition, it is recommended that the district superintendent also appoints teachers (including kindergarten-grade 12, physical education and health educators) and health professionals (school nurse, physician dietitian, etc.) as members of the team/council.

The terms of district wellness team/council members shall be staggered for continuity.

The appointed district wellness team/council shall be responsible for:

- Creating and maintaining by laws for operation;
- Assessment of the current school environment;

Development of a wellness policy;
Presenting the wellness policy to the school board for approval;
Measuring the implementation of the wellness policy; and
recommending revision of the policy, as necessary.
(Attachment C – check list)

The principal of each campus shall be responsible for implementation of the local wellness policy and shall appoint a school-based evaluation team to develop and implement an annual evaluation plan.

The school-based evaluation team shall evaluate policy implementation and identify areas for improvement. The evaluation team shall report their findings to the campus principal and develop with him/her a plan of action for improvement, as needed.

The wellness team/council shall hear reports from each campus group annually.

Before the end of each school year the wellness team/council shall recommend to the district superintendent any revisions to the policy it deems necessary.

The wellness team/council shall report to the superintendent and school board annually on the progress of the wellness team/council and the status of compliance by the campuses.

Attachment A

Fundraising Ideas

- Raffle
- Candles
- Book Sale
- Cookbook
- Car Wash *
- Walk-a-thons *
- Student Artwork
- Stuffed Animals
- Educational Games
- Holiday Decorations
- Faculty and/or student talent show
- Teacher/teacher and/or teacher/student sports competition *
- Refillable water bottle with the school logo
- School calendars with all the important dates on them
- School spirit items – tee shirts, sweatshirts, sweatpants lanyards and bracelets

* These fundraisers have the added benefit of promoting physical activity for students.

Attachment B:

Illinois Food and Beverage Standards

The table below provides food and beverage standards for all foods sold to students <i>outside of the USDA School Lunch and School Breakfast programs during the school day</i> , including a la carte sales, vending, school stores and fundraising. Food/Beverage	Nutrition Standards	Pre-K–Grade 5	Grades 6–12
1. *Water, unflavored	Unsweetened, noncarbonated		Any size
2. Water, flavored	Any	Not allowed	Not to exceed 25 calories per unit
3. Milk	Flavored or plain reduced fat (2 percent), low-fat (1 percent) and nonfat (0 percent), including lactose-free or lactose-reduced milk <i>Recommend schools move toward offering only low-fat (1 percent) and nonfat milk (0 percent)</i>	Not to exceed 8 ounces per unit	Not to exceed 16 ounces per unit
4. Dairy Alternative	Reduced fat, low-fat, and nonfat enriched alternative dairy beverages (<i>i.e. rice, soy, or other alternative beverages approved by USDA</i>)	Not to exceed 8 ounces per unit	Not to exceed 16 ounces per unit
5. Smoothie	Made with low-fat yogurt or other low-fat dairy alternatives	Not allowed	Not to exceed 200 calories per unit

6. Juice	100 percent fruit and vegetable juice	Not to exceed 4 ounces per unit	Not to exceed 12 ounces per unit
7. All other beverages	Noncarbonated beverages except for those exempted from the USDA Foods of Minimal Nutritional Value list under the Competitive Foods Regulation ¹	Not allowed	Not to exceed 200 calories and 12 ounces
8. A la carte entrées	All entrees for individual sale	<p>Not to exceed serving size in the school meals programs for entrees served in the USDA National School Lunch or Breakfast Programs</p> <p>Not to exceed 400 calories per serving for entrees not served as part of the USDA National School Lunch and Breakfast Programs</p>	<p>Not to exceed serving size in the school meals programs for entrees served in the USDA National School Lunch or Breakfast Programs</p> <p>Not to exceed 450 calories per serving for entrees not served as part of the USDA National School Lunch and Breakfast Programs</p>
9. Nutrient-dense foods	All nuts, seeds, nut butters, eggs, fresh fruits and vegetables, 100 percent dried fruits and vegetables, yogurt, and cheese		<p>Recommend offering part-skim or reduced-fat cheese</p> <p>Recommend offering low-fat or nonfat yogurt</p>

