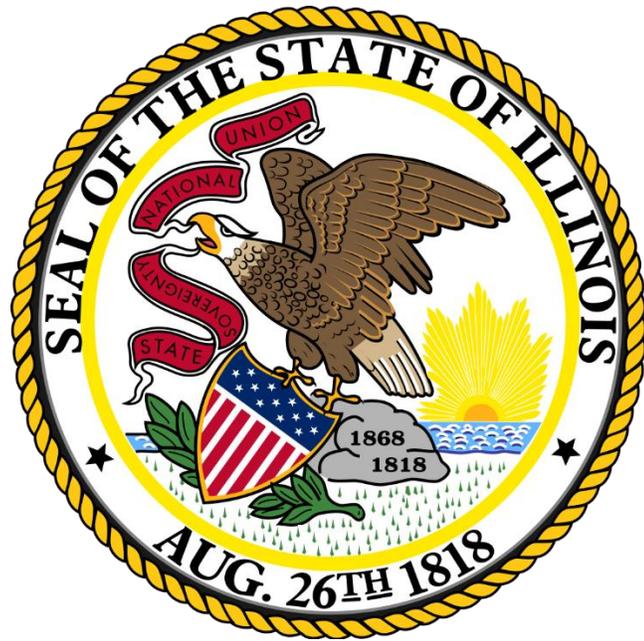


Olympia CUSD 16



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

Wellness Policy Leadership

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The Olympia Wellness Policy Committee meets each year to review the Olympia Wellness Plan. Meetings are scheduled throughout the year to make any adjustments or revisions as needed.

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:

- The Olympia Wellness plan is posted on the Olympia Website. Olympia High School, Olympia Middle School, Olympia North Elementary, Olympia South Elementary, and Olympia West Elementary send out newsletters to parents each week. There has been information disseminated to parents through these newsletters in regards to the Wellness Plan.

Assessments

Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three years. Olympia CUSD 16 shall conduct assessments of the Local Wellness Policy every 3 years, beginning in 2019-2020 and occurring every 3 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, 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:

- The Wellness Plan is reviewed by the Board of Education when updates are made. Once the Board of Education approves the Wellness Plan, it is sent out with the board meeting notes to members of the Olympia Community.

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 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 as specified in 7 CFR 210.10 or 220.8, as applicable. 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. All schools serve breakfast and adhere to the same policy of meeting the meal pattern components as set forth by the USDA. The Olympia School District participates in the DOD Fresh Fruit and Vegetable program, offering students at all five schools fresh fruits and vegetables daily. Students at Olympia High School and Middle School also have the option of utilizing the salad bar as part of their lunch.

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 machine and à la carte items.

Other Foods and Beverages

The following policy refers to all foods and beverages provided, but not sold to students. The Local Education Agency will prohibit food and beverage items that do not meet Smart Snacks nutrition standards for reward and celebration purposes. More than 25 percent of children's daily calories may come from snacks, therefore, providing Smart Snacks allows for a more nutrient-dense calorie intake.

All Olympia Schools utilize Positive Behavior Intervention and Supports (PBIS). As part of PBIS, students earn rewards for displaying positive behaviors. Some examples of these include, but are not limited to, wearing a hat to school, listening to music in class, spending extra time with a favorite teacher or staff member, wear your pajamas to school, serve as an office helper, bowling passes to a local bowling alley, elementary students bringing a stuffed animal to school for the day, having lunch outside of the cafeteria, being released from class early to go to lunch, and having a dance party in class.

Fundraisers

Fundraisers promoting food and/or beverage items that are held on 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) must meet Smart Snacks nutrition standards. However, the LEA may participate in infrequent exempted fundraising days, in which food and beverage items do not meet Smart Snacks standards, as the LEA sees fit. These exempted fundraising days shall not exceed nine days within one year. The LEA shall comply with the following procedures when managing exempted fundraising days:

- When student groups at Olympia High School or Olympia Middle School plan to use one of the nine exempted fundraising days, they must gain the permission of the Building Principal to hold the fundraising event. The Building Principals ensure that the fundraising events do not exceed nine days per one school year.

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:

*Team Nutrition

* My Plate

*INET

*SHAPE

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

- Physical Education (K-12)
- Health (K-5)-At each school a nutrition and fitness unit is taught for a minimum of two weeks and topics are embedded in lessons throughout the school year.
- Health (6-12)- At Olympia Middle School students participate in Health class that is embedded in their PE time. Over the course of the school year, students learn about Health topics once every two weeks. Students learn about health topics as well as discuss nutrition and healthy eating habits.

At Olympia High School, all students take a class called Health & Wellness PE. In this class, students have a 10 day unit on nutrition. Students learn about the main nutrients: Carbohydrates, Protein, Fat, Vitamins, Minerals, and water. Students also take a close look at the food groups and various foods and their serving size utilizing the ChoseMyPlate.gov website. The final aspect of the nutrition unit is meal planning and label reading. Students participate in extensive work on being able to read a label and what "claims" are on labels, how to read the nutrition facts and how to figure out the composition of a meal (what percentage is carbs, protein, and fat).

