

Policy 6:50 AP

School Wellness / Student Nutrition

Instruction

Wellness Policy / Student Nutrition

The District supports a learning environment that encourages and models wellness, nutritious eating habits education and regular physical activity that promote successful learning and lifelong health.

The purpose and goal of this policy is to ensure that our school environment promotes and supports student health through nutritional meals/snacks, nutritional education, and physical activity in accordance with the Child Nutrition and WIC Reauthorization Act of 2004 and the Illinois School Code.

The link between nutrition and learning is well documented. Healthy eating patterns are essential for the students to achieve their full academic potential; as well as their full physical and mental growth. It has also been shown to reduce the risk of mortality and development of many chronic diseases.

Component 1: Nutrition Education

- Students in grades PreK-12 receive nutrition education as part of a sequential, standards-based comprehensive health education curriculum or integrated into standards-based lesson plans of other core-subject areas where applicable.

Component 2: Physical Activity

- Students in grades PreK-12 participate in standards-based physical education, consistent with state/district standards/guidelines/framework and is-coordinated within a comprehensive health education curriculum.
- Elementary students participate in physical education for a minimum of 150 minutes per week (except when the student must miss physical education for reasons of discipline or health.) Elementary students have daily-supervised recess.
- Middle and high school students participate in physical education for a minimum of 225 minutes per week.

Component 3: Other School-Based Activities Designed to Promote Student Wellness

- School meals served are consistent with the recommendations of the Dietary Guidelines and/or the nutrition requirements and regulations for the National School Lunch Program and all applicable state and local laws and regulations.
- Breakfast is available at every school each day school is in session.
- Food service personnel regularly participate in professional development activities.
- Foods and beverages consistent with the current Dietary Guidelines for Americans and Food Guidance System (My Plate) and the American Beverage Association are promoted.
- Food providers work with suppliers to obtain foods and beverages that meet nutrition requirements of school meals and nutrition standards for those sold individually.

- All foods and beverages sold individually on school campuses during the school day shall strive to meet district nutrition standards. This includes:
 1. A la carte offerings in the food service program;
 2. Food and beverage choices in vending machines and school stores.
- Foods and beverages brought into school for parties/celebrations/meetings are encouraged to be healthful options.
- School personnel are encouraged to use nonfood incentives or rewards with students and do not withhold food from students as punishment.

Component 4: Implementation of District Wellness Policy

- The district superintendent or a designee shall appoint a district wellness council that includes parents, students, teachers (P.E., Health, Science), nurses, district food service director, the school board, school administrators, and the public (doctors, dietitians) to oversee development, implementation, and evaluation of the wellness policy.
- The terms of district wellness council members shall be staggered for continuity.
- The district superintendent or designee shall be charged with the operational responsibility for ensuring that each school meets the local wellness policy requirements.
- The principal of each building shall be responsible for implementation of the local wellness policy and shall develop an annual goals/action/evaluation plan to be included in the Schools Improvement Plans.
- The wellness council shall hear reports from each building principal annually and before the end of each school year. The wellness council shall report to the superintendent and school board on the compliance by each building and recommend any revisions to the policy it deems necessary.

ADOPTED: November 14, 2006
REVISED: September 26, 2013