

## Instruction

### School Wellness

Student wellness, including good nutrition and physical activity, shall be promoted in the District's educational program, school-based 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 through copies of or online access to the Board Policy Manual, and that the community is informed about the progress of this policy's implementation.

### Goals for Nutrition Education and Nutrition Promotion

- Students in preschool through grade 12 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 knowledge and skills necessary to adopt healthy eating behaviors and aimed at influencing students' knowledge, attitudes and eating habits.
- Schools will foster the positive relationship between sound nutrition, physical activity, and the capacity of students to develop and learn.
- In order 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.
- The nutrition education program may include enjoyable interactive activities such as contests, promotions, taste testing, field trips and school gardens.
- Schools will support and promote sound nutrition for students.

### Goals for Physical Activity

- Students in preschool through grade 12 shall be offered, unless otherwise exempted, opportunities for 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 calories out); is consistent with State/District's standards/guideline/framework; and is coordinated within a comprehensive health education curriculum. The curriculum shall be consistent with and incorporate relevant Illinois Learning Standards for Physical Development and Health as established by the Illinois State Board of Education.
- Schools shall provide a daily-supervised recess period to elementary students preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.
- School personnel shall be encouraged to use nonfood incentives or rewards with students and shall not withhold food from students as punishment or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

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

#### Parent Partnerships

- 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 a variety of

forms such as handouts, postings on the district website, information provided in school/district newsletters, health fairs and any other appropriate means available for reaching parents.

#### Consistent School Activities and Environment – Healthy Eating

- School meals shall be served in clean, safe and pleasant settings with adequate time provided for students to eat, at a minimum, in accordance with state and federal standards and guidelines.
- The District's food service vendor may involve families, students and other school personnel in helping to choose nutritious food and beverage selections for their schools. This may include surveys, committees, taste testing and other activities designed to provide input into decision-making process.
- The District's food service vendor shall take every measure to ensure that student access to food and beverages on school campuses meet federal, state and local laws and guidelines.
- The District's food service vendor shall work with school instructional staff to reinforce nutrition instruction and foster an environment where students can learn about and practice healthy eating.
- Schools shall take efforts to promote nutritious food and beverage choices consistent with the current Dietary Guidelines for Americans and Food Guidance System such as fruits, vegetables, low-fat dairy foods and whole grain products.
- All food and beverages made available on campus shall comply with 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

- Where possible, 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 the 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 the 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 mandatory 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.
- Physical activity facilities and equipment on school grounds shall be safe.

Nutrition Guidelines for Foods Available during the School Day; Marketing Prohibited

- The District's food service vendor shall offer and schools will promote nutritious food and beverage choices during the school day that are consistent with Board Policy 4.120, Food Services (requiring compliance with the nutrition standards specified in the U.S. Dept. Of Agriculture's (USDA) Smart Snacks rules).
- All food and beverages sold individually (apart from the reimbursable meal) on school campuses during the school day shall meet nutrition standards. This includes:
  - a la carte offerings in the food service programs;
  - food and beverage choices in vending machines and snack bars.
- 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.
- Exempted Fundraising Day (EFD) Requests - All food and beverages sold to students on the school campuses of participating schools during the school day must comply with the "general nutrition standards for competitive foods" specified in federal law, unless the Superintendent or designee in a participating school has granted an Exempted Fundraising Day (EFD). To request an EFD and learn more about the District's related procedure(s) contact the Superintendent or designee. The District's procedures are subject to change. The number of EFDs is set by ISBE rule.

Guidelines for School Meals

- School meals served shall be consistent with the recommendation 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.

Monitoring

The Superintendent or designee shall provide annual 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 Involvement

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

Recordkeeping

The Superintendent or designee shall retain records to document compliance with the policy, the District's records retention protocols, and the Local Records Act.

LEGAL REF.:

Child Nutrition and WIC Reauthorization Act of 2004, Pub. L. 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, Pub. L. 111-296.

105 ILCS 5/2-3.139.

CROSS REF.: 2.140, 2.240, 4.120, 5.100, 6.60, 7.260, 8.10

ADOPTED: June 28, 2006

REVISED: May 23, 2012

REVISED: May 25, 2016

REVISED: January 25, 2017

REVISED: April 25, 2018