

## **Instruction**

### **School Wellness**

#### **GOALS**

##### **A. Goals for Nutrition Education**

1. 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 consumer science and social sciences. For example, food preparation classes will focus on teaching students how to prepare and service nutritious foods.
2. 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 may include a combination of classroom instruction; nutrition education provided in the cafeteria; or health fairs, field trips and assemblies providing nutrition education. At the high school level education and prevention of eating disorders should be included in the nutrition curriculum. Use of such programs as the Aramark "Apples and Nutrition Education Program" should be encouraged. The use of the Boone County Health Department to assist in education should be encouraged.
3. School should conduct, at least annually, nutrition education activities, promotions that involve parents, students and the community. Suggestions include health fairs, displays based on nutrition, contests based on nutrition, and physical activity, and programs that are available to students and parents. An example of such a program would be a "Spike" nutrition education at the elementary schools.
4. Schools should encourage after school programs such as - NFL Play 60, "Let's Move", or other nutrition support groups.
5. Teachers, administrators, and support staff will serve as role models for healthy eating within the school environment.
6. Students should receive regular nutrition messages throughout schools, classrooms, cafeterias, homes with encouragement from the local community. For example, including a nutrition section in the school newsletter or newspaper. Other examples may include announcements made over the intercom system, and nutrition information highlighted in the school newsletter.
7. The district/school should link nutrition education activities with the district website. Examples of this would include the food service nutrition website as a link on the district/school website.

**B. Goals for Physical Activity**

1. It is recommended that elementary students participate in physical education for a minimum of 150 minutes per week, and middle and high school students participate for 225 minutes per week (National Association for Sport and Physical Education recommendations) subject to funding and space. In determining minutes, the goal should be actual activity time and should exclude time necessary in middle and high school to change clothes and prepare for class.
2. Physical education shall be taught in all grades and shall include a developmentally planned and sequential curriculum that fosters the development of movement skills, enhances health-related fitness, increases students' knowledge, offers direct opportunities to learn how to work cooperatively in a group setting, and encourages healthy habits and attitudes for a healthy lifestyle.
3. Beginning with the 2007-2008 school year, physical education waivers will only be issued pursuant to Policy 6:310 if the student's individualized education plan (IEP) requires such or the student participates in a physical activity for at least 50 minutes per day 5 times a week or is in the marching band. The waiver would only be issued for the semester in which the person is in the physical activity. For marching band, the waiver would only be applicable for the fall semester. Waivers will continue to be applied as necessary. [See also Policy 6:310]
4. Subject to space, personnel, funding, and weather, schools should provide a daily supervised recess period to elementary students. During the recess period, the person in charge of supervision should promote games and activities that provide opportunities for physical activity.
5. Subject to funding and space restrictions, students may be provided opportunities for physical activity through a range of before and after school programs including intramurals, interscholastic athletics, and physical activity clubs. For elementary schools this may be accomplished by working with community program partnerships such as the YMCA and Belvidere Park District to promote participation. For middle schools, this may be accomplished through providing interscholastic athletics for sixth grade students and increasing the number of intramurals programs to non-interscholastic athletes. For high school, this may be accomplished by incorporating an intramural program for non-scholastic athletes, develop a partnership with the YMCA and Park District to increase participation through their programs, and increase the amount of facilities made available to students (e.g. fitness equipment).
6. Students should engage in a minimum of 60 minutes of physical activity a day, the physical education program is encouraged to actively engage families to promote physical activity beyond the school day. Examples: Jump Rope for Heart, Play 60, After school clubs, Let's Move, etc.

### **C. Goals for Other School-Based Activities Designed to Promote Student Wellness**

1. Subject to space and time restrictions, school meals shall be served in clean, safe and pleasant settings with adequate time provided for students to eat.
2. 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.
3. 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.
4. 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.
5. 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.
6. Food providers shall take every measure to ensure that student access to foods and beverages on school campuses meets federal, state and local laws and guidelines.
7. 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, presentation that focuses on nutrition and healthy lifestyles and any other appropriate means available for reaching parents. This information should include but not be limited to:
  - a. Literature on what constitutes a healthy snack and/or healthy packed lunch,
  - b. A list of suggested healthy foods, including common food allergies,
  - c. A notification to parents that candy, pop and other unhealthy snacks will be removed from the classroom/building,
  - d. A section in the school newsletter with information on nutrition and physical activity,
  - e. Information on the district/school website including weekly menu with nutrition content,
  - f. Information on the district/school website identifying ways in which families can become physically active as well as providing healthy eating tips.

