

## Instruction

### School Wellness

#### Wellness Policy

Student wellness, including good nutrition and physical activity, shall be promoted in the District's educational program, school activities, and food available to students. The wellness policy will include goals for nutrition education, physical activity, and food available to students. The wellness committee on an annual basis will monitor the outcomes. This policy shall be interpreted consistently with Section 204 of the child Nutrition and WIC Reauthorization Act of 2004.

#### Goals for Nutrition Education

- All students will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
- Nutrition education will be integrated into other areas of the curriculum such as math, science, language arts, and social studies when possible.
- The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver the nutrition education program as planned.
- Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.
- Students will be encouraged to begin the day with a healthy breakfast.
- School personnel shall discourage the use of food as a reward or incentive for students.

#### Goals for Physical Activity

- Students will be provided opportunities for physical activity during the school day through daily recess periods, and the integration of physical activity into the academic curriculum when possible.
- Students are given opportunities for physical activity through a range of before and after school programs including intramurals, interscholastic athletics, and physical activities and clubs.
- Time allotted for physical activity will be consistent with Illinois state standards.
- Elementary schools will provide a daily recess period, which is not used as a punishment or a reward. They will be encouraged to consider planning recess before lunch because research indicates that physical activity prior to lunch can increase the nutrient intake and reduce plate waste.
- Physical education shall include the instruction of individual activities as well as competitive and fitness activities to encourage life-long physical activity.
- The school newsletters will include benefits of physical activity on student health and academic success.

#### Goals for Nutrition Standards

- 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 designee shall establish such administrative procedures to 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 food service areas during the meal periods.
- Reimbursable school meals shall meet at a minimum, the nutrition requirements and regulations for the National School Lunch Program and / or School Breakfast Program. Emphasis will be placed on offering more low fat options, whole grain products, and fiber rich fruits and vegetables.
- All food and beverages available to students should be offered in modest portion sizes that are age-appropriate for elementary, middle, and high school students, respectively.
- The district wellness committee will work with all parties who provide food and beverages to students to improve the nutritional integrity of food choices in snack areas, vending, a la carte, and school stores.
- Schools should encourage fundraisers that promote positive health habits such as the sale of nutritious food items or non-food items.
- Teachers and parents will be encouraged to see that classroom snacks feature healthy foods.

#### Other School-bases Activities

- Meal service, recess, or physical activities shall not be withheld from a student as punishment.
- Adequate time to enjoy eating healthy food with friends is provided
- Individual schools are encouraged to organize local wellness committees comprised of families, teachers, administrators, community members and students to promote, implement and improve nutrition and physical activity in their school environment.

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.  
42 U.S.C. §1779, as implemented by 7 C.F.R. §210.11.  
105 ILCS 5/2-3.137.  
23 Ill.Admin.Code Part 305, Food Program.  
ISBE's "School Wellness Policy" Goal, adopted Oct. 2007.

CROSS REF.: 4:120 (Food Services)

ADOPTED: August 28, 2006