

# Central School District #104 Wellness Policy

## 2010

Central School District #104  
309 Hartman Lane  
O'Fallon, IL 62269

# Central School District #104 Wellness Policy

## Belief Statement

The Board of Education of Central School District #104 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. The entire 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. In addition, school staff shall be encouraged to model healthy eating and physical activity as a valuable part of daily life.

## 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 IC 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 available during the school day; a plan for measuring implementation including designating a Wellness Committee involving school administrators, Central School District #104 staff, parents, students, school food service providers, and board members in reviewing this policy and keeping it updated.<sup>2,3</sup>

## Rationale

A disturbing number of children are inactive and do not eat well; research says that 16% of children and adolescents are overweight - a three-fold increase since 1980.<sup>1</sup> Congress passed the Child Nutrition and WIC Reauthorization Act of 2004 on June 30, 2004.<sup>2</sup> 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 of 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.<sup>3</sup>

The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth and lifelong health and well-being. 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.<sup>4</sup> 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. Special emphasis shall be placed on nutrition education in preschool through primary grades as eating habits are established at a young age. The curriculum shall be consistent with and incorporate relevant Illinois Learning Standards.<sup>5</sup>
- To maximize classroom time and to achieve positive changes in students' eating behaviors, nutrition education shall be integrated into the standards-based<sup>4</sup> lesson plans of other school subjects like math, science, language arts, physical education, health, family and consumer science and social sciences.
- To achieve positive changes in students' eating behaviors it is recommended that a minimum of eighteen contact hours of nutrition education opportunities be provided to students each year.<sup>6</sup> Contact hours may include a combination of classroom instruction; nutrition education provided in the cafeteria; or health fairs, field trips and assemblies providing nutrition education.
- The nutrition education program shall include enjoyable interactive activities such as presentations, contests, field trips and school greenhouse/gardens.

#### Goals for Physical Activity

- Students in preschool through grade 8 shall participate in daily physical activities that enable them to achieve and maintain a high level of personal fitness; emphasizes self-management skills including energy balance (calories in minus calories out); is consistent with state/district's standards/guidelines/framework; and is coordinated within a comprehensive health education curriculum.<sup>4</sup> The curriculum shall be consistent with and incorporate relevant Illinois Learning Standards.<sup>5</sup>
- All students K-8 will participate in physical education for a minimum of 90 minutes per week. Middle school students are recommended by National Association for Sport and Physical Education to participate for 200 minutes per week.<sup>7</sup> 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 physical disabilities, 504 plans, and other limitations.
- Central School District #104 shall provide a daily supervised recess period to elementary students.

## Goals for Other School-based Activities Designed to Promote Student Wellness

### *Parent Partnerships*

- Central School District #104 shall support parents' efforts to provide a healthy diet and daily physical activity for their children.
- 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 the school newsletter, presentations that focus on nutrition and healthy lifestyles, and any other appropriate means available for reaching parents.

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

- School meals shall be served in the cafeteria with a 30-minute lunch period.
- 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; nutrition education strategies including coordination of classroom and cafeteria activities; and effective promotional techniques to encourage healthy eating habits
- 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 (Attachment B)
- Central School District #104 will 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.<sup>8,10</sup>
- Nutrition education shall be provided by trained and well-supported 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 to students 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 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 certified staff. All teachers shall regularly participate in continuing education activities that impart the knowledge and skills needed to effectively 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.
- Central School District #104 will limit extended periods of inactivity. When activities such as mandatory testing or classroom work make it necessary for students to be inactive for long periods of time, teachers will give students periodic breaks during which they are encouraged to stand and be moderately active. Teachers are encouraged to provide a variety of hands-on learning activities which will get the students up out of their seats.

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

- School staff is strongly encouraged to use nonfood incentives or rewards with students (Attachment C) and shall not withhold food from students as punishment.
- School staff shall not use physical activity as a punishment or withhold participation in recess or physical education class as a punishment.

### Nutrition Guidelines for All Foods and Beverages Available on School Campuses During the School Day

- 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.<sup>11,12,13</sup>
- All foods and beverages sold individually (apart from the reimbursable school meal) on the school campus during the school day shall meet nutrition standards (Attachment A). This includes food and beverage choices in vending machines and school stores.
- 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.

