

## INSTRUCTION

### **6:50 School Wellness**

#### Belief Statement

The Bureau Valley CUSD #340 Board of Education is committed to a coordinated school health program aimed at ensuring that all students are fit, healthy, and ready to learn. The Board recognizes its responsibility to promote healthy eating habits and fitness in students throughout their time at school, as well as educating them to develop a lifelong awareness of all aspects of healthy living. The Board is concerned about the prevalence of childhood obesity and the consequent health implications during the remainder of their lives and wants to reverse that trend in the Bureau Valley community.

Therefore, the Bureau Valley CUSD #340 schools will promote an environment supportive of healthy nutrition, physical fitness, and health education for our students. It is the intention of this policy to establish guidelines for implementation of a "Health and Wellness" policy that will be evaluated and improved upon in each school year thereafter.

#### Intent

The purpose of this policy is to ensure a total 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 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 parents, students, school food service providers, the Board of Education, school administrators, and the public in developing this policy.

#### Rationale

A disturbing number of children are inactive and do not eat well. The result is an alarming 16 percent of children and adolescents who are overweight, a threefold increase since 1980. Congress passed the Child Nutrition and WIC Reauthorization Act of 2004 on June 30, 2004. 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.

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 demonstratively 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 preschool through grade 12 receive nutrition education as part of a sequential program that is coordinated with the curriculum. The program shall be designed to provide students with the knowledge and skills necessary to adopt healthy eating behaviors and influencing students' knowledge, attitudes, and eating habits. Special emphasis should be placed on nutrition education in preschool through primary grades as eating habits are established at a young age. The curriculum shall be consistent with and incorporate relevant Illinois Learning Standards.

To achieve positive changes in students' eating behaviors, it is recommended that minimum of 50 contact hours of nutrition education opportunities be provided to students each year. Contact hours may include a combination of classroom instruction, nutrition education provided in the cafeteria, or health fairs, field trips, and assemblies providing nutrition education.

The nutrition education program may include enjoyable interactive activities such as contests, promotions, taste testing, field trips, and school gardens.

### Goals for Physical Activity

Students in preschool through grade 12 shall participate in daily physical education as often as possible, enabling them to achieve and maintain a high level of personal fitness; emphasizing self-management skills including energy balance (calories in minus calories out); is consistent with state/district's standards/guidelines/framework; and is coordinated within a comprehensive health education curriculum. The curriculum shall be consistent with and incorporate relevant Illinois Learning Standards.

It is recommended that elementary students participate in physical education and/or physical activity for a minimum of 150 minutes per week, and middle and high school students participate for 225 minutes per week (National Association for Sport & Physical Education recommendations). Special emphasis should be placed on promoting an active lifestyle in preschool through primary grades as good 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.

Whenever possible, 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.

Because students should engage in a minimum of 60 minutes of physical activity a day, the physical education program shall actively engage families as partners in providing physical activity beyond the school day.

### Goals for Other School-Based Activities

The goals for school-based activities include the following:

- Schools will support and promote a healthy eating environment for students.
- Schools will promote and participate in wellness activities.
- Schools will offer other school-based activities to support student health and wellness, including coordinated events and clubs.

### District and School Wellness Committees

The district superintendent shall be charged with the operational responsibility for ensuring that the district, and each school, meets the local wellness policy requirements.

The district superintendent shall appoint a district wellness committee that includes a representative of the school food service, teachers (including at least one physical education/health teacher), and administrators. They shall oversee development, implementation, and evaluation of the wellness policy.

The appointed district wellness committee shall be responsible for:

1. Assessment of the current school environment.
2. Recommendations for changes, additions, or improvements to the district wellness policy, and
3. Measuring the success of the implementation of the wellness policy.

The district wellness committee will meet not less than once annually, and more often if necessary.

Each principal in Bureau Valley CUSD #340 will establish a network of communication for their school with their stakeholders. Parents, staff, and students will be included in this process.

The Wellness Committee will be responsible for:

1. Monitoring the nutritional value of food given to or purchased by the students at their school.
2. Monitoring the physical activity and health education of students at their school.
3. Exploring ways to educate and involve parents in the wellness of their children, and
4. Actively pursue ways that students and their parents can share in physical recreation/programs in the schools.
5. Explore ways for students to be actively involved in school projects that promote wellness.
6. Make recommendations to the district wellness committee on improving District policy.

## 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 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 web site, 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

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. Information will be made available upon request.

School meals shall be served in clean, safe, and pleasant settings with adequate time provided for students to eat, at a minimum, in accordance with state and federal standards and guidelines. The National Association of State Boards of Education recommends that students have adequate time to eat, relax, and socialize—at least 10 minutes after sitting down for breakfast and 20 minutes after sitting down for lunch.

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 involve families, students, and other school personnel in choosing nutritious food and beverage selections for their local schools through surveys, committees, taste testing, and similar activities designed to provide input into the decision-making process.

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. (See Attachment A).

School-based organizations shall be encouraged to raise funds through the sale of items other than food. (See Attachment B).

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 food and beverage choices consistent with the current Dietary Guidelines for Americans and Food Guidance System (My Pyramid) such as fruits, vegetables, low-fat dairy foods, and whole grain products.

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

Well-supported certified staff shall provide physical education.

