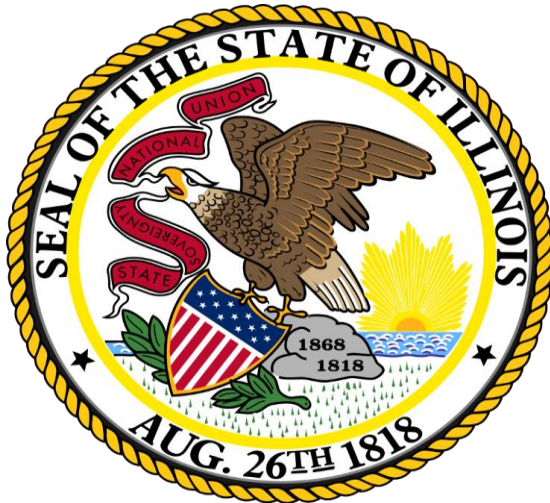




# Herrin CUSD No. 4

## Local Wellness Policy



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## Preface

In accordance with 7 CFR 210.31(c), a Local Education Agency that participates in the National School Lunch Program (NSLP) and/or School Breakfast Program (SBP) must establish a Local School Wellness Policy for all schools under its jurisdiction. As of June 30, 2017, Local Wellness Policies must meet the minimum requirements set forth in the Final Rule: Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010.

Local Wellness Policies are a valuable tool in the promotion of student health and wellness through the NSLP and SBP. Schools play an essential role in preparing students for successful futures, and proper nutrition and physical activity are key to creating constructive learning environments. Local Wellness Policies provide guidance to further support schools' efforts to provide students with a successful and healthy future.

# Wellness Policy Committee

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# Wellness Policy Committee Responsibilities

## **Public Involvement**

The Local Education Agency permits and encourages public involvement in Local Wellness Policy development, implementation, updates, and reviews. Therefore, the LEA shall invite a variety of stakeholders within the general public to participate in Local Wellness Policy processes. The following methods of communication will be utilized to notify the general public of the opportunity to participate in these processes:

- Herrin CUSD No. 4 website
- Attendance center handbooks
- District press releases
- Direct household mail
- E-mail
- Social media
- Quarterly district newsletter

## **Assessments**

Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three years. Herrin CUSD No. 4 shall conduct assessments of the Local Wellness Policy every three years, beginning in 2017 and occurring every three years thereafter. These assessments will:

- Ensure the wellness policy is in compliance with USDA, State, and Local rules and regulations
- Compare the LEA's wellness policy to model wellness policies
- Measure the progress made in achieving the goals as outlined in the LEA's wellness policy

## **Updates**

The Wellness Policy Committee must update the Local Wellness Policy as appropriate in order to fit the needs and goals of the Local Education Agency. The LEA shall make the following available to the public:

- The Local Wellness Policy progress report, including any updates to the policy, on a yearly basis
- The triennial assessment, including progress toward meeting the goals outlined in the wellness policy

Through the following channels:

- Communication of the Local Wellness Policy will be shared through the district's website and through each school's open house.
- Herrin CUSD No. 4 website
- Attendance center handbooks

- District press releases
- Direct household mail
- E-mail
- Social media
- Quarterly district wellness goals newsletter

## **Records**

The Local Education Agency shall maintain a record of the Local Wellness Policy. This includes keeping a copy of the current wellness policy on file and maintaining documentation of the following actions:

- The most recent assessment of the policy
- Availability of the wellness policy and assessments to the public
- Reviews and revisions of the policy, including the individuals involved and the efforts made to notify stakeholders of their ability to participate in the process

## **Nutrition**

The Local Education Agency recognizes the important role nutrition plays in academic performance as well as the overall quality of life. The National Education Association references numerous articles supporting the effects of nutrition on the classroom, for example, hunger often has a negative impact on students' success, attendance, and behavior.

