

LOCAL SCHOOL WELLNESS

The link between nutrition, physical activity and learning is well documented. Proper nutrition and regular physical activity are also critical to lifelong health and well-being. For these reasons, the regulations set forth herein shall support the intent and goals of Policy 6:50.

Nutrition Education and Nutrition Promotion

Nutrition education and promotion in CCSD 89 shall:

- Be offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote student wellness and protect their health;
- Include nutrition education activities that strive to be enjoyable, developmentally appropriate, culturally relevant, interactive and engaging;
- Be integrated into areas of the curriculum other than health and physical education;
- Nutrition education will incorporate lessons on reading nutrition facts and labels to promote the consumption of fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;
- Stress and explain the relationship between the number of food calories taken in and energy expenditure, with the goal being to emphasize a healthy balance between the two;
- Be provided to District families and the broader community in school newsletters and on the school website;
- Be modeled by the staff throughout the District where possible, and in school cafeterias that are ideal nutrition learning environments;
- Encourage students to start each day with a healthy breakfast; and
- Be provided to District staff with appropriate training to support the goals of Policy 6:50.
- School gardens are encouraged as part of the academic curriculum.

Physical Activity

Physical activity shall not be used (e.g., running laps, pushups) or withheld (e.g., recess, physical education) as a punishment unless approved by a school principal. Physical activity should be encouraged as a reward.

Opportunities for developing physical fitness in CCSD 89 shall include:

- Activity integrated across curricula and throughout the school day;

- Physical education 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 (ISBE) that provide a learning environment where students learn, practice, and are assessed in relation to developmentally appropriate motor skills and knowledge.
- State law requires a student's participation in physical education unless excluded by a person licensed under the Medical Practice Act. Notes from parents are acceptable as a short-term excuse from student physical education activities (not to exceed three (3) days). Requests by parents for longer-term exclusions for religious practices such as fasting will be determined on an individual basis.
- Encourage student participation at a moderate to vigorous level of activity during physical education classes, and to extend their involvement in some form of physical activity to at least 60 minutes each day. Schools can promote walking and biking to school.
- Staff development that stresses the importance of providing short breaks between lessons or classes that ideally involve some level of physical activity;
- At least 20 minutes per day of supervised recess, preferably outside, where students are encouraged to become actively involved in some form of appropriate physical activity;
- Instruction related to individual activities and both competitive and noncompetitive team sports that encourage life-long commitments to physical health;
- Providing adequate equipment and space for students to actively and safely participate in physical education programs, recess, and other physically based opportunities;
- Distribution of information to District families to help them incorporate physical activity in their children's lives;
- Encouragement of fundraising activities that promote physical activity;
- Partnering with community groups to provide support for physical activity facilities outside of the normal school day;
- Students are encouraged to participate in extracurricular physical activity programs such as clubs or intramurals, and through interscholastic sports at the middle school.

Nutrition Guidelines for Food

Foods and beverages sold at school during the normal school day will comply with the current USDA 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. The USDA standards are described in full at <http://www.fns.usda.gov/nslp/national-school-lunch-program-nslp>

District 89 will prohibit the sale of competitive foods, as defined by the USDA, in the food service area during meal periods and comply with all ISBE rules. (CCSD89 Board Policy 4:120, Food Services)

Education materials shall be free of brands and illustrations of unhealthy foods.

Those food products that are offered as a part of fundraisers or class celebrations should have nutritional information readily available.

Examples of healthy food items that can be considered for any school-sponsored event or as a snack can be found at http://www.fns.usda.gov/sites/default/files/allfoods_flyer.pdf, healthy fundraising ideas can be found at <http://www.actionforhealthykids.org/storage/documents/parent-toolkit/fundraisersf4.pdf>, and alternatives to using food as a reward can be found at <http://healthymeals.nal.usda.gov/hsmrs/Michigan/foodrewards.pdf>.

Food offered at all school-related events, except those designated as “family events,” must be selected from a district-wide pre approved list. No food may be brought to school, for general student consumption, that is prepared or baked at home. Foods offered may include fresh fruits and vegetables, water, 100 % fruit juice or milk. Foods served will comply with the current USDA Dietary Guidelines for Americans. School staff will monitor compliance with these safe food options.

Food service providers will offer a variety of healthy, age appropriate food and beverage selections.

Drinking water will be available for students throughout the school day.

The nutritional content of meals provided by a food service provider will be made available to parents or students.

The USDA Professional Standards for State and Local Nutrition Programs are followed to ensure that professional development in the area of food and nutrition is provided for food service directors, managers and staff.

Guidelines for Schools in Relation to Food

Schools need to plan for and implement the following:

- Scheduling lunch periods as near to the middle of the school day as possible;
- Providing enough serving areas so that students do not have to spend too much time waiting in line.
- Encouraging students to wash their hands or to sanitize them prior to eating meals or snacks and providing students with the opportunity to do so;
- Avoiding conflicts between lunch and other activities, unless students have the opportunity to eat during those activities;
- Serving students lunch in the cafeteria. Teachers may occasionally allow students to eat in their classroom under staff supervision. Surfaces must be cleaned with a district approved cleansing agent after lunch.

- Discouraging students from sharing their food or beverage with one another due to concerns related to allergies and other restrictions in some children's diet;
- Prohibiting the distribution of edible birthday treats by students in their classroom;
- The use of food or candy as a classroom reward is discouraged. An example of alternatives to using food as a reward can be found at:
<http://healthymeals.nal.usda.gov/hsmrs/Michigan/foodrewards.pdf> and
- Making every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Schools must serve students a reimbursable meal, regardless of whether the student has money to pay or owes money.
- Applications for free/reduced priced meals are provided to all families at the beginning of the school year.

CROSS REF: Policy 6:50 (School Wellness), 7:260 (Exemption from Physical Education), 4:120 (Food Services)

LEGAL REF: Child Nutrition and WIC Reauthorization Act of 2004 Section 204; 42 U.S.C. 1751 et esq. And 1771 et esq.; 105 ILCS 5/27-6; 105 ILCS 110; and 23 Ill. Adm. Code 253

REGULATION

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