

**CENTRAL STICKNEY SCHOOL DISTRICT #110
NUTRITION AND PHYSICAL ACTIVITY WELLNESS POLICY**



(REVISED 2017)

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WELLNESS POLICY

CENTRAL STICKNEY SCHOOL DISTRICT #110

BELIEF STATEMENT

Central Stickney School District #110 is committed to providing an environment that supports and promotes wellness, good nutrition, and regular physical activity as part of the total learning environment. Central Stickney School District #110 supports a healthy environment where children learn and participate in positive nutritional and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health of children. Improved health helps to optimize student performance. Therefore, it is the policy of Central Stickney School District #110 that the school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in the development, implementation, monitoring, review, and evaluation of the Wellness Policy.

PURPOSE STATEMENT

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 to 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 one or more persons charged with operational responsibility; and involving parents, students, school food service providers, the school board, school administrators, and the public in developing this policy.

RATIONALE STATEMENT

A disturbing number of children are inactive and do not eat well. The result is an alarming 16% increase in children and adolescents overweight since 1980. Congress passed the Child Nutrition and WIC Reauthorization Act of 2004. 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. The objectives of the wellness policy are to improve the school nutrition environment, promote student health, and reduce childhood obesity.

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, lifelong health, and well being. Healthy eating is also linked to reduced risk for mortality and development of many chronic diseases. Schools have a responsibility to help students acquire the knowledge and skills necessary to establish and maintain lifelong healthy eating patterns.

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 grades pre-kindergarten through 8th shall receive nutrition education as part of a sequential program coordinated within our HOPE and PE curriculums. To achieve positive changes in students' eating behaviors, it is recommended that a minimum of 8 contact hours of nutrition education opportunities be provided to students each year. The curriculums are 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 is placed on nutrition education in the primary grades as eating habits are established at an early age. The curriculum is consistent with and incorporates relevant Illinois Learning Standards.
- ❖ Students in grades pre-kindergarten through 8th shall received nutrition education in other school subjects including math, science, language arts, physical education, family and consumer science, and social studies. Nutrition education shall be integrated into standard based lesson plans in these subject areas which reinforce knowledge and skills.
- ❖ The nutrition education program may include such activities as contests, field trips, and food celebrations.
- ❖ Students shall receive consistent nutrition messages throughout classrooms, the cafeteria, homes, community, and media.

GOALS FOR PHYSICAL ACTIVITY

- ❖ Students in pre-kindergarten will participate in some form of physical activity each day. Physical activity may include stretching exercises, walking, running, balancing, jumping and dance movements. Physical activity will be a minimum of 75 minutes per week (15 minutes per day).
- ❖ Students in kindergarten through 8th will participate in daily physical education classes. The physical education curriculum is aligned with the Illinois State Learning Standards with a special emphasis placed on promoting high levels of physical fitness and an active lifestyle.
- ❖ Students in kindergarten through 8th will participate in daily supervised lunch recess, weather permitting. Lunch recess will be 75 minutes per week (15 minutes per day).
- ❖ Students shall be provided opportunities for physical activities through a variety of after school programs such as, but not limited to basketball, volleyball, softball, swimming, cheerleading, Jump Rope for Heart, and physical activity clubs.

- ❖ The school will encourage families to actively engage in providing physical activities with their children beyond the school day. Activities may include, but not be limited to using our park facilities (track and asphalt areas), signing children up for sports teams in the community/area, using the park district facilities and programs available.

GOALS FOR OTHER SCHOOL BASED PROGRAMS OR ACTIVITIES

- ❖ Parents/Guardians shall be provided information to help them incorporate healthy eating and physical activity in their children'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 healthy lifestyles and any other appropriate means available for reaching parents.
- ❖ The hot lunch service provider shall provide daily lunches which meet 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 all applicable state and local laws and regulations.
- ❖ It will be the responsibility of the food service provider to employ cafeteria workers with appropriate certification according to their levels of responsibility, pre-service training, and participation in professional development activities.
- ❖ The district adheres to a closed campus lunch policy.
- ❖ Students will be provided with a lunchroom environment which is clean, relaxing and enjoyable. Students will be provided with adequate space and seating. Students will have access to hand washing facilities and/or use of hand sanitizer gel before lunch meals are served. The school will provide the recommended minimum of 20 minutes for lunch from the time students are seated.
- ❖ Students will be discouraged from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diet.
- ❖ There will be no vending machines available in school. The food service provider will offer a la carte items which meet nutritional standards.
- ❖ Organizations will be encouraged to raise funds through the sale of items other than food. Fund raisers involving the sale of foods not meeting nutritional standards may not be sold during the regular school day.
- ❖ Snacks served during the school day will make a positive contribution to children's diets and health with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. A letter will be sent home to all parents of healthy snack choices. Snacks brought to school which are unhealthy will not be served to students.

- ❖ Teachers will not use food or beverages, especially those that do not meet the nutritional standards as rewards for academic performance or good behavior. In addition, teachers will not withhold food or beverages as a punishment.
- ❖ Teachers will try to limit celebrations that involve food during the school day. Teachers will make every effort possible to limit food or beverages that do not meet nutritional standards. A letter will be sent home to all parents with a list of healthy celebration ideas.
- ❖ Food and beverages offered at school sponsored events outside the regular school day will be given careful consideration.

