

Wellness

POLICY

Philosophy

The Board of Education 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. To the extent practicable, the school environment shall be aligned with healthy school goals to positively influence students' beliefs and habits and to 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. The District's goals in this regard are outlined in the Rules and Regulations below.

The Superintendent shall establish a District Wellness Committee and be responsible for ensuring school compliance with this policy. The Committee shall develop, review and provide ongoing input to the Administration regarding the District's 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; and the plan for measuring implementation of this policy.

RULES AND REGULATIONS

Nutrition Education

1. Students in preschool through grade 12 will receive nutrition education appropriate for their age and grade as part of a sequential program that is coordinated within a comprehensive health education curriculum. The program will 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 will be placed on nutrition education in preschool through primary grades as eating habits are established at a young age. The curriculum will be consistent with recommendations of the Center for Disease Control and State standards and will incorporate relevant Illinois Learning Standards.
2. To maximize classroom time and to achieve positive changes in students' eating behaviors, nutrition education should be integrated into the standards-based lesson plans of other school subjects like math, science, language arts, physical education, health, family and consumer science and social sciences, when appropriate.
3. To achieve positive changes in students' eating behaviors, the District adopts the goal of a minimum of 36 contact hours of nutrition education opportunities be provided to Nutrition Education students each year, as jointly recommended by the American Dietetic Association, Society for Nutrition Education and the American School Food Service Association. Contact hours may include a combination of classroom instruction;

Nutrition Education (cont.)

- nutrition education provided in the cafeteria; or health fairs, field trips and assemblies providing nutrition education.
4. Whenever practicable, the nutrition education program should include enjoyable interactive activities such as contests, promotions, taste testing, field trips and school gardens.
 5. Nutrition information and links to relevant resources in the community should be provided to families through newsletters, publications, health fairs, and other channels. Feedback from parents should be encouraged through stakeholder meetings.

Physical Activity

1. Students in preschool through grade 12 will receive instruction in physical education, unless exempted, consistent with the *School Code*, that enables them to achieve and maintain a high level of personal fitness; emphasizes self-management skills, including energy balance (calories in minus calories out); and is coordinated within a comprehensive health education curriculum. The curriculum shall be consistent with and incorporate relevant Illinois Learning Standards.
2. Special emphasis should be placed on promoting an active lifestyle in preschool through primary grades as health habits are established at a young age.
3. Schools will provide a daily supervised recess period to elementary students.
4. Schools shall provide physical activity opportunities for all students before and/or after school in all elementary, middle and high schools, to the extent there is sufficient funding and student interest in participation in such activities.
5. Accommodations shall be made for students with disabilities, 504 plans, and other limitations when appropriate.
6. Because students should engage in a minimum of 60 minutes of physical activity a day, the physical education program will make reasonable efforts to encourage families in providing physical activity beyond the school day.

Other School-Based Activities Designed to Promote Student Wellness

1. ***Parent Partnerships***
 - A. Schools will support parents' efforts to provide a healthy diet and daily physical activity for their children, appropriate to the age and maturity of the child. This support shall begin in preschool and continue through middle and high school.

Other School-Based Activities Designed to Promote Student Wellness (cont.)

- B. Parents will 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 or District website, information provided in school and District newsletters, presentations that focus on nutrition and healthy lifestyles and any other appropriate means available for reaching parents.

2. *Consistent School Activities and Environment – Healthy Eating*

- A. Schools will share and publicize information about the nutritional content of meals with students and parents. Nutritional information for meals is made available in the cafeteria at the point of sale.
- B. Students will be made aware of the availability of drinking water during all meals. Free drinking water is available for self-service in the cafeteria. Water and cups will be present in the cafeteria, and supervisory staff will allow students to access water for drinking throughout the meal period.
- C. School meals will be served in clean, safe and pleasant settings with adequate time provided for students to eat, at a minimum, in accordance with State and federal standards and guidelines.
- D. Food service personnel will have adequate pre-service training and regularly participate in professional development activities appropriate to their positions. Training topics should include, but are not limited to: strategies for providing tasty, appealing and healthy school meals; food safety; nutrition education strategies, including coordination of classroom and cafeteria activities; and effective promotional techniques to encourage healthy eating habits.
- E. Food providers are encouraged to involve families, students and other school personnel in choosing nutritious food and beverage selections for the District schools through surveys, committees, taste-testing and similar activities designed to provide input into the decision-making process.
- F. Food providers will work with suppliers to obtain foods and beverages that meet the nutrition requirements of school meals and nutrition standards for those sold individually.
- G. Food providers will work with school instructional staff to reinforce nutrition instruction and foster an environment where students can learn about and practice healthy eating as appropriate to their position.
- H. 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.

