

WOOD RIVER-HARTFORD SCHOOL DISTRICT #15 WELLNESS POLICY

BELIEF STATEMENT

The Board of Education of Wood River–Hartford School District #15 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 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 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 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 one or more persons charged with operational responsibility; and involving teachers, health professionals, school food service providers, the school board, and school administrators in developing this policy.^{2,3}

RATIONALE

A disturbing number of children are inactive and do not eat well. The result is an alarming 16 percent of children and adolescents are overweight – a three-fold increase since 1980.¹ Congress passed the Child Nutrition and WIC Reauthorization Act of 2004 on June 30, 2004.² 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 or 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.³

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 kindergarten through grade 8 shall receive nutrition education as part of a sequential program that is coordinated within a comprehensive health education curriculum.⁴ 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 should be placed on nutrition education in primary grades as eating habits are established at a young age. The curriculum shall be consistent with and incorporate relevant Illinois Learning Standards.⁵

GOALS FOR PHYSICAL ACTIVITY

- Students in kindergarten through grade 8 shall participate in daily physical activity.
- Students shall participate in physical activity for a minimum of 160 minutes per week. Special emphasis should be placed on promoting an active lifestyle in primary grades as health habits are established at a young age. Accommodations shall be made for students with disabilities, 504 plans, and other limitations.
- Schools shall provide a daily-supervised recess period to elementary students.
- Students shall be provided opportunities for physical activity through a range of before- and after-school programs including intramurals, interscholastic athletics, and physical activity clubs.

GOALS FOR OTHER SCHOOL-BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS

Parent Partnerships

- Schools shall support parents' efforts to provide a healthy diet and daily physical activity for their children. This support shall begin in elementary school and continue through junior high school.
- 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 school/district newsletters, presentations that focus on nutrition and healthy lifestyles and any other appropriate means available for reaching parents.

Consistent School Activities and Environment – Healthy Eating

- Food providers will share information about the nutritional content of school meals and/or individually sold foods with students, family and school staff.
- School meals shall be served in clean, safe and pleasant settings with adequate time provided for students to eat.
- 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 work with suppliers to obtain foods and beverages that meet the nutrition requirements of school meals and nutrition standards for those sold individually.
- 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).
- Treats and snacks for any occasion must be arranged in advance with the classroom teacher. All treats and snacks must be store bought and prepackaged in individual servings. No homemade treats or snacks are allowed at school. Treats and snacks may not require refrigeration and must

have a clearly printed list of ingredients on the packaging. We strongly encourage families to select a treat or snack with nutritional value.

- To reduce competition with nutritionally balanced school meals and enhance student safety, it is recommended that, to the extent practicable, students are not permitted to leave school grounds to purchase foods or beverages.
- 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 (Attachment A).
- Schools shall 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.^{6,7}
- All foods and beverages made available 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, preparation 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 trained and well-supported staff that is certified by the state to teach physical education. All physical education 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.
- Physical education classes shall have a student to teacher ratio comparable to those in other curricular areas.
- 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.
- 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.
- 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.
- Physical activity facilities and equipment on school grounds shall be safe.

Food or Physical Activity as a Reward or Disciplinary Consequence

- School personnel shall be encouraged to use nonfood incentives or rewards with students (Attachment C) and shall not withhold food from students as a **disciplinary consequence**.
- **Only when it is in the best interest of the student and class, used after all other motivational techniques have been tried, and with prior approval of the administration,** shall school personnel use physical activity as a **disciplinary consequence** or withhold participation in recess or physical education class as a **disciplinary consequence**.

NUTRITION GUIDELINES FOR ALL FOODS AND BEVERAGES AVAILABLE ON SCHOOL CAMPUSES DURING THE SCHOOL DAY

- Food providers shall 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).
- 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

- The district and its families benefit from the Community Eligibility Provision Grant which offers all students a free breakfast and lunch. Staff members are to encourage all students to participate in the meals served by the district.
- 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.^{8,9,10}

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, 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.**

Attachment A

Nutrition Standards for School Meals

The Healthy, Hunger-Free Kids Act of 2010 required the US Department of Agriculture to update federal nutrition standards for school meals. The [new regulations](#) went into effect on July 1, 2012. The changes require:

More fruit and vegetables: Schools must offer fruits and vegetables with every lunch, and students must take a minimum of one half-cup serving. Vegetable choices for lunch must include weekly offerings of legumes, dark green and red or orange vegetables. Starting July 2014, schools must offer a full cup of fruit/vegetables with breakfast and students must take a minimum of one half-cup serving.

Whole grains: Half of all grains offered with school meals must be whole grain-rich (51% whole grain), and by July 2014, all grains must be whole grain-rich.

Sodium limits: Schools must gradually reduce sodium levels in school meals over a ten year period. Sodium limits vary by age group. For a sodium reduction timeline, [click here](#).

