

## **SCHOOL WELLNESS GUIDING PLAN**

### **BELIEF STATEMENT**

The Board of Education of Education at Franklin CUSD #1 is committed to providing a learning environment that supports and promotes wellness, good nutrition, and an active lifestyle and recognizes the positive relationship between good nutrition, physical activity and the capacity of students to develop and learn both physically and mentally. The school environment shall be aligned with healthy school goals to positively influence students' beliefs and habits and promote health and wellness, good nutrition and regular physical activity.

### **INTENT**

The purpose of this policy is to ensure a total school environment that promotes and supports student health and wellness, helps to reduce childhood obesity and meets the requirements of the Child Nutrition and WIC Reauthorization Act of 2004 and the Illinois School Code, including, without limitation, goals for nutrition education, physical activity and other school-based activities designed to promote student wellness, nutrition guidelines for all foods, and involving parents, students, school food service providers, the school board, school administrators, and the public in this effort.

### **RATIONALE**

A number of children are inactive and do not eat well. The result is children and adolescents who are overweight. Congress passed the Child Nutrition and WIC Reauthorization Act of 2004 on June 30, 2004. Recognizing the role schools can play in health promotion, this law requires local education agencies participating in a program authorized by the National School Lunch Act or the Child Nutrition Act of 1966 to develop a local wellness policy. The objectives of the wellness policy are to improve the school nutrition environment, promote student health and reduce childhood obesity. In addition, Public Act 094-0199 amends the Illinois School Code, requiring the Illinois State Board of Education to establish a state goal that all districts have a wellness policy.

Healthy eating is demonstrably linked to reduced risk for mortality and development of many chronic diseases. Schools and school communities have a responsibility to help students acquire the knowledge and skills necessary to establish and maintain lifelong healthy eating patterns. Well-planned and well-implemented wellness programs have been shown to positively influence children's health.

Schools also have a responsibility to help students establish and maintain lifelong habits of being physically active. According to the U.S. Surgeon General, regular physical activity is one of the most important things people can do to maintain and improve their physical health, mental health, and overall well-being. Regular physical activity reduces the risk of premature death in general and of heart disease, high blood pressure, colon cancer, and diabetes.

## **GOALS FOR NUTRITION EDUCATION**

- Students in preschool through grade 12 shall receive nutrition education as part of a sequential program that is coordinated within a comprehensive health education curriculum. The program shall be designed to provide students with the knowledge and skills necessary to adopt healthy eating behaviors *and* aimed at influencing students' knowledge, attitudes and eating habits. The curriculum shall be consistent with and incorporate relevant Illinois Learning Standards.
- To maximize classroom time and to achieve positive changes in students' eating behaviors, nutrition education shall be integrated into the standards-based lesson plans of other school subjects like math, science, language arts, physical education, health, family and consumer science and social sciences. Classroom opportunities may include a combination of classroom instruction; nutrition education provided in the cafeteria; or health fairs, field trips and assemblies providing nutrition education.

## **GOALS FOR PHYSICAL ACTIVITY**

- Students in preschool through grade 12 shall participate in daily physical education and recess opportunities that enables them to achieve and maintain a high level of personal fitness; is consistent with state/district's standards/guidelines/framework; and is coordinated within a comprehensive health education curriculum. The curriculum shall be consistent with and incorporate relevant Illinois Learning Standards.
- It is recommended that elementary, middle and high school students participate in physical education at school. Outside sources have set guidelines for a minimum of 150 minutes per week for elementary students, and middle and high school students participate for 225 minutes per week (National Association for Sport & Physical Education recommendations). The amount of time locally shall be guided by local negotiated contracts and mandates established by the State of Illinois. Financial resources also impact the amount of time that can be provided during the school day. Special emphasis should be placed on promoting an active lifestyle in preschool through primary grades as health habits are established at a young age. Accommodations shall be made for students with disabilities, 504 plans, and other limitations.
- + Schools shall provide supervised recess periods to elementary students. Students shall also be provided opportunities for physical activity through various school and community based before, and after, school programs including intramurals and interscholastic activities.

## **GOALS FOR OTHER SCHOOL-BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS.**

### *Parent Partnerships*

- Schools shall support parents' efforts to provide a healthy diet and daily physical activity for their children. This support shall begin in elementary school and continue through middle and high school.
- Parents shall be provided information to help them incorporate healthy eating and physical activity into their student's lives. This information may be provided in the form of handouts, postings on the school/district website, information provided in school/district newsletters, presentations that focus on nutrition and healthy lifestyles and any other appropriate means available for reaching parents.

