

## **INSTRUCTION**

### **School Wellness**

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 and the Healthy Hunger-Free Kids Act of 2010 (HHFKA). The Superintendent or designee will ensure each school building complies with this policy, the policy is available to the community on an annual basis, and that the community is informed about the progress of this policy's implementation.

### **Goals for Emotional Health**

The goals for addressing emotional health include the following:

- Schools will support and promote a positive environment for learning for all students and create an atmosphere in which students are encouraged to seek adult advocacy and assistance in issues related to their emotional well being.
- Schools will foster a supportive atmosphere and provide individual and group opportunities for students to learn about and address emotional well being, including the issues of, but not limited to, self-esteem, peer pressure, stress management, substance abuse including smoking, eating disorders, and bullying behavior.
- The District will provide student assistance programs and staff training on student emotional well being including issues of pre-adolescent and adolescent children, as well as training to identify the warning signs of suicidal behavior in children or other behavior that could be threatening to the child's well being. Training shall include appropriate intervention and referral techniques.
- Nutrition education will be part of the District's comprehensive health education curriculum. See Board Policy 6:60 Curriculum Content.

### **Goals for Physical Activity**

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* and Board policy 7:260, *Exemption from Physical Education*.
- 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* and Board policy 7:260, *Exemption from Physical Education*.
- 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 (ISBE).

### **Goals for Nutrition Education and Nutrition Promotion**

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

- Schools will support and promote sound nutrition for students.
- Schools will foster the positive relationship between sound 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*.

### **Nutrition Guidelines for Foods Available During the School Day**

Students will be offered and schools will promote nutritious food and beverage choices consistent with the current *Dietary Guidelines for Americans* published jointly by the U.S. Departments of Health and Human Services and Agriculture (USDA). In addition, in order to promote student health and reduce childhood obesity, the Superintendent or designee shall restrict the sale of *competitive foods*, as defined by the USDA, in the food service areas during meal periods and comply with all ISBE rules.

### **Guidelines for Reimbursable School Meals**

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.

### **Monitoring**

The Superintendent or designee shall annually provide 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

### **Community Input**

The Superintendent or designee will actively 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.

### **Recordkeeping**

The Superintendent or designee shall retain records to document compliance with this policy.

- 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. §1751 et seq.  
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 and 210.30.  
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), 5:100 (Staff Development Program), 6:60  
(Curriculum Content), 6:65 (Student Social and Emotional Development),  
7:260 (Exemption from Physical Education)
- ADOPTED: July 18, 2006
- REVISED: March 17, 2009; January 18, 2011; March 20, 2012; March 21, 2017

## INSTRUCTION

### School Wellness

#### Procedures – Nutrition Guidelines

The following have been developed to be responsive to the nutritional needs of students.

1. The focus of a child's birthday celebration is the opportunity for the child to feel special throughout the school day. Birthday snacks are optional. However, any birthday snack sent to school must fall within the District's nutritional guidelines.\*
2. All school snacks and rewards, provided by staff or brought from home, served during and after school should be healthy. \*
3. Classroom activities that are tied to specific curriculum projects or units may include food items. Every attempt will be made to choose healthy options when appropriate. \*
4. Students will receive one sweet treat and a beverage at holiday parties.
5. All food providers are expected to provide nutritionally balanced food and beverage options for student lunches. \*
6. Candy will not be served at school during school hours.
7. All fundraisers during the school day will adhere to these guidelines.
8. On all occasions, staff, parents and food vendors are expected to show sensitivity to food allergies. This may include the removal of all peanut and tree nut products from the classroom and/or lunchroom. \*

#### **\*Referenced Nutritional Guidelines:**

- Balance options by including protein, carbohydrate and fat intake
- Suggested school snacks include fresh fruit, veggies, dairy, crackers and low fat, low sugar carbohydrates
- Suggested beverages include water, milk, 100% fruit juice (no sugar drinks)
- Limit dessert portion-size

Procedures – Food Allergy Management

The following have been developed to be responsive to the needs of students with food allergies.

1. Given the varied level of awareness and self-advocacy that pre-school and elementary students with significant allergies may demonstrate, table restrictions in lunchrooms/cafeterias will be provided to allow for safe areas for students with allergies:
  - a. tables will be provided for students with allergies and students without allergies who accept table restrictions
  - b. tables will be provided for students who elect to bring products containing peanut and tree nut products to school.

Please note: Given the increased level of awareness and self-advocacy that middle-school students with significant allergies may demonstrate, table restrictions in lunchrooms/cafeterias will not be utilized at the middle school level unless specified in a student's 504 plan or IEP.

2. Students and staff will be educated on effective hygiene practices.
3. Given the varied level of awareness and self-advocacy that pre-school and elementary students with significant allergies may demonstrate, food items will be limited to fruits and vegetables in classrooms of identified students with food allergies. In the event that an identified student is allergic to a particular fruit or vegetable, this food item will be restricted from the classroom.

Please note: Given the increased level of awareness and self-advocacy that middle-school students with significant allergies may demonstrate, food restrictions will not be utilized in classrooms, unless specified in a student's 504 plan or IEP.

4. In classrooms that have identified students with food allergies, nutritional snacks served as a part of holiday celebrations will be screened before the event to avoid incidental exposure to allergens.
5. Food items will not be allowed on the playground following lunch.
6. Food items will not be eaten while on school buses.

Revised: April 2009