

Instruction

School Wellness 1

Student wellness, including good nutrition and physical activity, shall be promoted in the District's educational program, school activities, and meal programs. This policy shall be interpreted consistently with Section 204 of the Child Nutrition and WIC Reauthorization Act of 2004.

Goals for Nutrition Education and Nutrition Promotion 2

The goals for addressing nutrition education and nutrition promotion include the following:

- Schools will support and promote good nutrition for students.
- Schools will foster the positive relationship between good nutrition, physical activity, and the capacity of students to develop and learn.
- Nutrition education will be part of the District's comprehensive health education curriculum. See School Board policy 6:60, *Curriculum Content*. 3

Goals for Physical Activity 4

The goals for addressing physical activity include the following:

- Schools will support and promote an active lifestyle for students.
- Physical education will 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. See Board policy 6:60, *Curriculum Content*. 5

¹ State or federal law requires this subject matter to be covered in policy and controls its content. The federal Child Nutrition and WIC Reauthorization Act of 2004 requires school districts participating in a program authorized by the National School Lunch Act or the Child Nutrition Act to have a school wellness policy (PL 108-265, Sec. 204). State law required ISBE to "establish a State goal that all school districts have a wellness policy," (105 ILCS 5/2-3.139). ISBE complied in October 2007 by "instruct[ing] all public school districts to establish a School Wellness Policy." The federal and State laws list mandatory topics for the policy. The second sentence of this policy should be deleted if the district does not participate in the National School Lunch Act or the Child Nutrition Act.

See ISBE's numerous resources at www.isbe.net/nutrition/htmls/wellness_policy.htm. Action for Healthy Kids is a national organization dedicated to overcoming the "epidemic of overweight, undernourished and sedentary youth by focusing on changes in schools;" see its resources at www.actionforhealthykids.org/index.php.

This sample policy seeks to be both legally compliant and consistent with good governance principles. Both federal and State laws allow each school district to determine how the required topics are addressed. Good governance principles suggest that the board should establish goals with community and stakeholder input. The administration should determine how to achieve the goals. The board should monitor this policy by requesting and reviewing periodic implementation data.

The Ill. Dept. of Agriculture and ISBE are directed to create the Farm Fresh Schools Program (30 ILCS 105/5.728, added by P.A. 96-153, recodified by P.A. 96-1000). They are also directed to administer a grant program to further the Program's intent of "reduc[ing] obesity and improve[ing] nutrition and public health, as well as strengthen[ing] local agricultural economies by increasing access to and promoting the consumption of locally grown fruits and vegetables in schools and increasing physical activities and programs that promote pupil wellness."

² This is a required topic, but the local board may determine what goals are appropriate (PL 108-265, Sec. 204(a)(1) and PL 111-296; 105 ILCS 5/2-3.139(a)(2). *Nutrition promotion* is now required by PL 111-296, but the concept is not described or defined. The Food Nutrition Service intends to describe *nutrition promotion* more clearly in its upcoming technical assistance materials and a proposed rule, which is expected in late 2012.

³ 105 ILCS 110/3 and 23 Ill.Admin.Code §1.420(n). ISBE's rules for Comprehensive Health Education found at 23 Ill.Admin.Code Part 253 were repealed effective 10/3/05.

⁴ This is a required topic, but the local board may determine what goals are appropriate (PL 108-265, Sec. 204(a)(1); 105 ILCS 5/2-3.139(a)(2).

⁵ 105 ILCS 5/27-5 and 27-6.