According to the Centers for Disease Control and Prevention, approximately 18.5 percent of the nation's youth was considered obese in 2015-16. This percentage increased 1.3 percent when compared to the previous year. Conversely, 15.7 percent of American families experienced food hardship in 2017. Through participation in the U.S. Department of Agriculture's School Nutrition Programs, the LEA commits to serving nutritious meals to students in order to prevent both overconsumption of nutrient-poor foods and food insecurity to give students the best chance to succeed inside and outside the classroom.

## **Nutrition Standards**

### **Meals**

All reimbursable meals served for the purposes of the National School Lunch Program (NSLP) and School Breakfast Program (SBP) must meet or exceed USDA nutrition standards and regulations. This includes meeting standards for each of the meal pattern components (i.e. Grains, Meat/Meat Alternates, Fruits, Vegetables, and Milk) as well as meeting or exceeding the limitations set for calories, sodium, saturated fat, and trans fat. Herrin CUSD No. 4 utilizes the offer versus serve option for students.

## Breakfast

Students will be offered the four required meal pattern components. Students are required to choose at least three of the four, one must be a fruit or vegetable. For optimal nutrition, it is recommended to choose all four components.

- Grain
- Fruit/Vegetable
- Milk
- Meat/meat alternative

## Lunch

Students will be offered the five required meal pattern components. Students are required to choose at least three of the five, one must be a fruit or vegetable. For optimal nutrition, it is recommended that students choose all five components.

- Meat/ meat alternative
- Grain
- Fruit
- Vegetable
- Milk

The High School students will be given three meal options daily to choose from. Choices will include a hot plate lunch, deli sandwich, or chef salad. Fresh fruit will be offered daily.

The Junior High School students will be given two meal options daily to choose from. Choices will include hot plate lunch or chef salad.

Meals will meet all nutritional standards and regulations. Potable water will be available at no charge where meals are served.

## Competitive Foods

All competitive foods and beverages sold must comply with the USDA Smart Snacks in Schools nutrition standards (7 CFR 210.31(c)(3)(iii)). Competitive foods and beverages refer to those that are sold to students outside the reimbursable meal on the school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day). This includes, but is not limited to, vending machines and à la carte items.

Nutritional guidelines for food and beverages sold on campus are as follows:

- Whole grain product; or
- First ingredient a fruit, vegetable, dairy or protein food; or
- Combination food containing  $\frac{1}{4}$  cup of fruit or vegetable
- Calories  $\leq$  200
- Sodium  $\leq$  200 mg
- Total fat:  $\leq$  35% of calories



- Saturated fat:  $\leq 10\%$  of calories
- 0 Trans fat
- Sugar:  $< 35\%$  of weight from total sugars

All schools may sell the following beverages:

- Plain water.
- Unflavored low-fat milk
- Flavored or Unflavored fat-free milk or milk alternatives
- 100% fruit or vegetable juice
- 100% fruit or vegetable juice diluted with water/carbonation no added sweetener

The high school may sell additional no or low-calorie beverage options:

- No more than 20-ounce calorie-free flavored water with or without carbonation
- Flavored or carbonated beverages containing  $< 5$  calories per 8 fluid ounces or  $\leq 10$  calories per 20 fluid ounces
- 8 fluid ounce beverages  $\leq 40$  calories
- 12 fluid ounce beverages  $\leq 60$  calories

## Other Foods and Beverages

The following policy refers to all foods and beverages provided, but not sold to students. The Local Education Agency will limit the use of food as a reward or as part of a celebration. Providing alternatives to food as a reward promotes healthier habits by reducing exposure to less nutritious food items and, therefore, the amount of calorie-dense food items consumed (e.g. cakes, cookies, candy, etc.). This helps children develop improved food preferences and hunger cues to carry them throughout life. Instead, schools will implement the following methods for rewards and celebrations:

