

Instruction

School Wellness

The Board of Education of Community Unit School District 200 recognizes the positive relationship between good nutrition, physical activity and the capacity of students to develop and learn. Therefore, CUSD 200 is committed to providing a learning environment that supports and promotes wellness, good nutrition, and an active lifestyle. The entire school environment shall be aligned with healthy school goals outlined within this policy to positively influence students' beliefs and habits and promote health and wellness, good nutrition and regular physical activity. School staff shall be encouraged to model healthy eating and physical activity as a valuable part of daily life. In addition, the district will encourage parents' efforts to provide a healthy diet and daily physical activity for their children.

I. School Based Nutrition Education Goals

- 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 the knowledge and skills necessary to adopt healthy eating behaviors and aimed at influencing students' knowledge, attitudes and eating habits.
- 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.
- Students shall receive consistent nutrition messages in their classrooms, cafeterias, and school-sponsored events.
- All nutritional education and activities shall recognize and respect the diversity of cultures within our district.

II. School Based Physical Activity Goals

- All students in preschool through grade 12, including students with disabilities and special health care needs, shall participate in a daily physical education class taught by a certified physical education teacher.
- Teachers and other school and community personnel will not use physical activity (running laps, pushups, etc.) for disciplinary reasons.
- Teachers and other school and community personnel will not deny participation in physical educational for disciplinary reasons, or to make up missed work.
- Schools are expected to provide opportunities for daily physical activity, in addition to physical education class, as a means to promote well-being (recess, passing time, stretching and deep breathing exercises during class, etc.).

- After school activities will also encourage physical activity and healthy habit formation. As much as possible, students participating in such activities will be taught proper techniques to avoid injury.

III. School Based Health and Wellness Activities

- Local wellness policy goals shall be considered as one component in planning all school based activities (such as school events, field trips, dances, assemblies, and athletic events).
- District nurses and health care staff shall demonstrate support for the health of all students by providing health screenings to identify those at risk and assistance with resources for those who need further professional evaluation. Assistance shall be provided to enroll eligible children in Medicaid and other children's insurance programs.
- Staff shall be encouraged to use wellness programs, health screenings, and exercise and recreation facilities throughout the district. This personal commitment acts as a positive role model for students.
- School environments shall be planned with ergonomics in mind, in so much as possible.
- School-based organizations that raise funds through the sale of food items shall be encouraged to make choices that are supportive of healthy eating.

IV. Cooperative Efforts to Promote Community Wellness

- Schools shall actively engage families as partners in providing physical activity beyond the school day, in order to support and promote an active lifestyle for students and their families. Students and community members are encouraged to engage in a recommended minimum of 60 minutes of physical activity a day.
- To this end, the district shall provide access by students, families or community groups to its physical activity facilities in accordance with the facilities use policy.
- The district will work with local municipalities to support and promote safe walking routes to and from school.
- The district shall work in collaboration with the community to provide families with information and opportunities to learn about healthy eating on a regular basis. Because feeding children is primarily a family responsibility, parents are encouraged to teach their children about good health and nutrition.
- The district and local schools will utilize existing communication means, such as newsletters, to help educate families on current health related topics.

V. Nutrition Guidelines for Food Sold or Served on School Property

- All food and beverages sold on school premises will comply with federal and state laws.
- Schools should offer a variety of healthy food and beverage choices that are healthy and appealing.
- Foods and beverages offered over the course of a school week should be nutrient-dense, including whole grain products and fiber-rich fruits and vegetables to provide students with a variety of choices to maintain a balanced diet.
- A la carte foods should include a variety of choices of nutritious foods, such as fruits, vegetables, whole grains and low-fat or non-fat dairy foods.
- Frying as a means of food preparation for school meals shall be limited; items should be baked rather than fried.
- Nutritional information for all foods and beverages sold, whether part of a reimbursable meal or other food sales, will be available upon request.
- Drinking water will be promoted as a more healthy beverage choice than carbonated beverages.
- Vending machines shall offer at least 50% healthy choices, with a goal to increase this percentage over time. Vending machines with healthy choices shall be equally disbursed throughout the buildings. Vending machines will comply with the legal requirements related to times they are available for student use.
- Healthy food choices shall be available at extracurricular activities when food is sold.
- Food and beverages sold or provided in fundraisers, classroom celebrations or after school activities should reinforce the importance of healthy choices.
- Teachers shall encourage snacks that make a positive contribution to a child's diet and health with an emphasis on serving fruits, vegetables and whole grain foods as the primary snacks and water as the primary beverage.
- School personnel are encouraged to avoid using food as an incentive or reward for students.
- Convenient access to hand washing facilities before meals will be available in order to promote personal hygiene.
- Meals should be scheduled at appropriate times with adequate time and space to eat and socialize in a pleasant environment. It is recommended that at least 20 minutes be allotted for lunch from the time the student is seated.
- The school district will provide a clean, safe, and enjoyable meal environment for students.

VI. Monitoring and Evaluation

- Each school shall organize a wellness committee comprised of families, teachers, administrators, students and/or local professionals to plan, implement and improve nutrition, physical activity, personal hygiene, body posture, and stress management in the school environment.
- A sustained effort is necessary to implement and reinforce these wellness policy guidelines. Each school wellness committee, in consultation with the building

administrator(s), will be responsible for ensuring that each school meets this policy and implements a plan for collecting baseline data and measuring the policy's effectiveness.

- The Superintendent, or designee, shall be responsible for measurement, evaluation, and progress of the district wellness policy.
- The Superintendent shall report the District's progress to the Board at least once annually.

Adopted: August 2006