

## Instruction

### School Wellness

Student wellness, including good nutrition and physical activity, shall be promoted in the District's educational program and school activities. This policy shall be interpreted consistently with section 204 of the Child Nutrition and WIC Reauthorization Act of 2004.

#### Goals for Physical Activity

The goals for addressing physical activity include the following:

- Nettle Creek School 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, increases students' knowledge, offers direct opportunities to learn how to work cooperatively in a group setting, and encourages healthy habits and attitudes for a healthy lifestyle. See Board policy 6:60, *Curriculum Content*.
- During the school day, all students will engage in a daily physical education course, 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

Any food brought in during the day for student consumption, must adhere to specific guidelines. **All items must be peanut and tree nut free. Items may not be brought into the classroom that are not on the approved list and that are not pre-packaged. They must be individually wrapped with the nutrition label visible.**

**This policy covers food that is brought into the classroom to be shared with other students.**

**IN ADDITION: TEACHERS MAY PROVIDE ITEMS FOR THE CLASS THAT ARE NOT A PART OF THIS LIST, OR MAY PLAN A SPECIAL LUNCH WITH STUDENTS. WHEN THIS HAPPENS, A PERMISSION SLIP WILL BE SENT HOME ADVISING PARENTS OF EXACTLY WHAT WILL BE SERVED. THE PERMISSION SLIP MUST BE RETURNED IN ORDER FOR A STUDENT TO PARTICIPATE IN THE SPECIAL LUNCH OR TREAT.**

**PERMISSIBLE CLASSROOM SNACKS:**

**\*\*Any child with a documented allergy may have additional snacks approved that are not listed below.\*\***

<b>SNACK</b>	<b>VARIETY</b>
<b>Cheese Crackers</b>	<b>Cheese Nips, Cheez-Its, Goldfish, Pepperidge Farm Goldfish (no whales), or Great Value Penguins</b>
<b>Crackers</b>	<b>Austin, Zoo &amp; Barnum PLAIN Animal Crackers (NO FROSTED), Keebler Club, Keebler Wheatables, Kellogg's Special K Crackers, Kraft Handi-Snacks, Plain Ritz Crackers, Wheat Thins</b>
<b>Fruits</b>	<b>Applesauce, Raisin, Craisins, Fruit Cups, Fresh Fruits</b>
<b>Graham Crackers</b>	<b>Teddy Grahams, Goldfish, Keebler, Nabisco, or Great Value</b>
<b>Pirate's Booty</b>	<b>Veggie or Aged White Cheddar</b>
<b>Popcorn</b>	<b>SkinnyPop or Smartfood</b>
<b>Pretzels</b>	<b>Rold Gold, Utz, Pepperidge Farm, Snyder or Snack Factory Pretzel Crisps</b>
<b>Baked Cereal Bars</b>	<b>Nutri Grain or Milville</b>
<b>Chips</b>	<b>PLAIN potato chips - any variety</b>
<b>Vegetables</b>	<b>Sensible Portions Veggie Straws</b>

Updated 7/15/2019

**Permission Slip for Student to Partake in Teacher Snack/Lunch**

Nettle Creek School Board Policy 6:50 allows for teachers, from time to time, to provide snack items or arrange a lunch that is not a part of the official approved list. This permission slip describes your child's teacher's plans for such an occurrence. No child will be allowed to participate unless this permission slip is returned.

Teacher(s): \_\_\_\_\_

Student(s) Included: \_\_\_\_\_

Today's Date: \_\_\_\_\_

Date Food Will Be Served: \_\_\_\_\_

Specific Food Item to Be Served:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Reason for Treat/Lunch: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_