Other School-Based Activities Designed to Promote Student Wellness (cont.)

- I. Classroom celebrations will focus on activities, rather than food. Due to concerns about food safety and food allergies, no food will be brought into the classroom, except as allowed as an accommodation of a disability.
 - J. School-based organizations will be encouraged to raise funds through the sale of items other than food.
 - K. To reduce competition with nutritionally balanced school meals and enhance student safety, it is recommended that students are not permitted to leave school grounds to purchase foods or beverages, unless permitted by building guidelines.
 - L. Partnerships between schools and businesses are encouraged and many commercial advertising relationships involve foods or beverages. To meet wellness objectives, it is recommended that commercial advertising relationships involve only foods and beverages that meet nutrition standards.
 - M. Schools will take efforts to promote nutritious food and beverage choices consistent with the current Dietary Guidelines for Americans and Food Guidance System (My Plate) such as fruits, vegetables, low-fat dairy foods and whole grain products.
 - N. The District will encourage staff involved in nutrition education to complete a pre-service course in nutrition and a minimum of one hour of nutrition education in-service training per school year. Preparation and professional development will provide basic knowledge of nutrition along with activities, instructional techniques and strategies designed to change students' attitudes and behavior.
 - O. All foods and beverages made available in school buildings and on school grounds will comply with the federal, State and local food safety and sanitation regulations.
 - P. For the safety and security of food, access to any area involved in storage, preparation or service of food in school buildings and on school grounds will be limited to authorized personnel.
 - Q. Students and staff will have access to free, safe, and fresh drinking water throughout the school day.
3. ***Consistent School Activities and Environment –Physical Activity***
- A. Physical education will be provided by trained and well-supported staff that is certified by the state to teach physical education. The District shall provide all physical education teachers with annual professional development opportunities that are focused on physical education/physical activity topics and competencies specifically for physical education teachers.

Other School-Based Activities Designed to Promote Student Wellness (cont.)

- B. Physical education classes will have a student to teacher ratio comparable to those in other curricular areas.
 - C. The physical education program will be closely coordinated with the other components of the overall school health program. Physical education topics will be integrated within other curricular areas. In particular, the benefits of being physically active will be linked with instruction about human growth, development, and physiology in science classes and with instruction about personal health behaviors in health education class.
 - D. Schools are encouraged to limit extended periods of inactivity. When activities such as mandatory testing make it necessary for students to be inactive for long periods of time, it is recommended that schools give students periodic breaks during which they are encouraged to stand and be moderately active.
 - E. Schools are encouraged to develop community partnerships with other child-serving organizations such as park districts and YMCA's to provide students with opportunities to be active.
 - F. Schools are encouraged to provide student and community access to and promote use of the school's physical activity facilities outside of the normal school day.
 - G. Physical activity facilities and equipment on school grounds shall be safe.
 - H. Schools are encouraged to work with the community to create a community environment that is safe and supportive of students walking or biking to school.
 - I. Each school is required to develop a comprehensive school physical activity program (CSPAP) which allows staff to participate in or lead physical activity opportunities throughout the school day. Schools are required to implement a CSPAP plan that provides physical activity throughout the school day and addresses the needs of students, staff and school community. The CSPAP is to be included in the annual school improvement plan.
4. ***Food or Physical Activity as a Reward or Punishment***
- A. Food rewards or incentives shall not be used in classrooms to encourage student achievement or desirable behavior. Exceptions are available to students with disabilities when non-food incentives or rewards have not proved to be effective and the food incentive is necessary to promote the development of functional communication skills, as set forth in the student's IEP.
 - B. School personnel will not use physical activity as a punishment or withhold participation in recess or physical education class as a punishment.

