

STUDENTS

WELLNESS

The Board of Education is committed to providing a learning environment that supports and promotes wellness, good nutrition, and an active lifestyle.

- A. The Board recognizes that nutrition education and physical education are essential components of the educational process and that good health fosters student attendance and education.
- B. Student wellness, including good nutrition and physical activity, will be promoted in the District's educational program, school activities and meal programs.
- C. The District encourages the involvement of students, parents, staff and other interested persons in implementing, monitoring and reviewing wellness policies.
- D. All students will have access to a variety of affordable, nutritious and appealing foods that meet the health and nutrition needs of students. The District's food service program will recognize the religious, ethnic and cultural diversity of the student body in meal planning. Students will be provided adequate time to eat in a clean, safe and pleasant setting.

The purpose of this policy is to ensure that the school environment promotes and supports student health and wellness and meets the requirements of Federal and State law.

Curriculum and Instruction

- A. Students in the District will receive wellness education as a part of a sequential curriculum that encourages healthy eating habits and physical fitness.
- B. The Physical Education curriculum will be aligned with the Illinois State Learning Standards and will promote wellness for life-long health.
- C. Instruction will include a culturally diverse program that encompasses the school community and promotes social interaction and well-being.

Goals for Nutrition

- A. Schools will support and promote good nutrition for students.
- B. Nutrition education will be included in the District's comprehensive health education curriculum and Home Life and Lab Explorations curriculum.

Goals for Physical Activity

- A. Schools will support and promote an active lifestyle for students.

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- B. Physical education will be taught in all grades and will include a developmentally planned and sequential curriculum that fosters the development of movement skills, enhances health related fitness, increases students' knowledge of physical fitness, offers direct opportunities to learn how to work cooperatively in a group setting and encourages healthy habits and attitudes for a healthy lifestyle.
- C. Students will be encouraged to participate in physical activities outside of the school day and are provided with opportunities for physical activity through a range of before and after school programs such as intramurals, interscholastic athletics and physical activity clubs.

Guidelines for Foods Available During the School Day

Students' lifelong eating habits are influenced by the types of food and beverages available to them. The District will offer an economically sustainable, healthy and safe school meal program that strictly complies with all Federal, State and local statutes and regulations.

- A. The District's food service provider will offer a variety of age-appropriate, appealing food and beverage choices. All food preparation, purchasing and meal planning practices will be 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).
- B. School meals served in the District will meet, at a minimum, the nutrition requirements issued by the U.S. Secretary of Agriculture pursuant to Subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1770) and Sections 9(f)(I) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(f)(I) and 1766(a)), as they apply to the District's schools, and all other applicable Federal, State and local laws, regulations and guidelines.
- C. All foods and beverages sold individually in the District during the school day will comply with all Federal, State and local statutes and regulations. This includes a la carte offerings in the food service program; food and beverage choices in vending machines, snack bars and school stores; and, foods and beverages sold as part of school-sponsored fundraising activities.
- D. Beverage and snack vending machines will not be available for students at any elementary school.
- E. Beverage and snack vending machines at the District's middle schools will be available to students only in accordance with applicable State and Federal laws regarding hours of operation.
- F. Snack items served at school sponsored parties should be consistent with the goals of this policy.

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- G. For safety and security purposes, access to any area involved in the storage, preparation or service of food in the District will be restricted to authorized personnel only.

Wellness Initiative

The District recognizes the importance of students receiving consistent messages throughout school, home community and media regarding good nutrition and healthy lifestyles.

- A. Parents and guardians have a primary and fundamental role in promoting and protecting their child's health and well-being. The District will support this role and provide educational materials that may assist families in making choices related to nutrition and physical activity.
- B. The wellness policy will be made available at each school building and on the District website for parent review.
- C. Wellness and nutrition information may be provided to students and/or parents in the form of handouts, postings to the District's website or presentations that focus on nutritional value and healthy lifestyles.

Measuring Implementation

The Superintendent or his/her designee will ensure compliance with the wellness policy and will provide a report of the District's compliance with the policy to the Board of Education as requested.

The principal of each school (or his/her designee) will be responsible for implementation of this student health and wellness policy in his/her school.

LEGAL REF.: Child Nutrition and WIC Reauthorization Act of 2004 [Public Law 108-265, Sec. 204];
Public Act 094-0199;
Minimum School Meals Requirements B Sections 9(f)(l) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(f)(l), 1766(a));
Minimum School Meals Requirements - Subsections (a) and (b) of Section 10 of the Child Nutrition Act (42 U.S.C. 1779);
Illinois *School Code* Section 27-6 [105 ILCS 5/27-6];
Illinois Critical Health Problems and Comprehensive Health Education Act [105 ILCS 110];
Rules for Comprehensive Health Education (23 Ill. Adm. Code 253);
Illinois School Food Service rules (23 Ill. Adm. Code Part 305); and
Illinois Learning Standards, Illinois State Board of Education, 1997.

Adopted: July 12, 2007