- A smile
- Going first
- Verbal praise
- Sit by friends
- Teaching the class
- Helping teacher
- Enjoy class outdoors
- A field trip for the class
- Choosing a class activity
- Walk with a teacher during lunch
- Eat lunch outdoors with the class
- Eat lunch with a teacher or principal
- Extra credit or class participation points
- Have lunch or breakfast in the classroom
- A photo recognition board in a prominent location in the school
- A note from the teacher to the student commending his or her achievement

- A phone call, email, or letter sent home to parents or guardians commending a child's accomplishments
- Recognition of a child's achievements on the school-wide morning announcements or school website
- Ribbon, a certificate in recognition of achievement, or sticker with an affirming message
- Take a trip to the treasure box

To help promote healthy alternatives for snacks served in the classroom, a list of suggested snack options will be provided.

## **Fundraisers**

Fundraisers promoting food and/or beverage items that are held on school campus for Grades 8 and below is prohibited.

Grades 9 through 12 fundraisers promoting food and/or beverages items that are held on the school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day) are not limited but must meet Smart Snacks nutrition standards. However, Herrin High School may participate in approved exempted fundraising days, in which food and beverage items do not meet Smart Snacks standards. These exempted fundraising days shall not exceed nine days within one year. The administration must comply with the following procedures when managing exempted fundraising days:

- Submit a food-related fundraiser permission request form to the High School Principal
- Submit food-related fundraiser request form to the Unit Office for Superintendent approval
- Maintain records for no less than three years a list of exempted fundraising days held

## **Nutrition Education**

In accordance with the Illinois Learning Standards, the Local Education Agency shall meet all Illinois requirements and standards for Health Education. The Local Education Agency shall include nutrition education within the health education curriculum and integrate nutrition education into other core subjects, as appropriate. Various grade levels and curriculums shall use nutrition education information, research, and materials from the following resources:

- MyPlate
- Alliance for a Healthier Generation
- Action for Healthy Kids
- Nutrition Nuggets Newsletters
- Teen Food & Fitness Newsletters
- CATCH (Coordinated Approach to Child Health)

- Health education curriculum
- Field trips
- Interactive activities

The Local Education Agency shall incorporate nutrition education into the following curriculums for the following grade levels:

- Students in preschool-grade 12 shall receive nutrition education as part of the health education curriculum
- Nutrition education shall be integrated into lesson plans of other school subjects like math, science, language arts, physical education, health, family and consumer science, and social sciences
- Nutritional education will be offered in Life Skills and Health classes for Junior High and High School
- Nutritional education will be integrated into the standards-based lesson plans of other subjects
- Physical education curriculum shall promote lifelong, health-enhancing physical activity
- PBIS (Positive Behavior Intervention and Support) rewards used to promote physical activity

## **Nutrition Promotion**

The District shall implement nutrition promotion techniques through multiple channels, including the cafeteria, classroom, and home.

The District shall make cafeteria menus and nutrition information available through the following platforms:

- School website
- District website
- A hard copy of menus posted in cafeterias, classrooms, offices, and various other locations on the school campus
- Daily menu posted on menu boards

The Smarter Lunchrooms Movement uses behavioral economics to positively influence food choices made by children. The evidence-based techniques implemented through the Movement have been proven to increase children's consumption of nutritious foods. The District shall participate in the Smarter Lunchrooms Movement by utilizing the Smarter Lunchrooms 60-point Scorecard and other educational and promotional tools. The District shall implement the following Smarter Lunchrooms techniques:

- Smarter lunchroom scorecard
- Students have choices available with offer vs. serve option
- Promote a positive atmosphere in the cafeteria
- Offer an appealing display of fresh fruit and vegetables

- Flavored milk options
- Attractive posters promoting healthy food
- Seasonal decorations to brighten up the lunchroom
- Taste tests
- Menu boards for students to read the daily menu
- Nutritional education incorporated into the school day

Farm to School efforts positively impacts School Nutrition Programs by serving fresh and nutritious food items. Additionally, Farm to School programs has been linked to increased consumption of fruits and vegetables. In the future, outside labs may be implemented for student learning.