### Measuring Implementation & Community Involvement

- The principal will be responsible for ensuring that the school meets the local wellness policy requirements.
- The principal will appoint a school wellness team that includes school administrators, Central School District #104 staff, parents, students, school food service provider(s), and board member(s) to oversee development, implementation and evaluation of the wellness policy.
- The terms of the wellness team members shall be staggered for continuity.
- The appointed wellness team shall be responsible for:
  - measuring the implementation of the wellness policy; and
  - recommending revision of the policy, as necessary
- The wellness team shall evaluate policy implementation and identify areas for improvement.
- Before the end of each school year, the wellness team shall recommend to the principal the progress of the implementation and any revisions to the policy it deems necessary.

**Attachment A**

<p><b>Food or Beverage</b></p>	<p><b><i>Healthier US School Challenge Nutrition Standards*</i></b></p> <p>These criteria focus on decreasing fat and added sugar, increasing nutrient density, and moderating portion size.</p>
<p><b>Fruits and Non-fried Vegetables</b></p>	<p>Fruits and vegetables may be fresh, frozen, canned or dried, and they must be found in the Food Buying Guide for Child Nutrition Programs. <a href="http://schoolmeals.nal.usda.gov/FBG/2003FBG/%20Section%202.pdf">http://schoolmeals.nal.usda.gov/FBG/2003FBG/%20Section%202.pdf</a></p> <p>Examples of products that <i>cannot</i> be sold/served as a fruit or vegetable include:</p> <ul style="list-style-type: none"> <li>• Snack-type foods made from vegetables or fruits, such as potato chips, and banana chips;</li> <li>• Pickle relish, jam, jelly; and</li> <li>• Tomato catsup and chili sauce</li> </ul>
<p><b>Approved Beverages</b></p>	<ul style="list-style-type: none"> <li>• Flavored or plain reduced fat (2%), low-fat (1%), skim/nonfat fluid milk meeting State and local standards for pasteurized fluid milk and/or USDA approved alternative dairy beverages<sup>4</sup>;</li> <li>• 100% full-strength fruit and vegetable juices; and</li> <li>• Water (non-flavored, non-sweetened, <i>and</i> non-carbonated)</li> </ul>
<p><b>Any Other Individual Food Sales/Service</b></p>	<ul style="list-style-type: none"> <li>• <b>Calories from total fat</b> must be at or below 35%**<i>, excluding nuts, seeds, and nut butters.</i> This is determined by dividing the calories from total fat by the total calories and multiplying by 100. If calories from fat are not available, multiply the grams of fat by 9 to equal calories from fat.</li> <li>• <b>Calories from saturated fat</b> must be at or below 10%. This is determined by dividing the calories from saturated fat by the total calories and multiplying by 100. If calories from saturated fat are not available, multiply grams of saturated fat by 9 to equal calories from saturated fat.</li> <li>• <b>Total sugar</b> must be at or below 35% by weight. This is determined by dividing the grams of total sugar by the gram weight of the product and multiplying by 100. This includes both naturally occurring and added sugars. This limit does not include fruits and vegetables or flavored milk as defined above.</li> <li>• <b>Portion size</b> for a la carte sales in the school cafeteria are not to exceed the serving size of the food served in the National School Lunch Program/School Breakfast Program; for vending sales the item package or container is not to exceed 200 calories.</li> </ul>

<sup>4</sup> There are no USDA approved alternative dairy beverages at this time. Public Law 108-265 (Child Nutrition Program Reauthorization) authorizes the Secretary of Agriculture to establish nutritionally equivalent non-dairy beverages by July 1, 2005. Please check with the Illinois State Board of Education for clarification.

\* The above *Nutrition Standards* are criteria for sales/service of a la carte and/or vended items from the United States Department of Agriculture's *Healthier US School Challenge*. Please be aware that these criteria are only meant to apply to individually sold foods and that foods sold as part of a reimbursable school meal may not necessarily meet these criteria although menus meet the nutrition standards set by the U.S. Department of Agriculture for school meals. Local policy makers may wish to modify the standards but should be aware that this may make schools ineligible to meet the criteria for the *Healthier US School Challenge*.

\*\*The *Dietary Guidelines for Americans 2005* recommend a total fat intake of 20 to 35% for school-age children.

