

If you would like to comment on the policy, please contact the Superintendent's Office.

## HOOPESTON AREA CUSD #11 - WELLNESS POLICY

### BELIEF STATEMENT

The Board of Education of Hoopeton Area Community Unit School District #11 is committed to providing a learning environment that supports and promotes wellness, good nutrition, and an active lifestyle that recognizes the positive relationship between good nutrition, physical activity and the capacity of students to develop and learn.

### INTENT

The purpose of this policy is to help 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.<sup>1,2</sup>

### RATIONALE

A disturbing number of children are inactive, overweight, and do not eat well. Congress passed the Child Nutrition and WIC Reauthorization Act of 2004 on June 30, 2004.<sup>2</sup> 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.<sup>2</sup>

### GOALS FOR NUTRITION EDUCATION

- Students in preschool through grade 12 shall receive nutrition education as part of their overall education program.<sup>3</sup> The program shall help provide students with the knowledge and skills necessary to adopt healthy eating behaviors. The curriculum shall be consistent with and incorporate relevant Illinois Learning Standards.<sup>4</sup>
- To maximize classroom time and to achieve positive changes in students' eating behaviors, nutrition education may be integrated into the standards-based<sup>3</sup> lesson plans of other school subjects like math, science, language arts, physical education, health, family and consumer science and social sciences.
- To achieve positive changes in students' eating behaviors, contact hours may include a combination of classroom instruction; nutrition education provided in the cafeteria; or health fairs, and assemblies providing nutrition education.

## GOALS FOR PHYSICAL ACTIVITY

- Students in preschool through grade 12 shall participate in physical activities that help enable them to achieve and maintain personal fitness; and nutritional self-management skills.<sup>3</sup> The curriculum shall be consistent with and incorporate relevant Illinois Learning Standards.<sup>4</sup>
- Special emphasis should be placed on promoting an active lifestyle. Accommodations shall be made for students with disabilities, 504 plans and other limitations.
- Physical activity will be encouraged daily.

## 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 middle and high school.
- Parents may be provided information to help them incorporate healthy eating and physical activity into their student's lives.

### *Consistent School Activities and Environment*

- It is recommended that food providers 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 in accordance with state and federal standards and guidelines.
- All food service personnel shall have adequate pre-service training and regularly participate in professional development activities.
- Food providers are encouraged to work closely with school instructional staff to reinforce nutrition instruction and foster an environment where students can learn about and practice healthy eating.
- Food providers shall try to ensure that student access to foods and beverages in school buildings during the school day meet federal, state and local laws and guidelines. (Attachment A)

### *Foods in Buildings During the School Day*

- Students, parents, school staff and community members bringing foods and beverages to school for parties/celebrations/meetings shall be encouraged to provide healthful options. (Attachment B).
- School-based organizations shall be encouraged to raise funds through the sale of nutritious food items or items other than food (Attachment C).
- 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.
- Schools shall take efforts to promote nutritious foods 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.<sup>5,6</sup>

### *Consistent School Activities and Environment – Physical Activity*

- 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.
- The physical education program shall be coordinated with the other components of the overall school health program. Physical education topics may 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 make available information from other child-serving organizations such as youth clubs and sports leagues to provide students with opportunities to be active.

### *Nonfood Incentives as a Reward*

- School personnel shall be encouraged to use nonfood incentives or rewards with students (Attachment D).

## GUIDELINES FOR SCHOOL MEALS

- School meals served shall be consistent, at a minimum, with 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.<sup>7,8,9</sup>

## IMPLEMENTATION & COMMUNITY INVOLVEMENT

- The district superintendent shall appoint a district wellness team/council that may include parents, teachers, students, representatives of the school food authority, the school board, school administrators, and the public to help oversee development of the wellness policy.  
The appointed district wellness team/council shall be responsible for:
  - Development of a wellness policy.
  - Implementation of the wellness policy.
  - Recommending revision of the policy, as necessary.
- The principal of each building shall be responsible for implementation of the local wellness policy and shall appoint a school-based team.
- The school-based team shall evaluate policy implementation and identify areas for improvement. The team shall report their findings to the building principal and develop with him/her a plan of action for improvement, as needed.
- The wellness team/council may hear reports from each building group as needed.
- The wellness team/council may recommend revisions to the district superintendent.

