

**WILL COUNTY SCHOOL DISTRICT 92
WELLNESS GUIDELINES
MARCH 21, 2013**

BELIEF STATEMENT

The Board of Education of Will County School District 92 is committed to providing a learning environment that supports and promotes wellness, good nutrition, and an active lifestyle and 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 and promote health and wellness, good nutrition and regular physical activity.

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 one or more persons charged with operational responsibility; and involving parents, students, school food service providers, the school board, school administrators, 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 16 percent of children and adolescents are overweight – a three-fold increase since 1980. 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 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 and regular physical activity. 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. Well-planned and well-implemented wellness programs have been shown to positively influence children's health.

GOALS FOR NUTRITION EDUCATION

Students in preschool through grade 8 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 for Physical Development and Health.

All foods and beverages sold individually to students (apart from the reimbursable school meal) on school campuses during the school day shall meet nutrition standards (Attachment A).

GOALS FOR PHYSICAL ACTIVITY

Students in preschool through grade 8 shall participate in daily physical activity 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); 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.

Schools shall provide a daily supervised recess period to K-5 students.

Students shall be provided opportunities for physical activity through a range of after-school programs including intramurals, interscholastic athletics, and physical activity clubs.

GOALS FOR OTHER SCHOOL-BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS

Healthy Eating

- 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.
- 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 National Association of State Boards of Education recommends that students have adequate time to eat, relax and socialize; at least 20 minutes after sitting down for lunch.
- Students, parents, school staff and community members bringing foods and beverages to school for parties/celebrations/meetings are to provide healthful options and shall be provided a list of food and beverage options (Attachment B).
- Schools shall take efforts to promote nutritious food and beverage choices consistent with the current Dietary Guidelines for Americans and Food Guidance System (MyPlate) such as fruits, vegetables, low-fat dairy foods and whole grain products.
- All foods and beverages made available shall comply with the federal, state, and local food safety and sanitation regulations. In order to comply with these regulations, all foods and beverages are to be purchased as “packaged” through an outside vendor. Due to the significant number of students with allergies, foods prepared in the home may result in cross-contamination and are forbidden.
- School personnel shall be encouraged to use nonfood incentives or rewards with students and shall not withhold food from students as punishment.

Physical Activity

- Physical education shall be provided by trained and well-supported staff that is certified by the state to teach physical education.
- Schools are encouraged to develop community partnerships with other child-serving organizations such as park districts and other community programs to provide students with opportunities to be active.
- Physical activity facilities and equipment on school grounds shall be safe.

CELEBRATING WITH NON-EDIBLE TREATS

It is recommended that parents provide non-edible treats for a child's classmates if they are celebrating an occasion. Examples of non-edible treats are: pencils, erasers, bookmarks, stickers, crayons, etc.

NUTRITION GUIDELINES FOR ALL FOODS AND BEVERAGES AVAILABLE IN SCHOOL DURING THE SCHOOL DAY

Food providers shall offer a variety of age-appropriate, appealing foods and beverage choices and employ food preparation, purchasing and meal planning practices consistent with the current Dietary Guidelines for Americans (e.g. provide a variety of fruits and vegetable choices; serve low-fat and fat-free dairy products; ensure that whole grain products are served).

GUIDELINES FOR SCHOOL MEALS

School meals served shall be consistent with the recommendations 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 all applicable state and local laws and regulations.

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 committee that includes parents, the public, representatives of the school food authority, the school board, school administrators, physical education teachers, and school health professionals to oversee development, implementation and evaluation of the wellness policy.
- The district wellness committee 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
 - Recommending revision of the policy, as necessary
- Before the end of each school year the wellness committee shall recommend to the district superintendent any revisions to the policy it deems necessary.
- The wellness committee shall report to the superintendent and school board annually on the progress of the wellness committee and the status of compliance by the campuses.