- During the school day, all students will be required to engage in a daily physical education course, unless otherwise exempted. See Board policy 6:60, *Curriculum Content*. ⁶
- The curriculum will be consistent with and incorporate relevant Illinois Learning Standards for Physical Development and Health as established by the Illinois State Board of Education. ⁷

Nutrition Guidelines for Foods Available in Schools During the School Day ⁸

Students will be offered and schools will promote nutritious food and beverage choices consistent with the current Dietary Guidelines for Americans and Food Guidance System published jointly by the U.S. Department of Health and Human Services and the Department of Agriculture. In addition, in order to promote student health and reduce childhood obesity, the Superintendent or designee shall control food sales that compete with the District's non-profit food service in compliance with the Child Nutrition Act. Food service rules shall restrict the sale of foods of minimal nutritional value, as defined by the U.S. Department of Agriculture, in the food service areas during the meal periods and comply with all applicable rules of the Illinois State Board of Education. ⁹

Guidelines for Reimbursable School Meals ¹⁰

Reimbursable school meals served shall meet, at a minimum, the nutrition requirements and regulations for the National School Lunch Program and/or School Breakfast Program. ¹¹

Monitoring ¹²

The Superintendent or designee shall provide periodic implementation data and/or reports to the Board concerning this policy's implementation sufficient to allow the Board to monitor and adjust the policy. This report must include without limitation each of the following:

- An assessment of the District's implementation of the policy
- The extent to which schools in the District are in compliance with the policy
- The extent to which the policy compares to model local school wellness policies
- A description of the progress made in attaining the goals of the policy

⁶ Id.

⁷ Schools must "set student learning objectives which meet or exceed goals established by the State," (105 ILCS 5/2-3.63). The Learning Standards can be found on ISBE's website, www.isbe.state.il.us/ils.

⁸ The policy must include the nutrition guidelines selected by the board for "all foods available during the school day with the objective of promoting student health and reducing childhood obesity," (PL 108-265, Sec. 204(a)(2); 105 ILCS 5/2-3.139(a)(1)).

⁹ Districts must prohibit the sale of foods of minimal nutritional value, as defined by federal rule, in the food service areas during the lunch periods (42 U.S.C. §1779; 7 C.F.R. §210.11; 7 C.F.R. Part 210, App. B). The sale of other competitive foods is allowable in the food service area during the lunch period only if all income from the sale of such foods accrues to the benefit of the nonprofit school food service, the school, or student organizations approved by the school (Id.). ISBE's rule limits the types and amounts of food and beverages that may be sold to students in grades 8 or below before school or during the regular school day in any school that participates in the School Breakfast Program or the National School Lunch Program (23 Ill.Admin.Code §305.15). A board may place additional limitations on the sale of minimally nutritious or junk foods.

¹⁰ Inclusion in the policy is required for only those districts that participate in a program authorized by the National School Lunch Act or the Child Nutrition Act (PL 108-265, Sec. 204(a)(3)).

¹¹ Child Nutrition Act of 1966 (42 U.S.C. §1771 et seq.) and National School Lunch Act (42 U.S.C. §1758).

¹² The policy must establish "a plan for measuring implementation of the local wellness policy, including designation of 1 or more persons within the local educational agency at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the local wellness policy," (PL 108-265, Sec. 204(a)(4); 105 ILCS 5/2-3.139(a)(4)).

PL 111-296 requires the public to receive periodic measures with the listed items. While there is no guidance yet to assist school districts in complying with this requirement, school districts are expected to be working toward developing a reasonable method to implement this requirement by the end of the 2011-2012 school year (www.fns.usda.gov/tn/healthy/lwpoverview.pdf). Without guidance, superintendents should make a good faith effort to comply with this requirement. More guidance is expected and will be available at: www.fns.usda.gov/tn/healthy/wellnesspolicy_tools.html.

Community Input 13

The Superintendent or designee will invite suggestions and comments concerning the development, implementation, and improvement of the school wellness policy from parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and community.

LEGAL REF.: Child Nutrition and WIC Reauthorization Act of 2004, PL 108-265, Sec. 204.
Child Nutrition Act of 1966, 42 U.S.C. §1771 et seq.
National School Lunch Act, 42 U.S.C. §1758.
Healthy, Hunger-Free Kids Act of 2010, 42 U.S.C. §1758b, PL 111-296.
42 U.S.C. §1779, as implemented by 7 C.F.R. §210.11.
105 ILCS 5/2-3.139.
23 Ill.Admin.Code Part 305, Food Program.
ISBE's "School Wellness Policy" Goal, adopted Oct. 2007.

