
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 and the Healthy Hunger-Free Kids Act of 2010 (HHFKA). The Superintendent of designee will ensure each school building complies with this policy.

BELIEF STATEMENT

Belleville Area Special Services Cooperative is committed to providing a learning environment that supports and promotes wellness, sound nutrition, and an active lifestyle for students, staff, and families.

INTENT

The intent of this policy is to support the entire school environment in becoming aligned to healthy school goals that positively influence the beliefs and habits of students, staff, and families. Its intent is to promote health and wellness, sound nutrition and regular physical activity. This policy also intends to provide staff members and families with the information and tools to instruct and model healthy eating and physical activity as a valuable part of daily life.

RATIONALE

Belleville Area Special Services Cooperative is committed to compliance with the legal requirements of Public Act 094-0199 which amended the Illinois School Code, requiring that all districts have a wellness policy. This is directly related to the Child Nutrition and WIC Reauthorization Act of 2004. 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.

It is well-documented that an increasing and substantial number of children are overweight (a triple increase since 1980, according to the National Center for Health adequate physical activity. The objectives of the wellness are to improve the school nutrition environment and promote good health with students, staff, and families.

School communities have the responsibility to help students acquire the knowledge and skills necessary to establish and maintain lifelong healthy lifestyles. Well-planned and well-implemented wellness programs have been shown to positively influence children's health.

GOALS FOR NUTRITION EDUCATION

Students in preschool through grade 8 shall receive nutrition education. The program shall be designed to provide students with the knowledge and skills necessary to adopt healthy eating behaviors.

- Students shall receive nutrition information through existing health and science curriculum.
- Nutrition education should be provided to students each year. Contact hours may include nutrition education provided in health classes, in the cafeteria, at health and career fairs, field trips and assemblies.

Nutrition education shall be emphasized at the district, school, and classroom levels through a variety of media.

- Examples: Posters, color-coded healthy food choices, and promotional events.

The nutrition education program shall offer experiential learning opportunities that potentially have a greater impact on student attitudes and actions.

- Examples: Food tastings, family nutrition programs, sugar content studies, etc.

Staff members and parents will be offered training materials or other resources to assist in providing direction to students in the area of nutrition education.

- Examples: Web resources, newsletter, presentations, etc.

GOALS FOR PHYSICAL ACTIVITY

Students in preschool through grade 8 shall participate in daily physical education and have other opportunities for daily physical activity.

- It is recommended that elementary students participate in physical education for a minimum of 150 minutes per five-day-week, and junior high students participate for 225 minutes per five-day-week. Accommodations shall be made for students with disabilities and other limitations based on their IEPs or 504 plans. The curriculum shall incorporate relevant Illinois Learning Standards.
- Schools shall provide a daily supervised recess period to encourage elementary students to be physically active.

Students shall have opportunities to engage in organized sports activities.

- Information shall be provided to 5th and 6th grade students regarding the Belleville Parks and Recreation sports programs (basketball and volleyball) and the YMCA Youth Basketball League.
 - Information will be provided to 7th and 8th grade students regarding tryouts and participation requirements for all junior high sports programs.
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Schools shall provide information and activities that engage families as partners in providing physical activity beyond the school day.

- Examples include: family nutrition night, health fairs, open gym dates, newsletters with health tips, presentations to parent groups, etc.

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

Healthy Eating

- The food service will make information available about the nutritional content of school meals.
- 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.
- 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 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 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. (6:50-E1, page 2, Attachment B)
- Schools will review fundraising sources and how they might be consistent with district nutrition goals. (6:50-E1, page 3, Attachment C)
- Partnerships between schools and food businesses should emphasize compliance with nutrition standards.
- Schools shall promote nutritious food and beverage choices consistent with the current Food Guide Pyramid such as fruits, vegetables, low-fat dairy foods and whole grain products.

School Activities and Environment –Physical Activity

- Teachers of physical education will be provided training support and material resources to ensure the implementation of quality physical education activities. (Examples: instructional videos of Field Day activities, dance and fitness exercises, P.E. resource binder)

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- Physical education classes shall have a student to teacher ratio comparable to those in other curricular areas.
 - Schools are encouraged to limit extended periods of inactivity and provide breaks for physical activity during such events as mandatory testing. (Example: list of brief movement activities)
 - Schools are encouraged to develop new community partnerships and strengthen existing partnerships with other child-serving organizations such as park districts and YMCAs to provide students with opportunities to be 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 regularly inspected for safety.

Food or Physical Activity as a Reward or Punishment

- School personnel shall be encouraged to use nonfood incentives or rewards with students and shall not withhold food from students as punishment. (6:50-E1, page 4, Attachment D)
- School personnel shall avoid withholding participation in physical education class as a punishment, unless the student is determined to be a disruptive influence in that class.