<p>10. Any other individual food sales except those listed separately in this table</p>	<p>35 percent or less fat calories per serving OR 8 grams or less fat per serving 10 percent or less saturated fat calories per serving Not to exceed 200 calories per serving</p>	<p>Not allowed</p>	<p>All other foods sold (except those listed separately in table) <i>during the school day</i> must meet nutrition standards</p>
--	--	--------------------	--

Attachment C

District wellness team/council responsibility checklist

<u>Checklist Item</u>	<u>Initials & Date</u>
● Assessment of school environment	_____
● Development of Wellness Policy	_____
● Create/maintain by-laws for operation	_____
● Board approval of wellness policy	_____
● Recommended revision(s) of policy <ul style="list-style-type: none">○ Removal of food as reward(s)○ Omit sale of food items for fundraisers○ Not permissible to bring treats to celebrate birthdays/holidays	_____
● Superintendent and School Board approval of revisions	_____
● Implementation by campus Principals	_____
● Progress/status compliance reported to Superintendent and School Board	_____

Attachment D

Healthful Food and beverage Options for School Functions *

At any school function (parties, celebrations, meetings, sporting events, etc.) healthful food options should be made available to promote student, staff and community wellness. Examples of nutritious food and beverages that are consistent with the Dietary Guidelines for Americans are listed below.

- Raw vegetables sticks/ slices with low-fat dressing
- Fresh fruit wedges – cantaloupe, honey dew, watermelon, pineapple, oranges, etc.
- Sliced fruit – peaches, kiwi, plums, pear, apples, grapes, etc.
- Fruit salad
- Whole grain Cereal and low-fat milk
- 100% fruit or vegetable juice
- Frozen fruit pops with fruit juice or fruit as the first ingredient
- Dried fruits – raisins, cranberries, strawberries, and watermelon
- Single serving applesauce or canned fruit in juice
- Fruit smoothies made with fat-free or low-fat milk
- Pretzels or reduced fat crackers (goldfish)
- Baked chips with salsa or low-fat dip
- Low-fat muffins whole grain (small or mini), granola bars and cookies (graham crackers)
- Mini bagels whole grain with whipped, light, or fat-free cream cheese
- Fat-free or low-fat flavored yogurt & fruit parfaits
- Fat-free or low-fat pudding cups
- Fat-free or low-fat milk products (string cheese, cheese cubes)
- Pure ice cold water

* This list is not all inclusive and is meant only to provide parent and school staff with guidance for healthier food and beverage choices. Not all food and beverage items on this list will necessarily meet district nutrient standards (Attachment A) as items vary in sugar, fat and calorie content from brand to brand. However, all of the items in the list are believed to be consistent with the intent of the wellness policy to promote student health and reduce childhood obesity.

Attachment E

Classroom Rewards

- A smile
- Going first
- Verbal praise
- Sit by friends
- Teaching the class
- Helping the teacher
- Enjoy class outdoors
- A field trip for the class
- Choosing a class activity
- Eat lunch with a teacher or principal
- Extra credit or class participation points
- Taking care of the class pet for a day
- A photo recognition board in a prominent location in the school
- A note from the teacher to the student commending his/her achievement
- A phone call, e-mail, or letter sent home to parents or guardians commending child's accomplishment
- Recognition of a child's achievement with morning/afternoon announcements or in the school newsletter
- Take a trip to the treasure box (filled with: age appropriate books, bookmarks, pencils, paper, erasers etc.)

Big Hollow Celebration Policy

Fundraisers

Fundraisers by student groups may not involve the sale of food items.

Food and Rewards

Food may not be used as a reward. Rewards could be additional activity time or special privilege. For additional ideas, see Attachment E.

Birthday Celebrations and Treats

Big Hollow Schools recognize that birthdays are important celebrations to young children. Each grade level team may decide how best to celebrate birthdays in ways that do not detract from instruction time. However, it is not permissible to bring treats to celebrate birthdays. Parents who wish to honor their child's birthday may do so in one of two ways: A book, game, or other similar item could be donated to the classroom in their child's honor. The school will place a dedication bookplate on the donated item to recognize the student. Or pencils, stickers, and similar items could be distributed to students if parents choose.

Celebrations During the School Day

Food served at school-wide celebrations -must be nutritious. See Healthful Food and Beverage List (Attachment D). Parents should work with the classroom teacher when choosing snacks so that any food allergies or special food needs present in the classroom can be addressed.