### *Consistent School Activities and Environment - Healthy Eating*

- It is recommended that food providers share information about the nutritional content of school meals and/or individually sold foods with students, family and school staff.
- School meals shall be served in clean, safe and pleasant settings with adequate time provided for students to eat, at a minimum, in accordance with state and federal standards and guidelines.
- All food service personnel shall have adequate pre-service training and regularly participate in professional development activities that provide strategies for providing tasty, appealing and healthy school meals and effective promotional techniques to encourage healthy eating habits.
- Food providers shall involve families, students and other school personnel in choosing nutritious food and beverage selections for their local schools through surveys, committees, taste-testing and similar activities designed to provide input into the decision-making process.
- Food providers shall work with suppliers to obtain foods and beverages that meet the nutrition requirements of school meals and nutrition standards for those sold individually.
- Food providers shall work closely with school staff to reinforce nutrition instruction and foster an environment where students can learn about and practice healthy eating.
- Food providers shall take every measure to ensure that student access to foods and beverages on school campuses meets federal, state and local laws and guidelines.
- Students, parents, school staff and community members bringing foods and beverages to school for parties/celebrations/meetings shall be encouraged to provide healthful options and shall be provided with a list of recommended food and beverage options.
- School-based organizations shall be encouraged to raise funds through the sale of items other than food.
- Partnerships between schools and businesses are encouraged and many commercial advertising relationships involve foods or beverages. To meet

wellness objectives, it is recommended that commercial advertising relationships involve only foods and beverages that meet nutrition standards.

- Schools shall take efforts to promote nutritious food and beverage choices consistent with the current Dietary Guidelines for Americans and Food Guidance System (MyPyramid) such as fruits, vegetables, low-fat dairy foods and whole grain products.
- Nutrition education shall be provided by staff with adequate pre-service and in-service training. Preparation and professional development shall provide basic knowledge of nutrition along with activities, instructional techniques and strategies designed to change students' attitudes and behavior.
- All foods and beverages made available on campus shall comply with the federal, state and local food safety and sanitation regulations.
- For the safety and security of food, access to any area involved in storage, preparation or service of food on the school campus shall be limited to authorized personnel.

#### *Consistent School Activities and Environment-Physical Activity*

- Physical education shall be provided by trained and well-supported staff that is certified by the state to teach physical education. All physical education teachers shall promote enjoyable lifelong healthy eating and physical activity among students.
- The physical education program shall be closely coordinated with the other components of the overall school health program. Physical education topics shall be integrated within other curricular areas. In particular, the benefits of being physically active shall be linked with instruction about human growth, development, and physiology in science classes and with instruction about personal health behaviors in health education class.
- Schools are encouraged to limit extended periods of inactivity. When activities such as mandatory testing make it necessary for students to be inactive for long periods of time, it is recommended that schools give students periodic breaks during which they are encouraged to stand and be moderately active.
- Schools are encouraged to develop community partnerships with other child-serving organizations such as the park district to provide students with opportunities to be active.
- Schools are encouraged to provide student and community access to and promote use of the school's physical activity facilities outside of the normal school day.
- Physical activity facilities and equipment on school grounds shall be safe.
- Schools are encouraged to work with the community to create a community environment that is safe and supportive of students walking or biking to school.

#### *Food or Physical Activity as a Reward or Punishment*

- School personnel shall be encouraged to use nonfood incentives or rewards

- with students and shall not withhold food from students as punishment.
- School personnel shall not use physical activity as a punishment.

### **NUTRITION GUIDELINES FOR ALL FOODS AND BEVERAGES AVAILABLE ON SCHOOL CAMPUSES DURING THE SCHOOL DAY**

- Food providers shall offer a variety of age-appropriate, appealing foods and beverage choices and employ food preparation, purchasing and meal planning practices 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).
- All foods and beverages sold individually (apart from the reimbursable school meal) on school campuses during the school day shall meet nutrition standards. This includes:
  - o ala carte offerings in the food service program;
  - o food and beverage choices in vending machines, snack bars, school stores; and
  - o foods and beverages sold as part of school-sponsored fundraising activities.
- Nutritious and appealing foods and beverages, such as fruits, vegetables, low-fat dairy foods and whole grain products, shall be available wherever and whenever food is sold or otherwise offered at school.

### **GUIDELINES FOR SCHOOL MEALS**

- School meals served shall be consistent with the recommendations of the Dietary Guidelines for Americans and/or shall meet, at a minimum, the nutrition requirements and regulations for the National School Lunch Program and/or School Breakfast Program and all applicable state and local laws and regulations.

### **MEASURING IMPLEMENTATION & COMMUNITY INVOLVEMENT**

- The district superintendent shall work with administrators and food service personnel to ensure that each school meets state and federal food guidelines and works within the guidelines set by the School Wellness Guide.
- When needed the administration shall appoint district or school level wellness teams/councils that includes parents, students, food service personnel, school board members or any combination of the previous mentioned groups, to help develop, implement and/or evaluate school wellness approaches.
- + These appointed district wellness teams/councils shall be responsible for:
  - o assessment of the current school environment;

- o review/development of a wellness policy;
  - o presenting the wellness policy to the school board for review/approval;
  - o measuring the implementation of the wellness policy; and
  - o recommending revision of the policy, as necessary.
- The principal of each building shall be responsible for implementation of the local wellness policy.
- The school-based team shall review/evaluate policy implementation and identify areas for improvement. The evaluation team shall report their findings to the principal and develop with him/her a plan of action for improvement, as needed.

Updated/Adopted by Franklin CUSD #1 Board of Education on May 27, 2015