

Instruction

School Wellness

CUSD 200 is committed to providing a learning environment that supports and promotes wellness. There are many aspects of wellness, but the Federal government requires Boards of Education to maintain a local wellness policy (LWP) relative to nutrition and physical activity. The entire school environment shall be aligned with healthy school goals outlined within this policy to positively influence student's 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 parent and community efforts to provide a healthy diet and daily physical activity for their children.

I. Nutrition Education and Promotion Goals:

- Students in early childhood through grade 12 shall receive wellness education and promotion as part of an annual and sequential program that is coordinated within a comprehensive health education curriculum.
- Schools will foster the positive relationship between good nutrition, physical activity, and the capacity of students to develop and learn.
- Food providers shall work closely with schools to reinforce nutrition education and promotion.
- All nutrition education and activities shall recognize, respect and raise awareness of the diversity of cultures and medical needs within our district.

II. Physical Education and Activity Goals:

- 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 habits and attitudes for a healthy lifestyle. See Board Policy 6.60 curriculum content.
- All students in Early Childhood through grade 12 shall participate in physical activity/daily physical education class (per school code) unless otherwise exempted.
- Physical activity should be promoted as a positive health benefit; therefore forms of exercise shall not be used for disciplinary reasons during the school day.
- Schools are encouraged to provide opportunities for daily physical activity in addition to physical education class (recess, passing time, deep breathing, "brain breaks"). Loss of recess privilege should be the exception and only used at the discretion of the building administrator.

- Extra-curricular activities that involve physical activity, shall promote good sportsmanship, healthy habits and instruction in injury prevention.

III. Health and Wellness Activities_Goals:

- Students in early childhood through grade 12 shall receive wellness education and promotion as part of an annual and sequential program that is coordinated within a comprehensive health education curriculum.
- The Goals of this local School Wellness policy shall be considered as one component in planning all school based activities (such as school events, field trips, dances, assemblies, and athletic events).
- Students and staff shall be encouraged to use wellness programs, health screenings, and exercise and recreation facilities throughout the district. The personal commitment acts as a positive role model for students.
- School environments shall support wellness goals in so much as possible.
- Schools shall encourage fundraisers that promote positive health habits such as the sale of nutritious food items or non-food items.
- High schools are allowed up to 9 exempted fundraising days per school year. School administrators will follow an established process for recordkeeping purposes.

IV. Promoting Community Wellness and Public Involvement Goals:

- The district will work with local municipalities and groups to form partnerships that promote the goals in this wellness policy.
- The district shall work in collaboration with the community to provide families with the information and opportunities to learn about and promote the goals of this local wellness policy.
- The district and local schools will utilize existing communication means to help educate families on current health related topics.

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

- All items offered through the food service (reimbursable meals, a la carte items, beverages) shall meet, at a minimum, the nutrition guidelines issued by the U.S. Secretary of Agriculture as they apply to schools and promote student health and reduce childhood obesity, as well as all other applicable federal, State and local laws, regulations and guidelines.
- In order to promote overall wellness the school district will provide a clean, safe and enjoyable meal environment for students. (i.e., hand sanitation, awareness of any health needs)

- Meals should be scheduled at appropriate times with adequate time and space to eat and socialize in a pleasant environment.
- Vending machine use and content will comply with all legal and nutritional guidelines issued by the U.S. Secretary of Agriculture as they apply to schools and promote student health and reduce childhood obesity, as well as all other applicable federal, State and local laws, regulations and guidelines.
- Foods and beverages served or sold shall be displayed and marketed in a way that promotes the healthy choice as attractive and easily available.
- Food and beverage fundraisers during school hours are discouraged, but those that do occur must follow State and federal guidelines for such fundraisers.
- To promote overall wellness and the safety of students with health issues, foods brought into school during school hours shall comply with allergy policy 7.285.
- Only non-edible items will be used for birthday celebrations and other student recognition.
- Only non-edible items, not food, will be used for rewards and incentives in the classroom, unless previously approved by the building administrator.
- Options beyond food items are encouraged for holiday celebrations, or to support curricular purposes. Any food or beverage used for this purpose shall follow the intent of this wellness policy.

VI. Community Input:

The Superintendent or designee will periodically 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.

VII. Monitoring:

- Each school shall organize a wellness committee comprised of parents, teachers (including physical education teachers), administrators, students, community members, and/or school and local health professionals to plan, implement, and monitor the goals of the District's local wellness policy.
- The Superintendent or designee will provide a tool for assessing the progress of goals addressed in this District's Local Wellness Policy.
- Each school wellness committee, in consultation with the building administrators will be responsible for monitoring each school's compliance with this policy and implementation of a plan for collecting baseline data and measuring the policy's effectiveness.

- The Superintendent, or designee, shall be responsible for the measurement, evaluation, and progress of the district local wellness policy.
- The Superintendent shall report the contents of the District's wellness policy and its progress on the policy's goals to the Board and the public at least once annually. This report shall include 1) an assessment of the District's implementation of this policy; 2) the extent to which schools in the District are in compliance with this policy; 3) the extent to which the policy compares to model local school wellness policies; and 4) a description of the progress made in attaining the goals of 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.

Healthy, Hunger-Free Kids Act of 2010, PL 111-296, 42 U.S.C. 1758b

National School Lunch Act, 42 U.S.C. 1758

105 ILCS 5/2-3.139

105 ILCS 5/2-3.149 and 5/10-22-39; Guidelines for Managing Life Threatening Food Allergies in Illinois Schools-jointly published by the Illinois State Board of Education and-Illinois Department of Public Health

23 Ill. Admin Code Part 305, School Food Service

CROSS REF:

(4.170) Food Services

(6.60) Curriculum Content

(7.285) Food Allergy Management Program

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