

# North Boone

*Community Unit School District 200*

*Wellness Policy*

*Student Nutrition & Physical Activity*

## **Policy Mission Statement:**

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.

## **Goals of Policy**

### **A. Provide a comprehensive learning environment for developing lifelong wellness behaviors.**

The entire school environment, not just the classroom, support healthy school goals that positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity.

### **B. 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 district nutrition standards.

### **C. 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.

## STUDENT NUTRITION

**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 of healthy eating habits.

**The Food Service Manager** 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 districts 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 for students 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.

## NUTRITIONAL EDUCATION

**The Food Service Director** shall continue to post on district website, and menus, nutritional information, carbohydrate and calorie counts along with more in-depth information about food items served in the cafeterias. The kitchens shall continue to report 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.

- Our 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 available at schools 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. Have available 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.

### **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 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 INVOLVEMENT**

- 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.