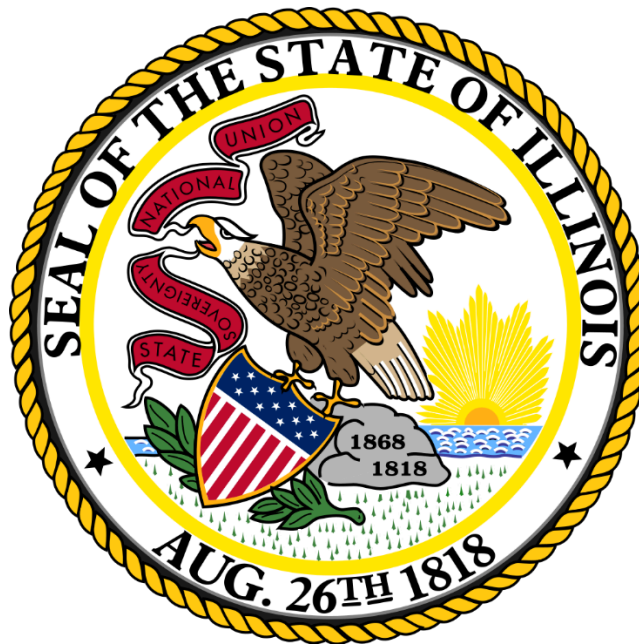


# West Central School District #235



## Local Wellness Policy

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# Preface

In accordance with 7 CFR 210.31(c), a Local Education Agency that participates in the National School Lunch Program (NSLP) and/or School Breakfast Program (SBP) must establish a Local School Wellness Policy for all schools under its jurisdiction. As of June 30, 2017, Local Wellness Policies must meet the minimum requirements set forth in the Final Rule: Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010.

Local Wellness Policies are a valuable tool in the promotion of student health and wellness through the NSLP and SBP. Schools play an essential role in preparing students for successful futures, and proper nutrition and physical activity are key to creating constructive learning environments. Local Wellness Policies provide guidance to further support schools efforts to provide students with a successful and healthy future.

# Wellness Policy Committee

## **Wellness Policy Leadership**

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# Wellness Policy Committee Responsibilities

## Public Involvement

The Local Education Agency permits and encourages public involvement in Local Wellness Policy development, implementation, updates, and reviews. Therefore, the LEA shall invite a variety of stakeholders within the general public to participate in Local Wellness Policy processes. The following methods of communication will be utilized to notify the general public of the opportunity to participate in these processes:

- The District Website ([www.wc235.k12.il.us](http://www.wc235.k12.il.us))

## Assessments

Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three years. West Central School District #235 shall conduct assessments of the Local Wellness Policy every year, beginning in 2024 and occurring every three years thereafter. These assessments will:

- Ensure the wellness policy is in compliance with USDA, State, and Local rules and regulations
- Compare the LEA's wellness policy to model wellness policies
- Measure the progress made in achieving the goals as outlined in the LEA's wellness policy

## Updates

The Wellness Policy Committee must update the Local Wellness Policy as appropriate in order to fit the needs and goals of the Local Education Agency. The LEA shall make the following available to the public:

- The Local Wellness Policy, including any updates to the policy, on a yearly basis
- The triennial assessment, including progress toward meeting the goals outlined in the wellness policy

Through the following channels:

- The School District Website ([www.wc235.k.12.il.us](http://www.wc235.k.12.il.us))

# Records

The Local Education Agency shall maintain record of the Local Wellness Policy. This includes keeping a copy of the current wellness policy on file and maintaining documentation of the following actions:

- The most recent assessment of the policy
- Availability of the wellness policy and assessments to the public
- Reviews and revisions of the policy, including the individuals involved and the efforts made to notify stakeholders of their ability to participate in the process