CROSS REF.: 4:120 (Food Services)

Policy Reviewed May 2008

Policy Adopted June 2008

Policy Reviewed January 2012

Policy Adopted February 2012

¹³ A board must establish a policy that "involves parents, students, and representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the public in the development of the school wellness policy," (PL 108-265, Sec. 204(a)(5), amended by PL 111-296; 105 ILCS 5/2-3.139(a)(3)). This requirement's awkward wording notwithstanding, a board may take compliance steps by seeking community input during this policy's adoption and monitoring phases. See 2:240, *Board Policy Development*.

District Approved List of Food and Drinks for Snack and Birthday Treats CCSD 1802010-2011 school year

In compliance with the federal Child Nutrition and WIC Reauthorization Act and Illinois State Guidelines, CCSD 180 has adopted specific policy procedures to promote student, staff and community wellness. School functions such as birthday and holiday celebrations should include nutritious foods and beverages that are consistent with the Dietary Guidelines for Americans. A list of suggested healthy snacks for all school celebrations are listed below.

Food items should be individually packaged and store-bought. All items for parties and snacks must be free of peanut products, hydrolysed (hydrolyzed) vegetable protein, ground nuts and nut oils. Please check nutrition labels before bringing any items to school.

Fruits and Vegetables

- ü Raw vegetable sticks/slices with low-fat dressing or yogurt dip

- ü Fresh fruit wedges/slices or canned fruit in natural juices
- ü Dried fruits (raisins, apples, apricots)

- ü Fruit wraps

- ü Frozen fruit pops
- ü Single servings of 100% fruit

- ü Grapes

Snacks

- ü Pretzels

- ü Popcorn

ü Crackers

ü Rice Krispy Treats and or non-gelatin crispy treats

ü Chips with salsa or low-fat dip

ü Rice Cakes

ü Animal crackers

ü Granola

ü Trail Mix cereal/fruit granola bars

Dairy

ü Yogurt

ü String cheese, single-serving cottage cheese or cheese cubes

ü Flavored soy milk fortified with calcium

ü Fat-free or low-fat pudding cups

ü Frozen yogurtü Frozen pudding pops

ü Ice cream cupsü Sherbert cups

Breads/Pasta

ü Pizza

ü Bread sticks with marinara

ü Whole grain cereal with fat-free or low-fat milk

ü Bagels with cream cheese

ü Pasta saladü Whole grain muffins

ü Goldfish crackers

Beverages

ü Waterü Fat-free or low-fat milk

ü 100% fruit or vegetable juice

ü Lemonade

Non-food items for parties in the classroom are always a welcome alternative. Examples include pencils, coloring books, stickers, erasers, crayons, books, colored chalk, bookmarks, play-doh and gift certificates. A book for the classroom or school library, with your child's name inside, is another great idea.

Other suggestions should be discussed with your child's teacher before purchase.

Students will be limited to celebrating their birthdays in their own classrooms and the office. Each child will have his/her birthday announced during announcements and students in the elementary school will receive a pencil from the principal. This will allow us to maintain the instructional integrity of our day as much as possible.

Birthday celebrations at school are always at the parents' discretion. Teachers will adhere to these same guidelines and will not be distributing candy for rewards to students.

This is our first year of these practices. Your input is valuable to us as we try to make our students more aware of nutritious choices.

Exceptions:

Exceptions to this list may include special holiday traditions (i.e. candy houses) and curriculum – related activities (i.e. ice cream socials, cultural presentations). Parents will be notified of these activities in advance. Individual health-related exceptions to our Wellness Policy may be made upon approval by the Superintendent of Schools.

Adopted September, 2010