MONITORING AND POLICY REVIEW

- ❖ The superintendent or designee will ensure compliance with established district nutrition and physical activity wellness policies.
- ❖ The school food service provider will ensure compliance with nutrition policies within food service areas and will report on this matter to the superintendent or designee. In addition, the school district will report on the most recent USDA School Meals Initiative (SMI), review findings and any resulting changes. If the district has not received a SMI review from the state agency within the past five years, the district will request from the state agency that a SMI review be scheduled as soon as possible.
- ❖ The superintendent or designee will develop a summary report every year on district compliance with the district's established nutrition and physical wellness policies. That report will be provided to the school board and designated personnel within the district.
- ❖ To help with the initial development of the district's wellness policy, the district will conduct an assessment of the district's existing nutrition and physical activity environments and policies. The results of the assessment will be used to identify and prioritize needs. Assessments will be conducted every year to help review policy compliance. As part of that review, the district will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity and nutrition, and physical education policies and program elements. The district will, as necessary, revise the nutrition and physical activity wellness policies to meet the needs of our children.

NOTICE REGARDING SNACK AND HOLIDAY PARTY FOODS

Dear Parent/Guardian:

Schools have a responsibility to help students establish lifelong habits of healthy eating patterns and regular physical activity. By establishing healthy habits early in life, children can dramatically reduce their health risks and increase their chances for longer, more productive lives. You love your children and you want the best for them. You can show this by creating opportunities for them to make healthy food choices. **Foods such as candy, cake, cupcakes, and ice cream do not meet dietary guidelines and will not be served to our children.**

The list of food and beverages below are consistent with the Dietary Guidelines for Americans.

HEALTHY SNACK LIST/SPECIAL OCCASIONS

- Raw vegetable sticks or slices with low fat dressing or yogurt dip
- Fresh fruit wedges-watermelon, cantaloupe, honeydew, pineapple, oranges, etc.
- Sliced fruit- apples, pears, peaches, plums, nectarines, etc.
- Dried fruits- raisins, cranberries, apples, apricots
- Single serving applesauce
- Trail mix
- Pretzels or reduced fat crackers
- Goldfish or Wheat Thins
- Granola bars, graham crackers, fig bars
- Fat free or low fat pudding cups
- Bottled water

All of the items listed above are believed to be consistent with the intent of our school wellness policy to promote student health and reduce childhood obesity. We encourage all parents to use the above list as a guide in providing healthy snacks for our children. **Snacks which do not meet nutritional standards will NOT be served to students. Such items include, but are not limited to, cake, cupcakes, cookies, and candy.**

We ask that no food items be sent to school for individual birthdays. Parents who wish to send birthday treats are asked to send non-food items.

Sincerely,

Jennifer Toschi

BETTER SCHOOLS MAKE BETTER COMMUNITIES

**CENTRAL STICKNEY SCHOOL DISTRICT #110
WELLNESS POLICY NEEDS ASSESSMENT AND EVALUATION TOOL**

POLICY GOALS	MET	NEEDS IMPROVEMENT/ACTIONS
GOALS FOR NUTRITION EDUCATION		
Students in Pre-K will receive nutrition education which is integrated into standards-based lesson plans with other subjects.		
Students in grades K through 8 th receive nutrition education as part of a sequential, standards-based program in HOPE class.		
Students in grades 6 TH through 8 th will receive nutrition education as part of a sequential, standards-based program in PE class.		
Nutrition education is integrated into standards-based lesson plans in other subject areas.		
GOALS FOR PHYSICAL ACTIVITY		
Physical education is provided by highly qualified instructors that participate in continuous professional development.		
Students in Pre-K participate in physical activities on a daily basis for a minimum of 15 minutes per day as part of the daily curriculum.		
Students in grades K through 8 th participate in daily standards-based physical education which is consistent with state/district standards/guidelines/framework.		

Students in grades K through 8 th receive daily supervised lunch recess, weather permitting for 75 minutes per week (15 minutes per day).		
Physical activities are available for students in grades 1 st through 8 th in after school programs such as sports teams, cheerleading, and swimming.		
The school's physical activity facilities are available to the community and students outside the normal school day.		
POLICY GOALS	MET	NEEDS IMPROVEMENT/ACTIONS
GOALS FOR OTHER SCHOOL-BASED PROGRAMS OR ACTIVITIES		
The district will support parents' efforts to provide a healthy diet and daily physical activity for their children in grades Pre-K through 8 th .		
Parents shall be provided information to help them incorporate healthy eating and physical activity into their children's lives.		
The food service provider shall share information about the nutritional content of school meals with students, family, and school staff.		
School lunch is served in a clean, relaxing, and enjoyable environment. Students are provided a minimum of 20 minutes to eat lunch from the time they are seated.		
Food service personnel have proper certification, pre-service training and regularly participate in professional development activities.		
The food service provider provides meals which meet the nutrition requirements and meet federal, state, and local laws and guidelines.		
During classroom holiday parties, food and beverages brought into school to share with students must be store-prepared, healthful options. No food may be brought for individual student birthdays. Parents wishing to bring birthday treats should bring non-food items. (Parent Letter)		

Students must follow the closed campus lunch policy and are not permitted to leave school to purchase foods or beverages.		
School-based organizations are encouraged to raise funds with non-food items.		