# In Addition

- School meals shall be served in a 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 National Associate of State Boards of Education recommends that students have adequate time to eat, relax, and socialize: at least 10 minutes after sitting down for breakfast and 20 minutes after sitting down for lunch.
- West Central School District #235 will maintain a Wellness Committee made up of parents, students and other school personnel to provide input into the decision-making process.
- Food providers shall work with suppliers to obtain foods and beverages that meet the nutrition requirements of school meals and nutrition standards for those sold individually.
- The wellness committee shall work closely with school instructional staff to reinforce nutrition instruction and foster an environment where students can learn about and practice healthy eating.
- School officials shall take every measure to ensure that student access to foods and beverages on school campuses meets federal, state and local laws and guidelines.
- Students, parents, school staff and community members bringing foods and beverages to school for class parties and celebrations must provide pre-packed items. A list of recommended food and beverages option will be provided upon request.
- To reduce competition with nutritionally balanced school meals and enhance student safety, it is recommended that, to the extent practicable, students are not permitted to leave school grounds to purchase foods or beverages.
- Schools shall take efforts to promote nutritious food and beverage choices consistent with the current Dietary Guidelines for Americans and Food Guidance System (Choose My Plate) such as fruits, vegetables, low-fat dairy food and whole grain products.
- Nutrition education shall be provided to trained and well-supported staff.
- All foods and beverages made available on campus shall comply with the 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 the persons approved by the school administration, including but not limited to school employees.

- Under Public Act 96-0349 West Central School District #235 will adopt policies which promote both prevention and management of life-threatening allergic reactions, also known as anaphylaxis.
- Students identified to be at risk may have a 504 plan, an action plan, food allergy alert form detailing their allergy history, or an individual health care plan (IHCP).

## Nutrition

The Local Education Agency recognizes the important role nutrition plays in academic performance as well as overall quality of life. The National Education Association references numerous articles supporting the effects of nutrition on the classroom, for example, hunger often has a negative impact on students' success, attendance, and behavior.

According to the Centers for Disease Control and Prevention, approximately 18.5 percent of the nation's youth was considered obese in 2015-16. This percentage increased 1.3 percent when compared to the previous year. Conversely, 15.7 percent of American families experienced food hardship in 2017. Through participation in the U.S. Department of Agriculture's School Nutrition Programs, the LEA commits to serving nutritious meals to students in order to prevent both over consumption of nutrient-poor foods and food insecurity to give students the best chance to succeed inside and outside the classroom.

### **Nutrition Standards**

#### Meals

All reimbursable meals served for the purposes of the National School Lunch Program (NSLP) and School Breakfast Program (SBP) must meet or exceed USDA nutrition standards and regulations. This includes meeting standards for each of the meal pattern components (i.e. Grains, Meat/Meat Alternates, Fruits, Vegetables, and Milk) as well as meeting or exceeding the limitations set for calories, sodium, saturated fat, and trans fat.

#### Competitive Foods

All competitive foods and beverages sold must comply with the USDA Smart Snacks in Schools nutrition standards (7 CFR 210.31(c)(3)(iii)). Competitive foods and beverages refer to those that are sold to students outside the reimbursable meal on the school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day). This includes, but is not limited to, vending machine and à la carte items.



## Other Foods and Beverages

- A. The following policy refers to all foods and beverages provided, but not sold to students. The Local Education Agency will discourage the use of food as a reward or as part of a celebration. Providing alternatives to food as a reward promotes healthier habits by reducing exposure to less nutritious food items and, therefore, the amount of calorie-dense food items consumed (e.g. cakes, cookies, candy, etc.). This helps children develop improved food preferences and hunger cues to carry them throughout life. Instead, schools will encourage the following methods for rewards and celebrations:
- Free Time
  - Extra Recess
  - Game Day
  - Homework Pass

## Fundraisers

- A. Fundraisers promoting food and/or beverage items that are held on school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day) must meet Smart Snacks nutrition standards. However, the LEA may participate in infrequent exempted fundraising days, in which food and beverage items do not meet Smart Snacks standards, as the LEA sees fit. These exempted fundraising days shall not exceed nine days within one year. The LEA shall use with the following form for approval when managing exempted fundraising days:
- Form on the following page.

# WEST CENTRAL CUSD #235 FUNDRAISING REQUEST

Date \_\_\_\_\_

Please fill out all questions and return to the building principal. Your request will be acted upon as soon as possible.

