

Regional Center for Change Wellness Policy

School Wellness

Student wellness, including good nutrition and physical activity, shall be promoted in the District's educational program, school activities, and meal programs. This policy shall be interpreted consistently with Section 204 of the Child Nutrition and WIC Reauthorization Act of 2004.

Goals for Nutrition Education and Nutrition Promotion

The goals for addressing nutrition education and nutrition promotion include the following:

- Schools will support and promote good nutrition for students.
- Schools will foster the positive relationship between good nutrition, physical activity, and the capacity of students to develop and learn.
- Nutrition education will be part of the student's home school District's comprehensive health education curriculum. See each of the student's home school Board of Education policy 6:60, *Curriculum Content*.

Goals for Physical Activity

The goals for addressing physical activity include the following:

- Schools will support and promote an active lifestyle for students.
- 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 healthy habits and attitudes for a healthy lifestyle. See the student's home school policy 6:60, *Curriculum Content*.
- During the school day, all students will be required to engage in a daily physical education course, unless otherwise exempted. See the student's home school policy 6:60, *Curriculum Content*.
- The curriculum will be consistent with and incorporate relevant Illinois Learning Standards for Physical Development and Health as established by the Illinois State Board of Education.
- Physical education classes will have the same student/teacher ratios used in other classes.

Nutrition Guidelines for Foods Available in Schools During the School Day

Students will be offered and schools will promote nutritious food and beverage choices consistent with the current Dietary Guidelines for Americans and Food Guidance System published jointly by the U. S. Department of Health and Human Services and the Department of Agriculture. In addition, in order to promote student health and reduce childhood obesity, the Superintendent or signees shall control food sales that compete with the District's non-profit food service in compliance with the Child Nutrition Act. Food service rules shall restrict the sale of foods of minimal nutritional value, as defined by the U.S.

Department of Agriculture, in the food service areas during the meal periods and comply with all applicable rules of the Illinois State Board of Education.

- Morning bus routes will be scheduled to allow students to arrive at school in time to eat breakfast.
- Snack foods may not be purchased on the school premises.
- The school has a closed campus policy. Students are not permitted to leave campus at any time during the school day.
- After obtaining food, students will have at least 10 minutes for breakfast and 20 minutes to eat lunch.
- Letters are given to parents/guardians at the intake meetings regarding the school participating in the Community Eligibility Provision informing them that all students will receive meals at no cost.
- Students are made aware of the water coolers that are located in the cafeteria and hallways. The students are allowed access to the water at any time during the day.

Nutrition Standards for Competitive and Other Foods and Beverages

- The school does not allow the sale of meals/food outside of the reimbursable meals that are prepared by the contracted firm.
- The school will regulate all food and beverages served during classroom activities.
- Students will be provided access to drinking water throughout the day.
- Prohibits the sale of food for fundraising during the regular and extended school day.

Guidelines for Reimbursable School Meals

Reimbursable school meals served shall meet, at a minimum, the nutrition requirements and regulations for the National School Lunch Program and/or School Breakfast Program.

Monitoring

The Superintendent or designee shall provide periodic implementation data and/or report to the Board concerning this policy's implementation sufficient to allow the Board to monitor and adjust the policy.

This report must include without limitation each of the following:

- An assessment of the District's implementation of the policy
- The extent to which schools in the District are in compliance with the policy.
- The extent to which the policy compares to model local school wellness policies
- A description of the progress made in attaining the goals of the policy.

Community Input

The Superintendent or designee will 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 or physical education, school health professionals, the school board, school administrators, and community.

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.
 National School Lunch Act, 42 U.S.C §1758.
 Healthy, Hunger-Free Kids Act of 2010, 42 U.S.C. §1758b, PL 111-296.
 42 U.S.C. §1779, as implemented by 7 C.F.R. §210.11.
 105 ILCS 5/2-3.139.
 23 Ill. Admin. Code Part 305, Food Program.
 ISBE’s “School Wellness Policy” Goal, adopted Oct 2007.

CROSS REF.: 4:120 (Food Services)

ADOPTED: 4/2/18