Calorie limits: School meals must meet age-appropriate calorie minimums and maximums. These calorie ranges are:

	Lunch	Breakfast
Grades K-5:	550-650 calories	350-500
Grades 6-8:	600-700	400-550
Grades 9-12:	750-850	450-600

Limits on unhealthy fat: Meals cannot contain added trans-fat and no more than 10 percent of calories can come from saturated fat.

Low-fat and fat-free milk: Every school meal offers one cup of fat-free or 1% milk. Flavored milk choices must be fat-free. To meet calorie limits, milk processors have developed flavored milk with less added sugar.

Free water: Free drinking water must be available in the cafeteria during lunch and breakfast.

Limits on grains and protein now lifted: The updated nutrition standards included weekly limits on the amount of grains and proteins served with school meals. These limits prompted complaints from some students concerned that school meals were no longer adequate to keep hunger at bay. USDA has now permanently lifted these limits.

*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 *HealthierUS 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 *HealthierUS School Challenge*.

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



Smart Snacks in School

Effective July 1, 2014, schools must meet the United States Department of Agriculture's (USDA) Smart Snacks in School rule, which requires all foods and beverages sold outside school meal programs to meet nutrition standards. These “**competitive foods**” are sold during the school day in vending machines, snack bars and a la carte lines, in competition to the reimbursable school meal.

Under Smart Snacks in Schools, competitive foods must:

- Be a “whole grain-rich” grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).

Foods must also meet several nutrient requirements:

Calorie limits:

Snack items: ≤ 200 calories

Entrée items: ≤ 350 calories

Sodium limits:

Snack items: ≤ 230 mg (≤ 200 mg in 2016)

Entrée items: ≤ 480 mg

Fat limits:

Total fat: ≤ 35% of calories

Saturated fat: < 10% of calories

Trans fat: zero grams

Sugar limit:

≤ 35% of weight from total sugars in foods

Nutrition Standards for Beverages: All schools may sell:

- Plain water (with or without carbonation), no portion limit
- Unflavored low fat milk
- Unflavored or flavored fat free milk and milk alternatives (e.g. soy milk, lactose-free milk)
- 100% fruit or vegetable juice and
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.

Elementary schools may sell up to 8-ounce portions, middle/high schools up to 12-ounces of milk and juice.

Beyond this, the standards allow additional “no calorie” and “lower calorie” beverage options, including caffeinated beverages, in high school: No more than 20-ounce portions of calorie-free, flavored water (with or without carbonation); and other flavored and/or carbonated beverages that contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces. No more than 12-ounce portions of beverages with ≤ 40 calories per 8 ounces, or ≤ 60 calories per 12 ounces.

Fundraisers: The proposed rule exempts food and beverages brought from home, and allows states to establish exemptions for items sold at infrequent fundraisers or bake sales. The rule would not apply to items sold during non-school hours, weekends or off-campus events (e.g. concessions during sporting events and school plays). **No sale of food items will be allowed during the school day for fundraising purposes in the district pursuant to the guidelines established by the USDA Smart Snacks in Schools Guidelines.**

Local Flexibility: States and/or local schools have the flexibility to maintain or establish their own more stringent standards for competitive foods, as long as they meet the minimum federal standards.

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 & 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 for 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
- Taking care of the class animal for a day
- 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 or school website
- Ribbon, certificate in recognition of achievement or a sticker with an affirming message (e.g. "Great job")
- Take a trip to the treasure box (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
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
4. Illinois School Code. www.ilga.gov/legislation
 - a. Daily Physical Ed Requirements - 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
6. Dietary Guidelines for Americans 2005, Department of Health and Human Services and Department of Agriculture, 2005. www.health.gov/dietaryguidelines
7. MyPyramid.gov, United States Department of Agriculture. www.mypyramid.gov
8. Minimum School Meals Requirements – section 9(f)(1), 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(f)(1), 1766(a)0
9. Minimum School Meals Requirements - subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779)
10. Illinois School Food Service – Ill. Adm. Code Section 305.

RESOURCES FOR POLICY DEVELOPMENT

- Fit, Healthy and Ready to Learn, National Association of State Boards of Education. 2000. www.nasbe.org/HealthSchools/index.html
- HealthierUS School Challenge, United States Department of Agriculture. 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
- Model Local School Wellness Policies on Physical Activity and Nutrition, National Alliance for Nutrition and Activity, 2005. www.schoolwellnesspolicies.org/WellnessPolicies.html
- School Nutrition Association Local Wellness Policy Guidelines, School Nutrition Association. 2005. www.schoolnutrition.org/Index.aspx?id=1075

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DISTRICT WELLNESS TEAM

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Mark Begando-Principal
Kelly Bohnenstiehl-Principal
Heather Johnson-Principal

Patrick Anderson-Superintendent
Sheila Sorgea-Board Member
Jason Moellering-Physical Education Teacher