Name of organization or club \_\_\_\_\_

Name of advisor \_\_\_\_\_

Reason for fundraiser (toward what goal) \_\_\_\_\_



How much money is needed to obtain your goal? \_\_\_\_\_

Number of people selling \_\_\_\_\_

Products to be sold	Selling Price	Cost of Product	Company
_____	_____	_____	_____
_____	_____	_____	_____

Starting Date: \_\_\_\_\_

Ending Date: \_\_\_\_\_

Will products be sold in school or out? \_\_\_\_\_



Approve \_\_\_\_\_

Disapprove \_\_\_\_\_

---

Principal's Signature \_\_\_\_\_ Date \_\_\_\_\_

Copies to: District Office

## Nutrition Education

In accordance with the Illinois Learning Standards, the Local Education Agency shall meet all Illinois requirements and standards for Health Education. The Local Education Agency shall include nutrition education within the health education curriculum and integrate nutrition education into other core subjects, as appropriate. Various grade levels and curriculums shall use nutrition education information, research, and materials from the following resources:

- 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. Special emphasis should be placed on nutrition education in preschool through primary grades as eating habits are established at a young age. The curriculum shall be consistent with and incorporate relevant Illinois Learning Standards.
- 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.
- To achieve positive changes in students' eating behaviors, it is recommended that nutrition education opportunities be provided to students each year. Contact hours may include a combination of classroom instruction nutrition education provided in the cafeteria; or health fairs, field trips and assemblies providing nutrition education.
- The nutrition education program shall include enjoyable interactive activities such as contests, promotions; taste testing, field trips, and school gardens.

## Nutrition Promotion

The District shall implement nutrition promotion techniques through multiple channels, including the cafeteria, classroom, and home.

The District shall make cafeteria menus and nutrition information available through the following the school Website ([www.wc235.k12.il.us](http://www.wc235.k12.il.us)).

Schools shall support parents' efforts to provide a healthy diet and daily physical activity for their children. This support shall begin in elementary school and continue through middle and high school.

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 the form of handouts, postings on the school/district website, information provided in school/district newsletters, presentations that focus on nutrition and healthy lifestyles and any other appropriate means available for reaching parents.

It is recommended that food providers share information about the nutritional content of school meals and/or individually sold foods with students, family and school staff.

All food service personnel shall have adequate pre-service training and regularly participate in professional development activities that provide strategies for providing tasty, appealing and healthy school meals; nutrition education strategies including coordination of classroom and cafeteria activities and effective promotional techniques to encourage healthy eating habits.

## Marketing

- A. The Local Education Agency will prohibit the marketing and advertising of all foods and beverages that do not meet Smart Snacks nutrition standards on the school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day). The marketing standards described above apply, but are not limited to, oral, written, and graphic statements made for promotional purposes. Items subject to marketing requirements include, but are not limited to, posters, menu boards, vending machines, coolers, trash cans, scoreboards, and other equipment. This policy does not require schools to immediately replace equipment that does not meet this requirement, however, the District shall implement these standards as equipment needs replaced in the future.

## Physical Activity

Physical activity is a key component of the health and well-being of all students. Physical activity lowers the risk for certain diseases, including obesity, heart disease, and diabetes. Physical activity also helps improve brain function, allowing students to perform better in school.

The Centers for Disease Control and Prevention recommends adolescents get at least 60 minutes of physical activity five days per week. Nearly 79 percent of school-age children fall short of meeting this requirement. The Local Education Agency recognizes this connection and commits to promoting and providing opportunities for physical activity during and outside the school day.

- Students in Kindergarten through grade 12 shall participate in regular 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/guidelines/framework; and is coordinated within a comprehensive health education curriculum. The curriculum shall be consistent with and incorporate relevant Illinois Learning Standards.
- 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.

- 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.
- It is recommended that students participate in physical education daily except on block scheduled days for the public schools engaged in block scheduling. Special emphasis should be placed on promoting an active lifestyle in preschool through primary grades as health habits are established at a young age. Accommodations shall be made for students with disabilities, 504 plans, and other limitations.
- Schools shall provide a daily supervised recess period to elementary students.
- Because students should engage in a minimum of 60 minutes of physical activity a day, the physical education program shall actively engage families as partners in providing physical activity beyond the school day.

