

Champaign-Ford
Regional Office of Education
Alternative Education Programs



READY PROGRAM
CULTIVATING CHANGE | TRANSFORMING LIVES

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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Wellness Policy Committee Members

Tasha King, Nutrition Program Administrative Assistant

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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:

- ROE/READY Websites
- Yearly updates at staff meetings
- Policy review

Assessments

Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three years. Champaign – Ford Regional Office of Education Alternative Education Programs shall conduct assessments of the Local Wellness Policy every 3 years, beginning in the 2020 – 2021 school year 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 ROE/READY Program wellness policy to model wellness policies.
- Measure the progress made in achieving the goals as outlined in the ROE/READY Program 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 ROE/READY Program 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:

- ROE/READY websites
- Available to view at the main office and the school nurse's office.

Records

The Regional Office of Education 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 Regional Office of Education 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. 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.

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 machines and à la carte items.

Other Foods and Beverages

ROE/READY Program will allow the use of food items for reinforcement, parties, and celebrations. Students should be presented with one or two healthy options whenever presented with a non-smart snack compliant item.

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 school year. The LEA shall comply with the following procedures when managing exempted fundraising days:

- Present plan to program administrator, including nutritional information.
- The administrator either approves or denies the request.
- All requests approved and denied will be kept on file with the wellness team representative.

Nutrition Education

In accordance with the Illinois Learning Standards, the Regional Office of Education 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:

- Grades 6-12 will use a variety of sources, including MyPlate and other nutrition standards.

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

- Grades 6-12 will be taught 5 hours of nutrition education through health and physical education classes.
- Grades 6-12 partnered with the U of I Extension Program, Jr. Chefs.

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 platform:

- READY website

The Smarter Lunchrooms Movement uses behavioral economics to positively influence food choices made by children. Evidence-based techniques implemented through the Movement have been proven to increase children's consumption of nutritious foods. The Program shall participate in the Smarter Lunchrooms Movement by utilizing the Smarter Lunchrooms 60-point Scorecard and other educational and promotional tools. The Program shall implement the following Smarter Lunchrooms techniques:

- READY Program will begin using "Smarter Lunchroom" report cards beginning with the 23-24 school year. A score card will be completed yearly and turned into the wellness team for review.
- Farm to School efforts positively impact School Nutrition Programs by serving fresh and nutritious food items. Additionally, Farm to School programs have been linked to increased consumption of fruits and vegetables.
- READY Program installed a centralized water fountain system and fillable system to promote hydration.

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, coolers, trash cans, and other equipment. This policy does not require schools to immediately replace equipment that does not meet this requirement; however, the program shall implement these standards as equipment needs to be 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. The LEA shall offer Physical Education class as follows:

- Grades 6-12 have physical education classes daily for 1 class period.

Physical Activity Promotion

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

- Martial Arts
- READY Running Club
- Yoga class
- Mindfulness Activities
- Summer Boxing Club

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

- READY Running Club.
- Students are referred to the Boys and Girls Club for additional physical activity options.
- READY Program partners with "Feeding Our Kids" to send home food bags for students after school and on weekends.
- READY assists students who need eye exams and prescription glasses.
- Partnership with C-U Public Health.