## Marketing

Herrin Unit No. 4 school district will prohibit the marketing and advertising of all foods and beverages that do not meet Smart Snacks nutrition standards on the school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day). The marketing standards described above apply, but are not limited to, oral, written, and graphic statements made for promotional purposes.

Items subject to marketing requirements include, but are not limited to, posters, menu boards, vending machines, coolers, trash cans, scoreboards, and other equipment. This policy does not require schools to immediately replace equipment that does not meet this requirement, however, the District shall implement these standards as equipment needs replaced in the future. The district will market food by:

- Providing healthy choices in vending machines
- Signage encouraging students to try healthy foods
- Attractively display fruit and vegetables in the cafeteria
- Conduct taste tests during lunch

## Physical Activity

Physical activity is a key component of the health and well-being of all students. Physical activity lowers the risk for certain diseases, including obesity, heart disease, and diabetes. Physical activity also helps improve brain function, allowing students to perform better in school.

The Centers for Disease Control and Prevention recommends adolescents get at least 60 minutes of physical activity five days per week. Nearly 79 percent of school-age children fall short of meeting this requirement. The Local Education Agency recognizes this connection and commits to promoting and providing opportunities for physical activity during and outside the school day.

# Physical Education

In accordance with the Illinois Learning Standards, the Local Education Agency shall meet all Illinois requirements and standards for Physical Education. The LEA shall offer Physical Education class as follows:

- Elementary students participate in a minimum of 120 minutes of physical education per week
- Junior High and High School students participate in a minimum of 200 minutes of physical education per week
- Physical education instruction will require students to participate in moderate or vigorous physical activity for at least 50% of class time
- Elementary students have daily supervised recess

## Other Opportunities for Physical Activity

The District shall include additional physical activity opportunities, outside of Physical Education class, during the school day through the following:

- Physical activities are available through a range of before-and after-school programs such as intramurals, athletics, and physical activity clubs
- The physical education program actively engages families as partners in providing physical activity beyond the school day, such as walking paths available for public access

The following opportunities for participation in school-based sports shall be offered to students each year:

- Football
- Volleyball
- Boys Cross Country
- Girls Cross Country
- Boys Golf
- Girls Golf
- Girls Tennis
- Cheer
- Dance
- Flag
- Baseball
- Softball
- Boys Track
- Girls Track
- Boys Tennis
- Girls Tennis

- Fishing
- Bowling
- Band

## **Physical Activity Promotion**

The District shall promote physical activity through the participation in the following initiative(s):

- The physical education program engages families in providing physical activity beyond the school day with before and after school activities, programs, and community resources
- Presidential fitness challenge
- Physical fitness assessment

## **Other School-Based Activities**

Just as it takes a comprehensive curriculum to provide education to support students' futures, the Local Education Agency's wellness approach must also be comprehensive in its intent to provide students with the tools they need to live a healthy lifestyle. In order to further establish positive behaviors related to nutrition, physical activity, and health, the LEA commits to making additional wellness-based activities available to all students beyond the cafeteria and gymnasium.

The Local Education Agency shall offer other school-based activities to support student health and wellness, including coordinated events and clubs. The following events shall be organized and promoted each year:

- Tiger Outreach Night
- APEX fitness fundraiser

The following health, wellness, and/or nutrition clubs shall be offered to students each year:

- FCCLA
- Herrin Elementary participates in an APEX-run fundraiser

We encourage public comments on the Herrin CUSD No. 4's Local School Wellness Policy. Please visit <https://bit.ly/2SCaKdd> to provide any comments regarding the district's wellness policy. Thank you for your communication and support of this process.

If you have additional questions, please contact Jeannine Coffey, Food Service Director at Herrin CUSD No. 4, [jeannine.coffey@herrinschools.org](mailto:jeannine.coffey@herrinschools.org)