

Gillespie
Community
Unit School
District #7
Wellness
Policy

WELLNESS POLICY

BELIEF STATEMENT

The Board of Education of the Gillespie Community Unit School District #7 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 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. In addition, school staff 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 school environment that promotes and supports student health and wellness, goals for nutrition education, physical activity and other school-based activities designed to promote student wellness; nutrition guidelines for foods available during the school day; a plan for measuring implementation including designating one or more persons charged with operational responsibility; and involving but not limited to parents, students, school food service providers, the school board, school administrators, school faculty and staff members and the public in developing this policy.^{2,3}

GOALS FOR NUTRITION EDUCATION

- Students in preschool through grade 12 shall receive nutrition education that is 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.
- Nutrition education classes will be phased in throughout the student's career to maximize positive changes in students' eating behaviors.
- Students will participate each year in health fairs, field trips and assemblies that provide nutrition education.
- The nutrition education program shall include enjoyable interactive activities such as contests, promotions, taste testing, field trips and school gardens.

GOALS FOR PHYSICAL ACTIVITY

- Students in first through grade 12 shall participate in daily physical education that enables them to achieve and maintain a high level of personal fitness. The curriculum shall be consistent with and incorporate relevant Illinois Learning Standards.⁵
- It is recommended that elementary students participate in physical education for a minimum of 150 minutes per week, and middle and high school students participate for 225 minutes per week (National Association for Sport & Physical Education recommendations).⁷ 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 k-8 students.
- Students shall be provided opportunities for physical activity through a range of before- and after-school programs including interscholastic athletics, and physical activity clubs.
- Because students should engage in a minimum of 50 minutes of physical activity a day, the physical education program shall actively encourage families as partners in providing physical activity beyond the school day.⁸

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

Parent Partnerships

- 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.

Consistent School Activities and Environment – 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 the adequate time to eat, relax and socialize.
- 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.
- Food providers 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 parties/celebrations/meetings shall be encouraged to provide healthful options and shall be provided with a list of recommended food and beverage options.
- School-based organizations shall be encouraged to raise funds through the sale of items other than food.
- 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.

Consistent School Activities and Environment –Physical Activity

- 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.
- Physical education classes shall have a student to teacher ratio comparable to those in other curricular areas.
- 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.
- 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 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.

Food or Physical Activity as a Reward or Punishment

- School personnel shall be encouraged to use nonfood incentives or rewards with students and shall not withhold food from students as punishment.
- School personnel shall not use physical activity as a punishment or withhold participation in physical education class as a punishment.

NUTRITION GUIDELINES FOR ALL FOODS AND BEVERAGES AVAILABLE ON SCHOOL CAMPUSES 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).
- Nutritious and appealing foods and beverages, such as fruits, vegetables, low-fat dairy foods and whole grain products, are offered at school through breakfast and lunch programs.

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/or School Breakfast 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 team/council that includes parents, students, and representatives of the school food authority, the school board, school administrators,

school personnel 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 preschool – grade 12, family and consumer science, physical education and health educators) and health professionals (school nurse, physician, dietitian, etc.) as members of the team/council.

- The district wellness committee shall be responsible for implementation of the local wellness policy and shall appoint a school-based evaluation team to develop and implement an annual evaluation plan.
- The school-based evaluation team shall evaluate policy implementation and identify areas for improvement. The evaluation team shall report their findings to the campus principal and develop with him/her a plan of action for improvement, as needed.
- The wellness team/council shall hear reports from each campus group annually.
- Before the end of each school year 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 superintendent and school board annually on the progress of the wellness team/council and the status of compliance by the campuses.

Procedures for Exempted Fundraising Days

The wellness team will review all requests for exempted fundraising days. After reviewing the request the team will apply the guidelines of the National School Lunch Program and /or the School Breakfast Program as well as the Dietary Guidelines for Americans to either approve or deny the request.

References

1. Prevalence of Overweight among Children and Adolescents: United States, National Center for Health Statistics.
www.cdc.gov/nchs/products/pubs/pubd/hestats/overwght99.htm
2. Child Nutrition and WIC Reauthorization Act of 2004 [Public Law 108-265, Sec. 204].
<http://thomas.loc.gov/bss>
3. Public Act 094-0199. www.ilga.gov/legislation/publicacts/fulltext.asp?Name=094-0199
4. Illinois School Code. www.ilga.gov/legislation
 - a. Daily Physical Ed Requirements - Section 27-6 of the School Code [105 ILCS 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 ILCS 110].
5. Illinois Learning Standards, Illinois State Board of Education, 1997.
www.isbe.state.il.us/ils
6. Nutrition services: An essential component of comprehensive school health programs – Joint Position of the American Dietetic Association, Society for Nutrition Education, and the American School Food Service Association, Journal of Nutrition Education 35:2, 2003.
7. Executive Summary, Shape of the Nation 2001. National Association of Sports and Physical Education (NASPE), 2001. www.aahperd.org/naspe/pdf_files/shape_nation.pdf
8. Dietary Guidelines for Americans 2005, Department of Health and Human Services and Department of Agriculture, 2005. www.health.gov/dietaryguidelines
9. Fit, Healthy and Ready to Learn, National Association of State Boards of Education, 2000.
10. MyPyramid.gov, United States Department of Agriculture. www.mypyramid.gov
11. Minimum School Meals Requirements – section 9(f)(1), 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(f)(1), 1766(a))
12. Minimum School Meals Requirements - subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779)
13. Illinois School Food Service – Ill. Adm. Code Section 305.

RESOURCES FOR POLICY DEVELOPMENT

- Fit, Healthy and Ready to Learn, National Association of State Boards of Education. 2000. www.nasbe.org/HealthSchools/index.html
- HealthierUS School Challenge, United States Department of Agriculture. www.fns.usda.gov/tn/HealthierUS/criteria_instructions.pdf
- Mercedes Independent School District Student Nutrition/Wellness Plan. 2004. www.mercedes.k12.tx.us/menus/Nutrition%20PolicyR10-8-04.pdf
- Model Local School Wellness Policies on Physical Activity and Nutrition, National Alliance for Nutrition and Activity, 2005. www.schoolwellnesspolicies.org/WellnessPolicies.html
- School Nutrition Association Local Wellness Policy Guidelines, School Nutrition Association. 2005. www.schoolnutrition.org/Index.aspx?id=1075