## **Other Opportunities for Physical Activity**

The District shall include additional physical activity opportunities, outside of Physical Education class, during the school day through the following:

- Students shall be offered opportunities for physical activity through a range of before and after school programs including intramurals, interscholastic athletics, or physical activity clubs.
- 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.
- Schools are encouraged to provide student and community access to and promote use of the school's physical activity facilities outside of the normal school day.
- Physical activity facilities and equipment on school grounds shall be safe.
- Schools are encouraged to work with the community to create a community environment that is safe and supportive of students walking or biking to school.

The following opportunities for participation in school-based sports shall be offered to students each year:

- Football (7-12)
- Boys/Girls Basketball (6-12)
- Volleyball (6-12)
- Softball (6-12)
- Baseball (6-12)
- Cheer (6-12)
- Track (6-12)
- Bowling (9-12)
- Swimming (9-12)

## Measuring Implementation & Community Involvement

- The district Superintendent shall be charged with the operational responsibility for ensuring that each school meets the local wellness policy requirements.
- The district Superintendent shall appoint a district wellness team/counsel that includes parents, school administrators, and the public to oversee development, implementation and evaluation of the wellness policy. In addition, it is recommended that the district superintendent also appoints teachers (including kindergarten – grade 12, family and consumer science, physical education and health educators) and health professionals (school nurse) as members of the team/council.
- The terms of district wellness team/council members shall be staggered for continuity.
- The appointed district wellness team/council shall be responsible for:
  - Assessment of the current school environment;
  - Development of a wellness policy;
  - Presenting the wellness policy to the school board for approval
  - Measuring the implementation of the wellness policy; and
  - Recommending revision of the policy, as necessary.
- The principal of each campus shall be responsible for implementation of the local wellness policy.
- The wellness team/counsel shall hear reports from each committee member.
- At least every 3 years, the wellness team/council shall recommend to the district Superintendent any revisions to the policy it deems necessary.
- The wellness team/council shall report to the school board the progress of the wellness team/council, the status of compliance by the campuses and changes/revisions to the Wellness Plan.

## References:

1. *Prevalence of Overweight among Children and Adolescents: United States, National Center for Health Statistics.*
2. *Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265, Sec. 204).*
3. *Public act 094-0199.*
4. *Illinois School Code. [www.ilga.gov/legislation](http://www.ilga.gov/legislation)*
  - a. *Daily Physical Education Requirements – Section 27-6 of the School Code \_105ILCS 5/27-6)*
  - b. *Rules for Comprehensive Health Education – (23 Ill Adm. Code 253) issued pursuant to the Critical Health Problems and Comprehensive Health Education Act (105 ILCS10).*
5. *Illinois Learning Standards, Illinois State Board of Education, 1997.*
6. *Nutrition services: An essential component of comprehensive school health programs – Joint Position of the American Dietetic Association, Journal of Nutrition Education, and the American School Food Service Associate, Journal of Nutrition Education 35:2, 2003.*
7. *Executive Summary, Shape of the Nation 2001.*
8. *Dietary Guidelines for Americans 2005, Department of Health and Human services and Department of Agriculture, 2005.*
9. *Fit, Healthy, and Ready to Learn, National Association of State Board of Educations, 2000.*
10. *Choose My Plate, United State Department of Agriculture.*
11. *Minimum School Meals Requirements – section 9(f)(1),17(a) of the Richard B. Russell Nation School Lunch Act (42 U.S.C. 1758(f)(1), 1766(a)0*
12. *Minimum School Meals Requirements – subsections (a) and (b) of section 1- of the Child Nutrition Act (42 U.S.C> 1779)*
13. *Illinois Food Service – III. Adm. Code Section 305.*
14. *Alliance Product Calculator*

## **RESOURCES FOR POLICY DEVELOPMENT**

- Fit, Healthy, and Ready to Learn, National Association of State Boards of Education 2000.
- Healthier US School Challenge, United States Department of Agriculture.
- Mercedes Independent School District Student Nutrition/Wellness Plan. 2004.
- Model Local School Wellness Policies on Physical Activity and Nutrition, National Alliance for Nutrition and Activity, 2005.
- School Nutrition Association Local Wellness Policy Guidelines, School Nutrition Association. 2005.

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