

Instruction

School Wellness

Student wellness, including good nutrition and physical activity, shall be promoted in the Cooperative's educational program, school activities, and meal programs. This policy shall be interpreted consistently with Section 204 of the Child Nutrition and WIC Reauthorization Act of 2004 and the Healthy Hunger-Free Kids Act of 2010 (HHFKA).

The Director or designee will ensure:

1. Each school building complies with this policy,
2. The policy is available to the community on an annual basis through copies of or online access to the Governing Board Policy Manual; and
3. The community is informed about this policy's implementation.

Goals for Nutrition Education and Nutrition Promotion

The goals for addressing nutrition education and nutrition promotion include the following:

- Schools will support and promote sound nutrition for students.
- Schools will foster the positive relationship between good nutrition, physical activity, and the capacity of students to develop and learn.
- Nutrition education will be part of the Cooperative's comprehensive health education curriculum. See Governing Board policy 6:60, *Curriculum Content*.

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, 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 Governing Board policy 6:60, *Curriculum Content* and Governing Board policy 7:260, *Exemption from Physical Education*.
- During the school day, all students will be required to engage in a daily physical education course, unless otherwise exempted. See Governing Board policy 6:60, *Curriculum Content* and Governing Board policy 7:260, *Exemption from Physical Education*.

- 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 (ISBE).

Community Involvement

The Governing Board and Director will actively invite suggestions and comments concerning the development, implementation, periodic reviews, and updates of the school wellness policy from parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the Governing Board, school administrators, and the community.

LEGAL REF.: Child Nutrition and WIC Reauthorization Act of 2004, Pub. L. 108-265, Sec. 204.
Child Nutrition Act of 1996, 42 U.S.C. §1771 et seq.
Healthy, Hunger-Free Kids Act of 2010, 42 U.S.C. §1758b, Pub. L. 111-296.
42 U.S.C §1779, as implemented by 7 C.F.R. §§210.11 and 210.31
105 ILCS 5/2-3.139.
ISBE’s “School Wellness Policy” Goal, adopted Oct. 2007.

CROSS REF.: 2:150 (Committees), 2:240 (Board Policy Development), 5:100 (Staff Development Program), 6:60 (Curriculum Content), 7:260 (Exemption from Physical Education)

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