

## Instruction

### School Wellness

Student wellness, including good nutrition and physical activity, shall be promoted in the District's educational program, school activities, and meal programs. This policy shall be interpreted consistently with Section 204 of the Child Nutrition and WIC Reauthorization Act of 2004.

#### Goals for Nutrition Education and Nutrition Promotion

The goals for addressing nutrition education and nutrition promotion include the following:

- ✓ Schools will support and promote good nutrition for students.
- ✓ Schools will foster the positive relationship between good nutrition, physical activity, and the capacity of students to develop and learn.
- ✓ Nutrition education will be part of the District's comprehensive health education curriculum. See School Board policy 6:60, Curriculum Content.

#### Goals for Physical Activity

- ✓ The goals for addressing physical activity include the following:
- ✓ Schools will support and promote an active lifestyle for students.
- ✓ Physical education will be taught in all grades and shall include a developmentally planned and sequential curriculum that fosters the development of movement skills, enhances health-related fitness, increases students' knowledge, offers direct opportunities to learn how to work cooperatively in a group setting and encourages healthy habits and attitudes for a healthy lifestyle. See Board policy 6:60, *Curriculum Content*.
- ✓ During the school day, all students will be required to engage in a daily physical education course, unless otherwise exempted. See Board policy 6:60, *Curriculum Content*.
- ✓ The curriculum will be consistent with and incorporate relevant Illinois Learning Standards for Physical Development and Health as established by the Illinois State Board of Education.

#### Nutrition Guidelines for Food Available in Schools During the School Day

Students will be offered and schools will promote nutritious food and beverage choices consistent with the current Dietary Guidelines for Americans and Food Guidance System published jointly by the U.S. Department of Health and Human Services and the Department of Agriculture. In addition, in order to promote student health and reduce childhood obesity, the Superintendent or designee shall control food sales that compete with the District's non-profit food service in compliance with the Child Nutrition Act. Food service rules shall restrict the sale of foods of minimal nutritional value, as defined by the U.S. Department of Agriculture, in the food service areas during the meal periods and comply with all applicable rules of the Illinois State Board of Education.

### Guidelines for Reimbursable School Meals

Reimbursable school meals served shall meet, at a minimum, the nutrition requirements and regulations for the National School Lunch Program and/or School Breakfast Program.

### Monitoring

The Superintendent or designee shall provide periodic implementation data and/or reports to the Board concerning this policy's implementation sufficient to allow the Board to monitor and adjust the policy. This report must include without limitation each of the following:

- ✓ An assessment of the District's implementation of the policy
- ✓ The extent to which schools in the District are in compliance with the policy
- ✓ The extent to which the policy compares to model local school wellness policies
- ✓ A description of the progress made in attaining the goals of the policy

### Community Input

The Superintendent or designee will invite suggestions and comments concerning the development, implementation, and improvement of the school wellness policy from parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board school administrators, and community.

### Recordkeeping

The Superintendent or designee shall retain records to document compliance with this policy.

6:50

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### Measuring Implementation & Community Involvement

- ✓ The district superintendent shall be charged with the operational responsibility for ensuring that each school meets the local wellness policy requirements.
- ✓ The district superintendent shall appoint a district wellness team that includes teachers, health professionals and representatives of the school food authority, the school board, and school administrators to oversee development, implementation and evaluation of the wellness policy.
- ✓ Before the end of each school year, the wellness team shall recommend to the superintendent any revisions to the policy it deems necessary.
- ✓ **The district superintendent shall be charged with providing community members opportunities to provide input into the development, implementation, and evaluation of the district wellness policy and any procedures. This will be done by inviting community members to sit on committees and attend meetings.**

### DISTRICT WELLNESS TEAM

Cindy Konkel - Food Service Manager  
Carla Chapman – Food Service Manager  
Scott Wagner - Principal  
Kyle Pursell - Board Member

Tim O’Leary - Superintendent  
Mark Rohfling - Principal  
BJ Betz-Physical Education Teacher