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

Nutrition guidelines shall determine the kinds of food available to students during the school day.

- Food providers shall offer a variety of age-appropriate, appealing foods and beverage choices and employ appropriate food preparation, purchasing and meal planning practices.
- All foods and beverages sold individually (apart from the reimbursable school meal) on school campuses during the school day shall meet nutrition standards. This includes:
 - a la carte offerings in the food service program;
 - food and beverage choices in vending machines, snack bars, school stores; and
 - foods and beverages sold as part of school-sponsored fundraising activities.

- 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.

Exempted Fundraising Day (EFD) Requests

All food and beverages sold to students on the school campuses of participating schools during the school day must comply with the "general nutrition standards for competitive foods" specified in federal law, unless the Superintendent or designee in a participating school has granted an *exempted fundraising day (EFD)*. TO request an EFD and learn more about the District's related procedure(s), contact the Superintendent or designee. The District's procedures are subject to change. The number of EFDs is set by ISBE rule.

GUIDELINES FOR SCHOOL MEALS

School meals served shall be consistent with the recommendations of the Food Guide Pyramid 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.

- The school food service department will be responsible in its planning and record-keeping procedures for following federal, state and local laws and regulations.

MEASURING IMPLEMENTATION & COMMUNITY INVOLVEMENT

The district superintendent or designee shall be responsible for ensuring that each school meets the local wellness policy requirements.

- The district superintendent or designee shall appoint a district wellness committee that includes parents, students, teachers, health professionals, representatives of the school food service, the school board, school administrators, and the public to oversee development, implementation and evaluation of the wellness policy.

As the designated representative body, the appointed district Wellness Committee shall be responsible for compliance with federal, state, and local wellness directives.

- The Wellness Committee shall be responsible for the development of the district wellness policy, presenting it to the Board of Education for approval, and recommending revisions of the policy, if necessary.
- The Wellness Committee will be responsible for the measurement of implementation of the wellness policy.

- The Wellness Committee shall be responsible for an annual report on the progress of the wellness policy initiative and the status of compliance by the schools.

Each school shall be responsible for implementing local wellness policy and assessing success.

- Under the direction of the principal, each school shall regularly review policy implementation.
- When requested by the superintendent or designee, each school shall provide a report of school progress for implementing wellness policy.

LEGAL REF.: Child Nutrition and WIC Reauthorization Act of 2004, PL 108-265,
Sec. 204
Child Nutrition Act of 1966, 42 U.S.C. §1771 et seq.
National School Lunch Act, 42 U.S.C. §1758.
42 U.S.C. §1779, as implemented by 7 C.F.R. §210.11.
105 ILCS 5/2-3.137.
23 Ill.Admin.Code Part 305, Food Program.

CROSS REF.: 4:120 (Food Services), 5:100 (Staff Development Program), 6:60
(Curriculum Content)

Adopted March 18, 2008
Updated 8/2016

INSTRUCTION**GOALS FOR NUTRITION EDUCATION**

POLICY GOALS	ACTIONS
Students in preschool through grade 8 shall receive nutrition education. The program shall be designed to provide students with the knowledge and skills necessary to adopt healthy eating behaviors.	<ul style="list-style-type: none"> • Students will receive nutrition information through existing health and science curriculum. • Nutrition education should be provided to students each year. Contact hours may include nutrition education provided in the cafeteria, health and career fairs, field trips and assemblies.
Nutrition education shall be emphasized at the district, school and classroom levels through a variety of media.	<ul style="list-style-type: none"> • Examples: Posters, color-coded healthy food choices, and promotional events.
The nutrition education program shall offer experiential learning opportunities that potentially have a greater impact on student attitudes and actions.	<ul style="list-style-type: none"> • Examples: Food tastings, family nutrition programs, sugar content studies, etc.
Staff members and parents will be offered training materials or other resources to assist in providing direction to students in the area of nutrition education.	<ul style="list-style-type: none"> • Examples: Web resources, newsletters, presentations, etc.

INSTRUCTION**GOALS FOR PHYSICAL ACTIVITY**

POLICY GOALS	ACTIONS
Students in pre-k through grade 8 shall participate in daily physical education and have other opportunities for daily physical activity.	<ul style="list-style-type: none"> • It is recommended that elementary students participate in physical education for a minimum of 150 minutes per five-day-week, and junior high students participate for 225 minutes per five-day-week. Accommodations shall be made for students with disabilities and other limitations based on their IEPs or 504 plans. The curriculum shall incorporate relevant Illinois Learning Standards. • Schools shall provide a daily supervised recess period to encourage elementary students to be physically active.
Students shall have opportunities to engage in organized sports activities.	<ul style="list-style-type: none"> • Information will be provided to 5th and 6th grade students regarding the Belleville Parks and Recreation sports programs (basketball and volleyball) and the YMCA Youth Basketball League. • Information will be provided to 7th and 8th grade students regarding tryouts and participation requirements for all junior high sports programs.
The schools will provide information and activities that engage staff and families as partners in providing physical activity beyond the school day.	<ul style="list-style-type: none"> • Examples: Family Nutrition Night, health fairs, open gym dates, newsletters with health tips, presentations to parent groups, etc.

