

Instruction

School Wellness

The North Boone Community Unit District 200 shall promote healthy schools by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. The district supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. Improved health optimizes student performance potential and ensures that all children will have the opportunity to perform at maximum capacity. 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:

- Nutrition education will be part of the District's comprehensive health education curriculum. See Board policy 6:60, *Curriculum Content*.
- Provide a comprehensive learning environment for developing lifelong wellness behaviors.
The entire school environment, not just the classroom, shall support healthy school goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity.
- Support and promote proper dietary habits contributing to students' health status and academic performance.
All food available for students on school grounds and at school-sponsored activities will meet or exceed the district's nutrition standards.
- Encourage families to be partners in the physical education program by providing physical activity beyond the school day.
Keep families updated on all physical activities outside of the school day. When possible, parents will be kept informed of community activities that promote a healthy lifestyle.

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, increase students' knowledge, offers direct opportunities to learn how to work cooperatively in a group setting, and encourage healthy habits and attitudes for a healthy lifestyle. See Board policy 6:60, *Curriculum Content*.
- During the school day, all students will be required to engage in a physical education program unless otherwise exempted. See Board 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.

Nutrition Guidelines for Foods Available in Schools During the School Day

The School Breakfast/Lunch Programs will continue to follow the USDA Requirements for Federal School Lunch Programs. Information shall be available for students and families concerning the programs via website, newsletters, and postings in and around cafeterias. Schools will be encouraged to promote such

programs by advertising when possible, utilizing newsletters, signage in front of schools and actively talking to students about said programs.

Fundraising shall be encouraged to have non-food items as much as possible throughout the year. Incorporate plants, flowers, books, shirt sales, and any other items that are non-food related. When available, a list of creative and fun fundraising ideas will be provided to each school.

Teacher-to-student incentives should be changed from food items to non-food items. It is **highly** encouraged that teachers use alternate ideas for rewards and incentives for the students to promote healthy habits and not use food as an incentive and or reward.

Classroom Parties/Snacks shall incorporate healthy alternatives along with traditional offerings. Fresh fruit, 100% fruit juices and whole grain snacks are just a few examples of some of the choices that can be made. An attempt **must** be made to teach students healthy eating habits.

The Food Service Director will make available to administrators, teachers, parents, room mothers and PTO a list of examples of healthy food options for classroom parties, teacher-to-student incentives, and testing snacks.

Food and Beverages sold to students throughout the day shall meet or exceed the district's nutrition standards. The Food Service Director will continue to work with vendors to bring in only healthy items for students to purchase. Vending machines shall offer as many healthy snacks and drinks as possible. Vending machines shall be turned off during school hours. Only beverage machines may be kept on throughout the day and must contain only water (non-flavored, non-sweetened and non-carbonated), fruit and or vegetable drinks which contain 50% or more of fruit or vegetable juice, flavored or plain non fat milk, or low fat unflavored milk.

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.

Nutritional Education

The Food Service Director shall continue to post menus with nutritional information, carbohydrate and calorie counts along with more in-depth information about food items served in the cafeterias on the district website. The kitchens shall continue to contain nutritional information/CN labels on all food served. The food service director will work with the district nurse, PE/health staff to gather and provide information on nutritional activities for students, teachers and families. The food service staff will continue to be state licensed and receive updated training when needed.

The District shall continue to strive for more comprehensive nutritional programs for the K-6 grade levels.

- The district's goal is to have 50 contact hours per year per student through a combination of classroom instruction, nutritional education in cafeterias, health fairs, field trips or assemblies. Information on websites will be made available at school's request.
- Integrate enjoyable movement activities during morning announcements and when taking lunch counts.
- Encourage students to make up lunch menus for district so that they learn about food choices and nutrition, menu student selections monthly.
- Wherever possible, nutrition education will be provided to parents/guardians beginning at the elementary level. The goal will be to educate parents/guardians throughout middle and high schools levels as well. Nutrition education may be provided in district and school newsletters, presentations

that focus on nutritional value and healthy lifestyles, P.T.O. presentations and through any other appropriate means available for reaching parents.

Monitoring

The Superintendent or designee shall provide periodic implementation data and/or reports 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

Staff Nutrition & Physical Activity Education

For the purpose of:

- encouraging all staff to improve their own personal health and wellness
- creating positive role modeling
- building the commitment of staff to promote the health of students
- building the commitment of staff to help improve the school nutrition and physical activity environment

Nutrition and physical activity education opportunities will be provided to all school staff at the elementary, middle and high school levels. The educational opportunities may include, but are not limited to, the distribution of educational and informational materials and the arrangement of presentations and workshops during institute days that focus on nutritional value and healthy lifestyles, health assessments, fitness activities, and other appropriate nutrition and physical activity related topics. It is recommended that staff providing nutritional education have a minimum of one hour of nutrition education in-service training per school year.

Physical education is provided by state certified staff that regularly participates in continuing education. It is recommended that all physical education staff attend continuing education programs whenever possible. Assessments recommend the student/teacher ratios in the physical education classes be comparable to those in other curricular areas. Physical education topics addressed in the K-6 grade levels should be coordinated with the overall school health program.

It is highly recommended that the District personnel not use physical activity as a punishment or withhold participation in recess or physical education class as punishment. There must be other alternatives other than limiting physical activity.

Implementation & Community Input

- The District Superintendent or designee will ensure compliance with the established district-wide wellness policy.
- School Principals or designee will ensure compliance with those policies in the school and report on the school's compliance to the District Superintendent or designee.
- The Food Service Director will ensure compliance with nutrition policies within the school food service areas.
- Assessments of the wellness policy will be repeated annually by the Wellness/Health committee to help review policy compliance, assess progress, and determine areas in need of improvement. The

committee shall be made up of the food service director, the district nurse, a teacher/parent from each school, a principal, and student representatives from the middle and high schools.

- The Wellness/Health committee will recommend revisions to the policy as it deems necessary to the District Superintendent before the end of the school year.

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 of 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. §1772 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: April 18, 2006

AMENDED: May 14, 2012