

# **WELLNESS POLICY**

**Approved by Board of Education on February 15, 2017**

**ALLENDALE COMMUNITY CONSOLIDATED SCHOOL DISTRICT #17**

## **WELLNESS POLICY**

### **BELIEF STATEMENT**

The Board of Education of Allendale Community Consolidated School District #17 is committed to providing a learning environment that supports and promotes wellness, good nutrition, and an active lifestyle. The Board of Education also recognizes the positive relationship between good nutrition, physical activity, and the capacity of students to develop and learn. The entire school environment shall be aligned with healthy school goals to positively influence students' beliefs and habits to promote health and wellness, good nutrition, and regular physical activity. In addition, school staff and parents shall be encouraged to model healthy eating and physical activity as a valuable part of daily life.

### **INTENT**

The purpose of this policy is to ensure a total school environment that promotes and supports student health and wellness, helps to reduce childhood obesity, and meets the requirements of the Child Nutrition and WIC Reauthorization Act of 2004 and the Illinois School Code, including, without limitation, goals for nutrition education, physical activity and other school-based activities designed to promote student wellness; nutrition guidelines for all foods available during the school day; a plan for measuring implementation including designating a faculty member to be charged with operational responsibility; and involving parents, students, school food service provider, school board members, school administration, and the public in developing this policy.

### **RATIONALE**

A disturbing number of children are inactive and do not eat well. The result is an alarming percentage of children and adolescents are overweight. Congress passed the Child Nutrition and WIC Reauthorization Act of 2004 on June 30, 2004. Recognizing the role schools can play in health promotion, this law requires local education agencies participating in a program authorized by the National School Lunch Act or the Child Nutrition Act of 1966 to develop a local wellness policy. The objectives of the wellness policy are to improve the school nutrition environment, promote student health, and reduce childhood obesity. In addition, Public Act 094-0199 amends the Illinois School Code, requiring the Illinois State Board of Education to establish a state goal that all districts have a wellness policy.

The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating and regular physical activity is demonstrably linked to reduced risk for mortality and development of many chronic diseases. Schools and school communities have a responsibility to help students acquire the knowledge and skills necessary to establish and maintain lifelong healthy eating patterns. Well-planned and well-implemented wellness programs have been shown to positively influence children's health.

Schools also have a responsibility to help students establish and maintain lifelong habits of being

physically active. According to the U.S. Surgeon General, regular physical activity is one of the most important things people can do to maintain and improve their physical health, mental health, and overall well-being. Regular physical activity reduces the risk of premature death in general and of heart disease, high blood pressure, colon cancer, and diabetes. Exercise and movement improve brain efficiency for learning and memory. It improves concentration, focus, and test scores as well.

## **TO ACHIEVE THESE POLICY GOALS**

### I. Coordinated School Health Team

Allendale Community Consolidated School District #17 will create a Coordinated School Health Team to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. This team will consist of individuals who represent the school and the community, and will include parents, students, school food authority representative, members of the school board, school administration, and teachers.

### II. Nutritional Quality of Foods and Beverages Sold and Served on Campus

Students' lifelong eating habits are greatly influenced by the types of foods and beverages available to them. Schools must establish standards to address all foods and beverages sold or served to students, including those available outside of school meal programs. These standards should focus on increasing nutrient density, decreasing fat and added sugars, and moderating portion size.

School Meals - Meals served through the National School Lunch and Breakfast Programs will:

- be served in clean, safe, and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations; and
- 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.

Breakfast - Breakfast is the most important meal of the day. Ensure all children have breakfast, either at home or school, in order to meet their nutritional needs and enhance their ability to learn. Breakfast meals will be designed to provide the Recommended Dietary Allowances (RDA) for the following nutrients: calories, protein, calcium, iron, vitamin A, and vitamin D.

Lunch - School meals will feature a variety of age-appropriate healthy choices that are tasty, attractive, and of high quality. Lunch meals will be designed to provide the Recommended Dietary Allowances (RDA) appropriate for age or

grade level for the following nutrients: calories, protein, calcium, iron, vitamin A, and vitamin D.

#### Meal Times and Scheduling

School administration will schedule meal periods at appropriate times and provide students with ample time to eat after sitting down for breakfast and lunch.

#### Free and Reduced-priced Meals

The district will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Towards this end, Allendale Community Consolidated School District #17 will utilize a Point of Sales system which personalizes the payment between only the student and the school office. The district will ensure that reimbursable school meals meet the program requirements and nutrition standards set forth and the promotion of availability of school meals to all students.

#### Qualifications of School Food Service Staff

Qualified nutrition professionals will administer the school meal programs. Development programs will include appropriate certification and/or training programs according to the level of responsibility.

### III. Food Safety

All food service equipment and facilities will meet applicable local and state standards for safe food preparation and handling, sanitation, and workplace safety.

### IV. Nutrition Education and Physical Activity

Allendale Community Consolidated School District #17 aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and integrate physical activity into the classroom setting.

#### Goals For Nutrition Education

- The primary goal of nutrition education is to influence students' eating behaviors.
- Nutrition education is offered to provide students with the knowledge and skills necessary to adopt healthy eating behaviors and is 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.
- It is recommended nutrition education be integrated into the standards-

based lesson plans of other school subjects like math, science, language arts, physical education, health, and social sciences.

#### Goals For Physical Activity

- The primary goal for a school's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short- and long-term benefits of a physically active and healthy lifestyle.
- A comprehensive physical activity program encompasses a variety of opportunities for students to be physically active, including: physical education, recess, extra-curricular activities, and health education that includes physical activity as a main component.
- All students will receive daily physical education. Elementary school students will receive 300 minutes/week of physical activities including physical education and supervised recess. Junior high students will receive 260 minutes/week of physical activities during physical education class.

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

Policies established under this category create a school environment that provides consistent wellness messages and is conducive to healthy eating and being physically active.

##### Communications with Parents

The school shall support parents' efforts to provide a healthy diet and daily physical activity for their children. The school will send home the school menu each month. Parents should be encouraged to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the nutrition standards for individual foods and beverages.

The school should provide information about physical education and other school-based physical activity opportunities during and after the school day.

##### Staff Wellness

Allendale Community Consolidated School District #17 and food service staff and faculty are encouraged to become full partners in the district's wellness goals. In support of this goal, nutrition and physical activity educational opportunities will be provided to all district and food service staff.

#### VI. Policy Implementation

##### Monitoring

Administration will be assigned to ensure compliance with standards of the Local Wellness Policy.

Food service personnel will ensure compliance with nutrition policies within the school food service area and will report on this matter to administration.

#### Reporting

Administration will report on the district's compliance with the wellness policy to the school board.

#### Policy Review

The Coordinated School Health Team will meet at least annually to review policy, compliance, assess progress, and determine areas in need of improvement. The district will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.