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

POLICY GOALS	ACTIONS
Healthy Eating	<ul style="list-style-type: none"> • Food service will make information available about nutritional content of school meals (red/yellow/green ratings of foods - monthly menu nutritional analysis posted). • School meals shall be served in clean, safe, 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 (beginning of year/mid-year/4th quarter). • 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 work closely with school staff to reinforce nutrition instruction and foster an environment where students learn and practice healthy eating (menu info goes to all staff – distribution of updated food pyramid – food service staff available for consultation). • 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 (ala carte guidelines in compliance with IL. Rules 305).

	<ul style="list-style-type: none"> • 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 (policy handbook attachment). • Schools will review fundraising sources and how they might be consistent with district nutrition goals. • Partnerships between schools and food businesses should emphasize compliance with nutrition standards. • Schools shall promote nutritious food and beverage choices consistent with the current Food Guide Pyramid.
<p>School Activities and Environment – Physical Activity</p>	<ul style="list-style-type: none"> • Teachers of physical education will be provided training support and material resources to ensure the implementation of quality physical education activities. • Physical education classes shall have a student to teacher ratio comparable to those in other curricular areas. • Schools are encouraged to limit extended periods of inactivity and provide breaks for physical activity during such events as mandatory testing. • Schools are encouraged to develop new community partnerships and strengthen existing partnerships with other child-serving organizations such as park districts and YMCAs to provide students with opportunities to be active.

INSTRUCTION**Attachment A**

Food or Beverage	HealthierUS School Challenge Nutrition Standards*
Fruits and Non-fried Vegetables	<p>These criteria focus on decreasing fat and added sugar, increasing nutrient density, and moderating portion size.</p> <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. http://schoolmeals.nal.usda.gov/FBG/2003FBG/%20Section%202.pdf</p> <p>Examples of products that <i>cannot</i> be sold/served as a fruit or vegetable include:</p> <ul style="list-style-type: none"> • Snack-type foods made from vegetables or fruits, such as potato chips, and banana chips; • Pickle relish, jam, jelly; and • Tomato catsup and chili sauce
Approved Beverages	<ul style="list-style-type: none"> • 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 beverages⁴; • 100% full-strength fruit and vegetable juices; and • Water (non-flavored, non-sweetened, <i>and</i> non-carbonated)
Any Other Individual Food Sales/Service	<ul style="list-style-type: none"> • Calories from total fat must be at or below 35%** , <i>excluding nuts, seeds, and nut butters</i>. This is determined by dividing the calories from total fat by the total calories and multiplying by 100. If calories from fat are not available, multiply the grams of fat by 9 to equal calories from fat. • Calories from saturated fat 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. • Total sugar 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. • Portion size 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.

⁴ 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 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.

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 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**Fundraising Ideas**

- Raffle
- Candles
- Book sale
- Cookbook
- *Car wash
- *Walkathons
- Student artwork
- Educational games
- Holiday decorations
- Shopping donation programs
- 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
- Refillable water bottle with the school logo
- Glow in the dark novelties (popular at dances)
- 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
- Greeting cards, especially designed by students (SantaGrams, ValentineGrams, etc.)
- 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**Suggestions for Classroom Rewards**

- 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/
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.
www.isbe.state.il.us/ils
6. Action for Healthy Kids. www.actionforhealthykids.org
7. Illinois Association of School Boards www.iasb.com/
8. Dietary Guidelines for Americans 2005, Department of Health and Human Services and Department of Agriculture, 2005.
www.health.gov/dietaryguidelines
9. Fit, Healthy and Ready to Learn, National Association of State Boards of Education, 2000.
10. MyPyramid.gov, United States Department of Agriculture. www.mypyramid.gov
11. Illinois School Food Service – Ill. Adm. Code Section 305.
12. Illinois Nutrition Education and Training Program (Illinois NET),
www.kidseatwell.org
13. Fit, Healthy and Ready to Learn, National Association of State Boards of Education. 2000. www.nasbe.org/HealthSchools/
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www.fns.usda.gov/tn/HealthierUS/criteria_instructions.pdf
15. Model Local School Wellness Policies on Physical Activity and Nutrition, National Alliance for Nutrition and Activity, 2005. www.schoolwellnesspolicies.org
16. School Nutrition Association Local Wellness Policy Guidelines, School Nutrition Association. 2005. www.schoolnutrition.org