

Bourbonnais Elementary School District No. 53

281 West John Casey Road • Bourbonnais, IL 60914-1395

www.besd53.org • (815) 929-5100 • Fax (815) 939-0481

Procedures for Implementation of Bourbonnais Elementary School Wellness Plan

The Illinois State Board of Education required that all districts have a wellness policy in place by the beginning of the 2006-07 school year (PL 108-265, Sec. 204). Bourbonnais Elementary School District formed a School Health Index Team last spring to assess seven modules recommended by the state. These modules included the following:

1. *School Health Policies and Environment*
2. *Health Education*
3. *Physical Education and Other Physical Activity Programs*
4. *Nutrition Services*
5. *School Health Services*
6. *School Counseling, Psychological, and Social Services*
7. *Health Promotion for Staff*
8. *Family and Community Involvement*

Physical Education teachers, P.R. Committee Members, PTO Members, District social workers, nurse, counselor, Sodexo representatives, and interested teachers, especially those with students in the district were invited to be on the committee. The committee members were assigned modules to complete. The overall assessment indicated that attention should first be given to nutrition.

A goal was written to **Control the amount of unhealthy foods served in the classroom**. This goal includes

- Eliminating unhealthy food given as a reward, including candy.
- Birthday treats shall not be brought to school for distribution.

At the July 25, 2005 Board of Education meeting, the District Wellness Policy (6:050) was adopted (latest revision 1/24/2017).

The committee examined existing practices and the customs in the District. They found there were opportunities to enhance student nutrition. To accomplish this, the following lists were identified

Healthful Food and Beverage Options for School Functions*

At any school function (parties, celebrations, meetings, etc.) healthful food options should be made available to promote student, staff and community wellness. Examples of nutritious food and beverages that are consistent with the Dietary Guidelines for Americans are listed below. Please remember that no homemade treats are allowed, only prepackaged food for the safety of students.

- ☐ *Raw vegetable sticks/slices with low-fat dressing or yogurt dip*
- ☐ *Fresh fruit wedges, cantaloupe, honey dew, watermelon, pineapple, oranges, tangelos, etc.*
- ☐ *Sliced fruit, nectarines, peaches, kiwi, star fruit, plums, pears, mangos, apples, etc.*
- ☐ *Fruit salad*
- ☐ *Cereal and low-fat milk*
- ☐ *100% fruit or vegetable juice*
- ☐ *Frozen fruit pops with fruit juice or fruit as the first ingredient*
- ☐ *Dried fruits, raisins, cranberries, apples, apricots*
- ☐ *Single serving applesauce or canned fruit in juice*
- ☐ *Peanut butter with apple wedges or celery sticks*

The mission of Bourbonnais School District #53 is to:

- *Collaborate with staff students, families, and community;*
- *Provide a safe learning environment with innovative instructional practices; and*
- *Inspire all students to reach their unique potential as globally conscious learners.*

- ☐ Fruit smoothies made with fat-free or low-fat milk
- ☐ Trail mix (dried fruits and nuts)
- ☐ Dry roasted peanuts, tree nuts and soy nuts (not coconut or palm nuts)
- ☐ Lean meats and reduced fat cheese sandwiches (use light or reduced fat mayonnaise in chicken/tuna salads)
- ☐ Party mix (variety of cereals, nuts, pretzels, etc.)
- ☐ Pretzels or reduced fat crackers
- ☐ Baked chips with salsa or low-fat dip (Ranch, onion, bean, etc.)
- ☐ Low-fat muffins (small or mini), granola bars and cookies (graham crackers, fig bars)
- ☐ Mini bagels with whipped light or fat-free cream cheese
- ☐ Pasta salad
- ☐ Bread sticks with marinara
- ☐ Fat-free or low-fat flavored yogurt & fruit parfaits
- ☐ Fat-free or low-fat pudding cups
- ☐ Fat-free or low-fat milk and milk products (string cheese, single-serving cottage cheese, cheese cubes)
- ☐ Flavored soy milk fortified with calcium
- ☐ Pure ice cold water

**This list is not all inclusive and is meant only to provide parents and school staff with guidance for healthier food and beverage choices. Not all food and beverage items on this list will necessarily meet district nutrient standards as items vary in sugar, fat and calorie content from brand to brand. However, all of the items in the list are believed to be consistent with the intent of the wellness policy to promote student health and reduce childhood obesity. Parents should check with teacher for special diet considerations.*

Alternative Classroom Rewards

- ☐ A smile
- ☐ Going first
- ☐ Verbal praise
- ☐ Sit by friends
- ☐ Teaching the class
- ☐ Helping the 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
- ☐ Taking care of the class animal for a day
- ☐ 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 accomplishment
- ☐ Recognition of a child's achievement on the school-wide morning announcements or school website
- ☐ Ribbon or certificate in recognition of achievement or a sticker with an affirming message (e.g. Great job.)
- ☐ Take a trip to the treasure box (filled with: stickers, pencils, pens, highlighters, sidewalk chalk, notepads, erasers, bookmarks, etc.)