

**DWIGHT PUBLIC SCHOOLS**

**#232 & #230**

**WELLNESS PROGRAM**

## **Dwight Common Grade School #232 & Dwight Township High School #230**

A local school wellness policy is a written document that guides a school district's efforts to create supportive school nutrition and physical activity environments. Each local education agency participating in the National School Lunch Program or the School Breakfast Program is required to develop and implement a wellness policy as established by the Child Nutrition and WIC Reauthorization Act of 2004, and more recently by the Healthy, Hunger-Free Kids Act of 2010.

The wellness policy must address:

- goals for nutrition education
- goals for physical activity
- nutrition guidelines for all foods available at school; this includes snacks, parties and events
- goals for other school-based activities designed to promote student wellness
- plans for evaluating implementation of the policy

### **Policy statement**

Dwight Public Schools are dedicated to providing an educational atmosphere that promotes nutritional instruction, wellness, and physical activity. In providing this we aspire to teach our students lifelong lessons that encourage healthy active lifestyles, as well as model healthy behavior. Students' and staff are faced with issues such as allergies, obesity, poor nutrition and chronic health issues. It is our hope that by establishing these health habits early we can guide students to maintain a healthy lifestyle, as they mature. Staff wellness along with community support, reinforces the lessons students learn

### **Goals for Nutritional Education**

1. DPS students Pre K – 12<sup>th</sup> grades receive nutritional education that is interactive and teaches the skills needed to adopt healthy eating behaviors, and live long wellness.
2. DPS students receive consistent nutritional messages throughout school, classrooms, cafeterias, homes, the community, and media.
3. DPS encourages teachers, parents, school administrators, students, food service professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in the school, as well as at home.
4. DPS encourages opportunities for ongoing training and development in areas of nutritional education for staff.

### **Goals for Physical Education**

1. DPS will provide students regular physical education throughout the school year.
2. DPS will utilize a comprehensive physical activity program for students incorporating a variety of physical activities including: physical education, recess, afterschool programs, sports and health education with an emphasis on the benefits of physical activity.
3. DPS will meet Illinois State Board of Educational standards for Physical Education and Health.
4. DPS district encourages opportunities for ongoing training and development in areas of physical education for staff.

#### Nutritional guidelines for all foods available at school including:

- a. Lunches – DPS meals served shall meet, at a minimum, the nutritional requirements and regulations for the National School Lunch Program.
- b. Snacks – Dwight Common Grade School will permit snack times, pending teacher discretion. Teachers will assess if and when to offer snacks based on timing of school meals, nutritional needs, children's ages, and other considerations.
- c. Dwight Common Grade School will provide an approved snack list to encourage snacks that meet the same nutritional guidelines set by the USDA, utilized for the school lunch program.
- d. Parties/classroom celebrations are permitted and healthy snack choices are encouraged.
- e. Fundraisers – will meet the USDA Nutritional Standards for all foods sold on school campus; as well as state and federal statutes. All fundraising events will require written approval from the Superintendent or designee.

#### Other school-based activities designed to promote student wellness

1. DPS Teachers and students will continue to support the efforts of the Farm to School.
2. DPS encourages our parent's efforts to pack healthy lunches and snacks refraining from foods or beverages without nutritional value.
3. DPS highly values the health and well-being of every employee and will offer activities that support personal efforts, by employees, to maintain a healthy lifestyle.

#### Plans for Evaluating the Wellness Policy

The Superintendent and/or Principals in collaboration with the Wellness Committee will periodically present data/reports to the Boards of Education concerning the implementation of the wellness policy.

The data/report will include but not be limited to:

1. The activities and meetings conducted by the committee,
2. Evidence of the school districts compliance with the wellness policy,
3. Evidence of the policy endeavors to school wellness initiatives,
4. Progress made with attaining the goals set forth in the policy.

#### Community

The Superintendent and/or Principal will invite written suggestions and comments concerning the development, implementation, and improvement to the local school wellness policy. Written comments can be forwarded to the Health Office labeled Wellness, or emailed Nurse Jane: [Fritscja@dwight.k12.il.us](mailto:Fritscja@dwight.k12.il.us), Subject: Wellness. This information will then be forwarded to the committee for review.