

School Wellness Policy Review

Arcola School District

March 1, 2024

Assessment of Implementation of Wellness Policy

The Arcola School District completed an assessment of the implementation of the district wellness policy in February of 2024. The district is required to complete this assessment every three years and publicize the results to the community. The assessment process was conducted by the superintendent and included the following: review of building compliance with the components of the policy, a review of any available data, and interviews with relevant district employees.

Extent to Which District is in Compliance with Policy

There are several items in the policy when looking for compliance. The following are the requirements and an analysis of compliance:

1. Communication of Policy – the policy is uploaded to the district website and is made available to all stakeholders in the community.
2. Nutrition Guidelines – the district follows the competitive foods policy and ISBE guidelines. In addition, we do not allow for marketing of foods and beverages outside of the approved exempted fundraising days.
3. Exempted Fundraising Day Requests – the district requires all groups that conduct fundraisers to annually submit and receive board approval at the September Board Meeting for those fundraisers. The fundraiser that count towards the allotted exempted fundraising day requests are noted on the request.
4. Guidelines for Reimbursable Meals – the food service director closely follows guidelines for reimbursable meals.
5. Unused Food Sharing Plan – the district operates a food sharing program for any unused foods. Unused breakfast food is provided to the elementary social worker that uses the food for students throughout the day. Unused food items at lunch are put into a cooler and students are encouraged to take what they want in addition to their lunch. This plan seems to be in line with the guidelines set forth.
6. Monitoring – the district conducts the three-year review
7. Community Involvement – the district receives community input on a variety of topics through two-way communication, surveys, etc. This data is used on the planning and improvement of all district systems annually.

8. Record Retention – the superintendent keeps a file system and releases and destroys records using the Local Records Commission Request Form.

Alignment to Model Policies

The district uses the model policy provided by the IASB PRESS Policy. The latest update was October 2023 so the district feels comfortable the wellness policy is aligned to best practice.

Progress Made Towards Goals

The local wellness policy has goals in the areas of nutrition education and promotion, physical activity and other school based activities. The following is a summary of progress towards goals in each area.

1. Nutrition Education and Promotion – the district provides a comprehensive health and wellness curriculum district-wide. The elementary school uses the Healthy Kids program through Sara Bush Hospital and the health curriculum in grades 7-12.
2. Physical Activity – the district made a significant stride in meeting this set of goals with the addition of every day physical education for all elementary students in the 2023-2024 school year. All district-wide curriculum is aligned to the Illinois Learning Standards for Physical Education.
3. Other School Based Activities – the district now provides a Social Emotional Curriculum at the elementary school and has implemented teen mental health coaching with students at the high school level. These approaches have greatly expanded school activity towards meeting the goals in this area.

Sharing of Assessment Results

The assessment results are uploaded to the district website on the district policy webpage.