## Attachment A

<b>Food or Beverage</b>	<p><b><i>Healthier US School Challenge Nutrition Standards*</i></b></p> <p>These criteria focus on decreasing fat and added sugar, increasing nutrient density, and moderating portion size.</p>
<b>Fruits and Non-fried Vegetables</b>	<p>Fruits and vegetables may be fresh, frozen, canned or dried, and they must be found in the Food Buying Guide for Child Nutrition Programs.  <a href="http://schoolmeals.nal.usda.gov/FBG/2003FBG/%20Section%202.pdf">http://schoolmeals.nal.usda.gov/FBG/2003FBG/%20Section%202.pdf</a>            Examples of products that <i>cannot</i> be sold/served as a fruit vegetable include:</p> <ul style="list-style-type: none"> <li>• Snack-type foods made from vegetables or fruits, such as potato chips, and banana chips;</li> <li>• Pickle relish, jam, jelly' and</li> <li>• Tomato catsup and chili sauce</li> </ul>
<b>Approved Beverages</b>	<ul style="list-style-type: none"> <li>• Flavored or plain reduced fat (2%), low-fat (1%), skim/nonfat fluid milk meeting State and local standards for pasteurized fluid milk and/or USDA approved alternative dairy beverages<sup>4</sup>;</li> <li>• 100% full-strength fruit and vegetable juices; and</li> <li>• Water (non-flavored, non-sweetened, <i>and</i> non carbonated)</li> </ul>
<b>Any Other Individual Food Sales/Service</b>	<ul style="list-style-type: none"> <li>• <b>Calories from total fat</b> must be at or below 35%** , <i>excluding nuts, seeds, and nut butters</i>. This is determined by dividing the calories from total fat calories and multiplying by 100. If calories from fat are not available, multiply the grams of fat by 9 to equal calories from fat.</li> <li>• <b>Calories from saturated fat</b> must be at or below 10%. This is determined by dividing the calories from saturated fat by the total calories and multiplying by 100. If calories from saturated fat are not available, multiply grams of saturated fat by 9 to equal calories from saturated fat.</li> <li>• <b>Total sugar</b> must be at or below 35% by weight. This is determined by dividing the grams of total sugar by the gram weight of the product and multiplying by 100. This includes both naturally occurring and added sugars. This limit does not include fruits and vegetables or flavored milk as defined above.</li> <li>• <b>Portion size</b> for a la carte sales in the school cafeteria are not to exceed the serving size of the food served in the National School Lunch Program/School Breakfast Program' for vending sales the item package or container is not to exceed 200 calories.</li> </ul>

<sup>4</sup>There are no USDA approved alternative dairy beverages at this time. Public Law 108-265 (Child Nutrition Program Reauthorization) authorizes the Secretary of Agriculture to establish nutritionally equivalent non-dairy beverages by July 1, 2005. Please check with the Illinois State Board of Education for clarification.

\*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 school 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.

## 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, honey dew, 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 fruit 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

### Fundraising Ideas

- Raffle
- Candles
- Book sale
- Cookbook
- \*Car Wash
- \*Walkathons
- Student artwork
- Stuffed animals
- Stadium pillows
- School photo ID
- Educational games
- Holiday decorations
- Shopping donation program
- School mascot temporary tattoos
- Faculty and/or student talent show
- Teacher/student sports competition
- Auction of donated goods and services
- Balloon bouquets for special occasions
- Bottled water with the schools own label
- Glow in the dark novelties (popular at dances)
- Greeting cards, especially designed by students
- School calendars with all the important school dates on them
- Party bags for kids' birthday parties filled with non-food novelties
- Sale of flowers and balloons for the family to purchase for student graduates
- School spirit items – tee-shirts, sweatshirts, sweatpants, lanyards, pennants, bracelets and caps
- Growing and/or selling flowers and plants for holidays such as Valentine's Day and Mother's Day

\*These fundraisers have the added benefit of promoting physical activity for students.

## Attachment D

### 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, e-mail, 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.)

Reviewed and updated: December, 2011