8. Students shall not be allowed to have candy or soda in the school. Teachers are role models and as such are encouraged to not have candy or soda around any of the students.
9. Students, parents, school staff and community members bringing foods and beverages to school for parties/celebrations/meetings shall be encouraged to provide healthful options and shall be provided with a list of recommended food and beverage options. (6:50- E2) any deviation from the list of recommended food and beverage options shall be approved by the building principal in advance.
10. To reduce competition with nutritionally balanced school meals and enhance student safety, it is recommended that, to the extent practicable, students are not permitted to leave school ground to purchase foods or beverages.
11. Schools shall take efforts to promote nutritious food and beverage choices consistent with the current Dietary Guidelines for Americans and Food Guidance System (My Pyramid) such as fruits, vegetables, low-fat dairy foods, lean meats and whole grain products.
12. 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.
13. Grants should be applied for as available and as applicable to obtain funding for supplemental nutrition education as well as to supplement physical education.
14. School personnel should be encouraged to use non-food incentives as rewards with students. Each building shall establish their award system consistent with 6:50 –E3. The building can use 6:50 –E5 as a guideline for developing their reward system.

**Nutrition Guidelines for all Foods and Beverages Available on School Campuses During the School Day**

1. All foods and beverages sold individually (apart from the reimbursable school meal) on school campuses during the school day shall meet nutrition standards (6:50-E1). This includes:
  - a. A la carte offering in the food service program; with the following exception:
  - b. Food and beverage choices in vending machines, snack bars, school stores; and
  - c. Foods and beverages sold as part of school-sponsored fundraising activities.
    - i. This does not apply to foods and beverages sold as part of a school-sponsored fundraising activity where the foods and beverages are sold outside the normal school day as long as these sales are to the general public, not to the students and does not apply to concessions sold at extra curricular activities. For example, sales to the public such as cheesecake, cookie dough and Market Day may remain in tact as long as they are sold to the general public. See Exhibit 6:50-E2 for other healthy options.
2. Nutritious and appealing foods and beverages, such as fruits, vegetables, low-fat dairy foods and whole grain products, shall be available wherever and whenever food is sold or otherwise offered at school.

**Measuring Implementation and Community Involvement**

1. The superintendent or designee shall appoint a district Wellness Committee that includes parents, students, 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 superintendent or designee also appoint teachers (including preschool-grade 12, family and consumer science, physical education and health educators) and health professionals (school nurse, physician, dietitian, etc.) as members of the Wellness Committee.
2. The Wellness Committee shall meet a minimum of 2 times a year.
3. The terms of the District Wellness Committee members shall be staggered for continuity.
4. The appointed district Wellness Committee members shall be responsible for:
  - a. Maintaining bylaws for operation;
  - b. Assessing of the current school environment;
  - c. Maintaining the Wellness Policy
  - d. Present the updated wellness policy Administrative Procedures to the Superintendent for approval;
  - e. Measure the implementation of the wellness policy; and
  - f. Recommend revision of the policy; as necessary.
5. The principal of each campus shall be responsible for implementation of the local wellness policy and procedures and shall appoint a school-based evaluation team to develop and implement an annual evaluation plan consisting of members from the school community such as cafeteria workers, parents, teachers, etc.
6. The school-based evaluation team shall evaluate policy implementation and identify areas for improvement, based upon evaluation criteria established by the Wellness Committee in the form of a checklist. This checklist will be developed in 2011 for the following school year. The evaluation team shall report their findings to the campus principal. The campus principal shall forward the results to the Wellness coordinator.
7. The Wellness coordinator position shall be created and maintained. The general duty of the Wellness coordinator is to coordinate meetings of the Wellness Committee, oversee implementation of the Board Policy and Administrative Procedures as set out in 6:50 and 6:50-AP, and shall take recommendations from the committee as to superintendent or designee.
8. Before the end of each school year, the Wellness Committee shall recommend to the Superintendent any revisions to the policy it deems necessary.
9. The Wellness Coordinator shall report to the Superintendent annually on the progress of the Wellness Committee and the yearly survey results.

LEGAL REF.: Child Nutrition and WIC Reauthorization Act of 2004, PL108-265, Sec 204.  
Child Nutrition Act of 1966, 42 U.S.C. § 1771 et. Seq.  
National School Lunch Act, 42 U.S.C. § 1758.  
42 U.S.C. § 1779, as implemented by 7 C.F.R. § 210.11.  
105 ILCS 5/2-3.137  
23 Ill.Admin.Code Part 305, Food Program

CROSS REF.: 4:120 (Food Services)

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