- Teachers at Olympia High School promote exercise and fitness in a 10 day unit unit on exercise and fitness. the elements of fitness, the F.I.T. principles. types of exercise(aerobic versus anaerobic), how to figure target heart rate, and how to put the principles of exercise into play in real life situations. In High School PE classes students learn how to practice exercising in their target heart rate zone.
- Science (K-5)

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:

- The Olympia Lunch menus are posted on the district website and are shared with parents each week through newsletters that Building Principals send out to parents.

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:

- Each Olympia Cafeteria participates in the Smarter Lunchroom techniques. Fresh fruit is displayed in colorful baskets and fresh fruit and vegetables are displayed at the beginning of each lunch line so students are encouraged to take those items first. The cafeteria staff at Olympia Middle School and High School makes sure to pre-cup salad, shredded cheese, and meat to ensure that students are taking the appropriate amounts to fit the guidelines of meal patterns. Students are also offered a wide variety of fresh vegetables that they can add to their salad each day. Every school site participates in the DOD Fresh Fruits and Vegetables program. Students are offered fresh fruit and vegetables as part of their lunch each and every day.

Marketing

The Local Education Agency 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.

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. Physical Education for grades K-12 is required to be taught by a certified teacher who is endorsed to teach physical education. Throughout the course of each school year Physical Education teachers are offered the opportunity to attend professional development specifically linked to physical education/physical activity topics that are specifically related to their teaching duties. The LEA shall offer Physical Education class as follows:

- Students in Grades K-5 attend Physical Education for 25 minutes each day

- Students in Grades 6-8 attend Physical Education for 45 minutes each day
- Students in Grades 9-12 that are enrolled in a Physical Education class attend that class for 85 minutes each day

Olympia High School does have specific provisions for students to be exempted from Physical Education. They are listed below:

PROVISION #1 - The waiver applies to an interscholastic sport sanctioned by the Illinois High School Association and approved by the Board of Education in which athletic teams participate in a minimum of six(6) athletic contests. These provisions also apply to activities such as cheerleading, dance, etc.

PROVISION #2 - During one semester of a student's Junior and Senior year, a waiver from physical education may be requested if the student athlete needs to take another course required for graduation. If a student athlete takes an extra academic course in place of physical education, the student may be excused from physical education credit, even if the interscholastic sport covers less than that time period.

PROVISION #3 - A student may waive PE in order to be able to take a course or courses which are specifically required for admission to college.

PROVISION #4 - A student who lacks sufficient course credit of one or more courses required by state statute or local school board policies for graduation may request a waiver from physical education to take courses in the student's schedule will fulfill graduation requirements in the areas for which the student is deficient.

Students who have failed required courses, transferred into the district with deficient credits, or who lack credits due to other causes will be eligible to apply for the above exemption.

PROVISION #5 - A student can be a Sophomore through Senior and be in marching band and request a PE waiver.

PROVISION #6 - If a student is enrolled at BACC, and he or she needs to take specific courses to meet local graduation requirements, a Waiver can be issued. The student must have previously passed on Physical Education requirements.

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:

- Students in Grades K-5 attend recess each day following their lunch period
- Teachers in Grades K-12 incorporate brain breaks into their curriculum and daily lessons when it is appropriate
- Students in Grades 6-8 are allowed to go to the gymnasium once they finish eating and before they go to their next class.

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

- Basketball- Grades 6-12, Softball- Grades 6-12, Baseball- Grades 6-12, Volleyball- Grades 6-12, Football- Grades 9-12, Golf- Grades 9-12, Cross Country- Grades 6-12, Wrestling- Grades 6-12, Track and Field- Grades 6-12, Soccer- Grades 9-12,

Physical Activity Promotion

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

- Fuel up to Play 60, Fitnessgram, OPEN , 5 for Life

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:

- During the month of September 2019, each cafeteria participated in a Try-It-Tuesday program in which they offered students and staff different fruits and vegetables that they were not your typical vegetables and fruits. For examples, students were offered jicama sticks, beet sticks, and honeydew melon. This was done in an effort to expose more students and staff to different types of vegetables that can go along with their meals.
- The Olympia School District has promoted Digital Citizenship at all grade levels and has posted articles on the Olympia Website that share tips to parents on how to promote a healthy digital environment at home as well.

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

- Students in Grades 9-12 have the opportunity to join FFA
- Students in Grades 6-8 have the opportunity to join the OMS Yoga Club
- Students in Grades K-5 have the opportunity to join Gardening Clubs at their schools
- Each cafeteria manager has a club where they meet with students to discuss the items that are served in the cafeteria as well as talk to the students about any new menu items
- Students in Grades 9-12 have the opportunity to join the Outdoor Adventure Club
- Students in Grades 9-12 have the opportunity to join the Ultimate Frisbee Club
- Students in Grades 6-12 have the opportunity to join Fellowship of Christian Athletes
- Students in Grades 6-12 have the opportunity to join a Book Club