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 develop community partnerships with other child-serving organizations

such as park districts, etc. 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 safe.

Schools are encouraged to work with the community to create a community environment that is safe and supportive of students walking or biking to school.

#### Food or Physical Activity as a Reward or Punishment

School personnel shall be encouraged to use nonfood or healthy food incentives for rewards with students, and shall not withhold food from students as punishment.

School personnel shall not use physical activity as a punishment, and will limit withholding participation in recess or physical education class as a punishment as much as possible.

#### 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 offered regularly).

All foods and beverages sold individually (apart from the reimbursable school meal) on school campuses during the school day should strive to meet nutrition standards, including:

- 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 the 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 at least 50% of the time wherever and whenever food is sold or otherwise offered at school.

#### Exempted Fundraising Days

EFD foods and/or beverages may not be sold in competition with school meals in the food service area during meal periods (7 C.F.R. §210.11 (b)(4)). In schools with grades 9-12, only 9 or fewer EFDs are allowed. In schools with grades 8 and below, EFDs are prohibited (23 Ill.Admin.Code §305.15(b) (1)-(3)).

To request an EFD, the Superintendent or designee for the participating school must be contacted. He or she will (1) explain the District's process and criteria for reviewing and approving or denying an EFD request, and (2) provide any written documents to assist with the EFD request (See Attachment C, Fundraising Approval Form). The Superintendent or designee must maintain a list of all EFDs held and retain them for at least 3 years (7 C.F.R. 210.9(b)(17) and 23 Ill.Admin.Code §305.15(c)(3)).

#### Guidelines for School Meals

School meals served should strive to be consistent with the recommendations for 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.

### Unused Food Sharing Plan

In collaboration with the District's local health department, the Superintendent or designee will:

1. Develop and support a food sharing plan (Plan) for unused food that is focused on needy students.
2. Implement the Plan throughout the District.
3. Ensure the Plan complies with the Richard B. Russell National School Lunch Act, as well as accompanying guidance from the U.S. Department of Agriculture on the Food Donation Program.
4. Ensure that any leftover food items are properly donated to combat potential food insecurity in the District's community. *Properly* means in accordance with all federal regulations and State and local health and sanitation codes.

### Measuring Implementation & Community Involvement

- The district superintendent shall be charged with operational responsibility for ensuring that each school meets the local wellness policy requirements.
- The district superintendent shall appoint a district wellness team/council that includes parents, school nurse, representatives of the school food authority, teachers, the Board of Education, school administrators, and the public to oversee development, implementation and evaluation of the wellness policy.
- The appointed district wellness team/council shall be responsible for:
  - assessment of the current school environment;
  - development of a wellness policy;
  - presenting the wellness policy to the Board of Education for approval;
  - measuring the implementation of the wellness policy; and
  - recommending revision of the policy, as necessary.
- The principal of each campus shall be responsible for implementation of the local wellness policy.
- The school-based evaluation team shall evaluate policy implementation and identify areas for improvement.

### Recordkeeping

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

### LEGAL REF.:

Pub. L. 108-265, Sec. 204, Child Nutrition and WIC Reauthorization Act of 2004.

42 U.S.C. §1751 et seq., Richard B. Russell National School Lunch Act.

42 U.S.C. §1758b, Pub. L. 111-296, Healthy, Hunger-Free Kids Act of 2010.

42 U.S.C. §1771 et seq., Child Nutrition Act of 1966.

42 U.S.C. §1779, as implemented by 7 C.F.R. §§210.11 and 210.31.

50 ILCS 205/, Local Records Act.

105 ILCS 5/2-3.139 and 5/2-3.189.

23 Ill.Admin.Code Part 305, Food Program.

ISBE's *School Wellness Policy* Goal, adopted Oct. 2007.

CROSS REF.: 4:120 (Food Services), 7:260 (Exemption from Physical Education)

### **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.*

## 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 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)
- 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
- Sales 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.

## Bureau Valley CUSD #340 Fundraising Approval Form

In order to keep track of fund raising by groups from various buildings in the district, each sponsor planning a fund raising activity should complete this form and submit it to the building Principal. Outside groups connected to the district (Boosters, PTOs, etc) are asked to complete this form, as well.

**NEW RULES FOR FOOD FUNDRAISERS: According to the USDA's Smart Snacks rules, no food fundraisers may occur during the Breakfast or Lunch serving periods for grades K-8. For the High School, grades 9 - 12, food fundraisers may occur on only nine (9) days during the school year. More than one group may sell food or beverages on the same day.**

If your group is planning on selling food or beverages at the high school during Breakfast or Lunch, you must get approval. If prior approval has not been granted, the proceeds from your sale will go to



Breakfast/Lunch revenue.

If after submission of this form, you decide NOT to hold your fund raising activity, please inform the building Principal. If you need to change the date, complete a new form and submit to the building Principal.

**Fund Raising Activity**

Date Submitted:Building:

Organization:

Grade Level:Sponsor:

Fund Raising Activity:

Beginning Date of Activity:Ending Date of Activity:

Use of Funds to be Raised:

Competing Fund Raisers:

1:

2:

3:

Food Service Director Response:

APPROVED:DENIED:

Building Administrator Date

Adopted: December 20, 2023

**Bureau Valley CUSD 340**

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