Nutrition Guideline for All Foods and Beverages Available in School during the School Day

1. Food providers will offer a variety of age-appropriate, appealing foods and beverage choices and employ food preparation, purchasing and meal planning practices consistent with the current Dietary Guidelines for Americans (e.g. provide a variety of fruits and vegetable choices; serve low-fat and fat-free dairy products; ensure that whole grain products are served).
2. All foods and beverages sold individually (apart from the reimbursable school meal) in school buildings and on school grounds during the school day must meet the “general nutrition standards for competitive foods” specified by federal law. This includes:
 - A. *À la carte* offerings in the food service program; and
 - B. Food and beverage choices sold anywhere in school buildings or on the school grounds.
 - C. Vending machines will contain only beverages that meet the Smart Snack standards, including plain or carbonated water in any portion size.
3. Foods and beverages sold to adults as part of school-sponsored fundraising activities that are preordered and not consumed during the course of the school day, are exempt from meeting the competitive food nutrition standards.
4. High school principals may grant exempt fundraising days for the sale of foods to students on campus during the school day (from midnight up to 30 minutes after the end of the official school day), provided that the number of exempt days shall not exceed that allowed by Illinois State Board of Education rules. Prior to granting any such exempt days, the principal shall establish and distribute to interested staff, school organizations and clubs the procedures for requesting such an exemption and the parameters for consideration and approval of such requests.
5. 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.

Guidelines for School Meals

School meals served will 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 School Breakfast Program and all applicable state and local laws and regulations.

Measuring Implementation & Community Involvement

The Superintendent will be charged with the operational responsibility for ensuring that each school meets the local wellness policy requirements.

1. The Superintendent will appoint a District Wellness Committee that includes parents, students, representatives of the school food authority, school nurses, school administrators, and interested persons from the Waukegan community to oversee development, implementation and evaluation of the Wellness policy. In addition, it is recommended that the Superintendent also appoints teachers (including preschool – grade 12, family and consumer science, physical education and health educators) and health professionals (school nurse, physician, dietitian, etc.) as members of the team.
2. The appointed District Wellness Committee will be co-chaired by the Health Services Supervisor and the Wellness Facilitator. The District Wellness Committee and will be responsible for:
 - A. Creating and maintaining proposed guidelines for operation, consistent with this policy and State and federal laws, to be approved by the Superintendent or designee prior to implementation;
 - B. Assessment of the current school environment in the areas relevant to this policy;
 - C. Periodically reviewing and, as necessary, proposing revisions to the District's Wellness policy for consideration by the Board;
 - D. Measuring the implementation of the wellness policy and reporting to the Board; and
 - E. Providing technical assistance to school based wellness teams as needed.
3. The Principal of each building will be responsible for implementation of the Wellness policy within his or her assigned school building and shall appoint a school-based evaluation team to develop and implement an annual evaluation plan, and shall allow them sufficient meeting time to develop and implement an annual evaluation plan.
4. The school-based evaluation team will evaluate policy implementation and identify areas for improvement. The school based evaluation team shall report their findings to the building Principal and develop with him or her a plan of action for improvement, as needed.
5. The District Wellness Committee will receive written reports from each school group annually.
6. An annual progress report with information about each school's wellness related activities will be shared with the entire school community. The annual progress report

Measuring Implementation & Community Involvement (cont.)

will be posted on the District website every September. The report will include a link to the District Wellness Policy and a progress report for each school in the District that includes a summary of the school’s wellness activities and contact information for Wellness Committee members. The report will include an open invitation for interested parties to join the Committee.

Source:	105 ILCS 5/27-5	Physical Education and Training
	105 ILCS 5/27-6	Courses in Physical Education – Special Activities
	105 ILCS 5/27-7	Physical Education Course of Study
	105 ILCS 110/3	Comprehensive Health Education Program
	7 U.S.C. §5341	Dietary Guidelines for Americans
	42 U.S.C. §1751 <i>et seq.</i>	<i>National School Lunch Act, as amended</i>
	42 U.S.C. §1758b	Local School Wellness Policy
	42 U.S.C. 1771 <i>et seq.</i>	Child Nutrition Act of 1966
	42 U.S.C. §1773	School Breakfast Program

Cross Ref.:	1101	Parental Involvement
	1203	Solicitation of Funds
	1301	Relations Between Other Governmental and Community Agencies and Schools
	5201	Curriculum
	5216	Educational Field Trips
	5224	Instruction in Select Student Welfare and Safety Issues
	5301	Graduation Requirements
	6011	Physical Education – Excused Absences & Repeat Courses

Adopted:	June 27, 2006
Reviewed and revised:	June 10, 2008
Technical changes:	May 13, 2014
Reviewed and revised:	April 10, 2018