## Attachment B

### 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.

- Raw vegetable sticks/slices with low-fat dressing or yogurt dip
- Fresh fruit wedges - cantaloupe, honeydew, 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
- 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 and 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 or healthier food and beverage choices.* Not all food and beverage items on this list will necessarily meet district nutrient standards (Attachment A) 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.

## **Attachment C**

### **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
- 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 of school website
- Ribbon, certificate in recognition of achievement or a sticker with an affirming message (e.g. "Great job")
- Take a trip to the R.O.A. R. Store (filled with: stickers, temporary tattoos, pencils, pens, highlighters, sidewalk chalk, notepads, erasers, bookmarks, etc.)

## References

1. Prevalence of Overweight among Children and Adolescents: United States, National Center for Health Statistics. [www.cdc.gov/nchs/products/pubs/pubd/hestats/overwght99.htm](http://www.cdc.gov/nchs/products/pubs/pubd/hestats/overwght99.htm)
2. Child Nutrition and WIC Reauthorization Act of 2004 [Public Law 108-265, Sec. 204]. <http://thomas.loc.gov/bss>
3. Public Act 094-0199. [www.ilga.gov/legislation/publicacts/fulltext.asp?Name=094-0199](http://www.ilga.gov/legislation/publicacts/fulltext.asp?Name=094-0199)
4. Illinois School Code. [www.ilga.gov/legislation](http://www.ilga.gov/legislation)
  - a. Daily Physical Ed Requirments - Section 27-6 of the School Code [105 ILCS 5/27-6])
  - b. Rules for Comprehensive Health Education (23 Ill. Adm. Code 253) issued pursuant to the Critical Health Problems and Comprehensive Health Education Act [105 ILCS 110].
5. Illinois Learning Standards, Illinois State Board of Education, 1997. [www.isbe.state.il.us/ils](http://www.isbe.state.il.us/ils)
6. Nutrition services: An essential component of comprehensive school health programs - Joint Position of the American Dietetic Association, Society for Nutrition Education, and the American School Food Service Association, Journal of Nutrition Education 35:2, 2003.
7. Executive Summary, Shape of the Nation 2001. National Association of Sports and Physical Education (NASPE), 2001. [www.aahperd.or/naspe/pdf\\_files/shape\\_nation.pdf](http://www.aahperd.or/naspe/pdf_files/shape_nation.pdf)
8. Dietary Guidelines for Americans 2005, Department of Health and Human Services and Department of Agriculture, 2005. [www.health.gov/dietaryguidelines](http://www.health.gov/dietaryguidelines)
9. Fit, Healthy and Ready to Learn, National Association of State Boards of Education, 2000.
10. MyPyramid.gov, United States Department of Agriculture. [www.mypyramid.gov](http://www.mypyramid.gov)
11. Minimum School Meals Requirements - section 9(f)(I), 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(f)(I), 1766(a)0
12. Minimum School Meals Requirements - subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779)
13. Illinois School Food Service - Ill. Adm. Code Section 305.

## **Resources for Policy Development**

- ISBE Illinois School Policy Wellness Task Force.  
[www.isbe.net/nutrition/htmls/wellness\\_policy](http://www.isbe.net/nutrition/htmls/wellness_policy)
- Fit, Healthy and Ready to Learn, National Association of State Boards of Education, 2000. [www.nasbe.org/HealthSchools/index.html](http://www.nasbe.org/HealthSchools/index.html)
- Healthier US School Challenge, United States Department of Agriculture.  
[www.fns.usda.gov/tn/HealthierUS/criteria\\_instructions.pdf](http://www.fns.usda.gov/tn/HealthierUS/criteria_instructions.pdf)
- Mercedes Independent School District Student Nutrition/Wellness Plan. 2004.  
[www.mercedes.k12.tx.us/menus/Nutrition%20PolicyR10-8-04.pdf](http://www.mercedes.k12.tx.us/menus/Nutrition%20PolicyR10-8-04.pdf)
- Model Local School Wellness Policies on Physical Activity and Nutrition, National Alliance for Nutrition and Activity, 2005.  
[www.schoolwellnesspolicies.org/WellnessPolicies.html](http://www.schoolwellnesspolicies.org/WellnessPolicies.html)
- School Nutrition Association Local Wellness Policy Guidelines, School Nutrition Association. 2005. [www.schoolnutrition.org/Index.aspx?id=1075](http://www.schoolnutrition.org/Index.aspx?id=1075)