Attachment A

Food or Beverage	<p>Healthier US School Challenge Nutrition Standards These criteria focus on decreasing fat and added sugar, increasing nutrient density, and moderating portion size.</p>
Fruits and Non-fried Vegetables	<p>Fruits and vegetables may be fresh, frozen, canned or dried, And they must be found in the Food Buying Guide for Child Nutrition Programs. http://schoolmeals.nal.usda.gov/FBG/2003FBG/%20Section%202.pdf Examples of products that <i>cannot</i> be sold/served as a fruit Or vegetable include:</p> <ul style="list-style-type: none"> • Snack-type foods made from vegetables or fruits, such As potato chips, and banana chips; • Pickle relish, jam, jelly; and • Tomato catsup and chili sauce
Approved Beverages	<ul style="list-style-type: none"> • Flavored or plain reduced fat (2%), low-fat (1%), skim/nonfat fluid milk meeting State and local Standards for pasteurized fluid milk and/or USDA Approved alternative dairy beverages • 100% full-strength fruit and vegetable juices; and • Water (non-flavored, non-sweetened, and non-carbonated)
Any Other Individual Food Sales Service	<ul style="list-style-type: none"> • Calories from total fat must be at or below 35%, <i>excluding nuts, seeds, and nut butters</i>. This is determined by dividing the calories from total fat by the total calories and multiplying by 100. If calories from fat are not available, multiply the grams of fat by 9 to equal calories from fat. • Calories from saturated fat must be at or below 10%. This is determined by dividing the calories from saturated fat by the total calories and multiplying by 100. If calories from saturated fat are not available, multiply grams of saturated fat by 9 to equal calories from saturated fat. • Total sugar must be at or below 35% by weight. This is determined by dividing the grams of total sugar by the gram weight of the product and multiplying by 100. This includes both naturally occurring and added sugars. This limit does not include fruits and vegetables or flavored milk as defined above. • Portion size for a la carte sales in the school cafeteria are not to exceed the serving size of the food served in the National School Lunch Program; for vending sales the item package or container is not to exceed 200 calories.

Attachment B

Healthful Food and Beverage Options for School Functions

At any school function (parties, celebrations, meetings, etc.), healthful food options are to be made available to promote student, staff and community wellness. The following list of nutritious food and beverages are consistent with the Dietary Guidelines for Americans and are the preferred food and beverages allowed at school parties, to be sent to school for student celebrations. All other foods must be approved before being brought into the school.

All foods and beverages are to comply with the federal, state and local food safety and sanitation regulations. In order to comply with these regulations, all foods and beverages are to be purchased as "packaged" through an outside vendor. Due to the significant number of students with allergies, foods prepared in the home may result in cross-contamination and are forbidden.

- Raw vegetable sticks/slices with low-fat dressing or yogurt dip
- Fresh fruit wedges – cantaloupe, honey dew, watermelon, pineapple, oranges, tangelos, etc.
- Sliced fruit – nectarines, peaches, kiwi, star fruit, plums, pears, bananas, mangos, apples, with lowfat dip etc.
- Fruit salad
- Cereal and low-fat milk
- 100% fruit or vegetable juice
- Frozen fruit pops with fruit juice or fruit as the first ingredient
- Dried fruits – raisins, cranberries, apples, apricots
- Single serving applesauce or canned fruit in juice
- Fruit smoothies made with fat-free or low-fat milk
- Lean meats and reduced fat cheese sandwiches (use light or reduced fat mayonnaise in chicken/tuna salads)
- Pretzels (Rold Gold) or reduced fat crackers (ie. Wheat Thins, etc.)
- Baked chips with salsa or low-fat dip (ranch, onion, bean, etc.)
- Mini bagels with whipped light or fat-free cream cheese
- Pasta salad
- Bread sticks with marinara
- Fat-free or low-fat flavored yogurt & fruit parfaits
- Fat-free or low-fat pudding cups
- Fat-free or low-fat milk and milk products (string cheese, single-serving cottage cheese, cheese cubes)
- Flavored soy milk fortified with calcium
- Pure ice cold water
- Animal crackers
- Graham crackers