

Galatia CUSD #1



Local Wellness Policy

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Preface

A Local School Wellness Policy is a written document that sets the framework for a healthy school environment through goal setting and policy making. Local Wellness Policies were established by the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) Reauthorization Act of 2004. In 2010, the requirements of Local Wellness Policies were strengthened by the Healthy, Hunger-Free Kids Act (HHFKA). Under 7 CFR 210.31(a), all sponsors participating in the National School Lunch Program (NSLP) and/or School Breakfast Program (SBP) are required to have a Local Wellness Policy for all participating sites under their jurisdiction.

In accordance with 7 CFR 210.31(c), a Local Education Agency that participates in the National School Lunch Program (NSLP) and/or School Breakfast Program (SBP) must establish a Local School Wellness Policy for all schools under its jurisdiction. As of June 30, 2017, Local Wellness Policies must meet the minimum requirements set forth in the Final Rule: Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010.

Local Wellness Policies are a valuable tool in the promotion of student health and wellness through the NSLP and SBP. Schools play an essential role in preparing students for successful futures, and proper nutrition and physical activity are key to creating constructive learning environments. Local Wellness Policies provide guidance to further support schools efforts to provide students with a successful and healthy future.

Wellness Policy Committee

Wellness Policy Leadership

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Wellness Policy Committee Members

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Wellness Policy Committee Responsibilities

Public Involvement

The District permits and encourages public involvement in Local Wellness Policy development, implementation, updates, and reviews. Therefore, the LEA shall invite a variety of stakeholders within the general public to participate in Local Wellness Policy processes. The following methods of communication will be utilized to notify the general public of the opportunity to participate in these processes:

- School Website
- Facebook
- Flyers
- All Call Notices

Assessments

Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three years. Galatia CUSD #1 shall conduct assessments of the Local Wellness Policy every three years, beginning in June 30, 2022 and occurring every three years thereafter. These assessments will:

- Ensure the wellness policy is in compliance with USDA, State, and Local rules and regulations
- Compare the LEA's wellness policy to model wellness policies
- Measure the progress made in achieving the goals as outlined in the LEA's wellness policy

Updates

The Wellness Policy Committee must update the Local Wellness Policy as appropriate in order to fit the needs and goals of the Local Education Agency. The LEA shall make the following available to the public:

- The Local Wellness Policy, including any updates to the policy, on a yearly basis
- The triennial assessment, including progress toward meeting the goals outlined in the wellness policy

Through the following channels:

- School Website
- Flyers
- All Call Notices

Records

The District shall maintain record of the Local Wellness Policy. This includes keeping a copy of the current wellness policy on file and maintaining documentation of the following actions:

- The most recent assessment of the policy
- Availability of the wellness policy and assessments to the public
- Reviews and revisions of the policy, including the individuals involved and the efforts made to notify stakeholders of their ability to participate in the process

Nutrition

The District recognizes the important role nutrition plays in academic performance as well as overall quality of life. The National Education Association references numerous articles supporting the effects of nutrition on the classroom, for example, hunger often has a negative impact on students' success, attendance, and behavior.

According to the Centers for Disease Control and Prevention, approximately 18.5 percent of the nation's youth was considered obese in 2015-16. This percentage increased 1.3 percent when compared to the previous year. Conversely, 15.7 percent of American families experienced food hardship in 2017. Through participation in the U.S. Department of Agriculture's School Nutrition Programs, the LEA commits to serving nutritious meals to students in order to prevent both overconsumptions of nutrient-poor foods and food insecurity to give students the best chance to succeed inside and outside the classroom.

Nutrition Standards

Meals

All reimbursable meals served for the purposes of the National School Lunch Program (NSLP) and School Breakfast Program (SBP) must meet or exceed USDA nutrition standards and regulations. This includes meeting standards for each of the meal pattern components (i.e. Grains, Meat/Meat Alternates, Fruits, Vegetables, and Milk) as well as meeting or exceeding the limitations set for calories, sodium, saturated fat, and trans fat.

The District/schools will:

- offer a variety of foods and beverages that are appealing and attractive to children
- ensure that their eating area is clean
- provide adequate time to eat school meals, meaning that students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch.
- prohibit the use of food as a reward or the withholding of foods as a punishment
- post menus on the district website
- ensure that students are served lunch at a reasonable and appropriate time of day

- promote participation in child nutrition programs among students and caregivers to ensure that the caregivers know which programs are available in their district and have access to those programs
- encourage staff to model healthy eating behaviors
- Training all staff members, especially those serving, to politely prompt students to select and consume the daily vegetable options with their meal
- free, safe and unflavored drinking water is available to students during the school day and during the extended school day
- water cups/water dispensers are available if a drinking fountain is not present or working
- students can bring and carry approved water bottles filled with only water before, during and after the school day across the school campus

Competitive Foods

All competitive foods and beverages sold must comply with the USDA Smart Snacks in Schools nutrition standards (7 CFR 210.31(c)(3)(iii)). Competitive foods and beverages refer to those that are sold to students outside the reimbursable meal on the school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day). This includes, but is not limited to, vending machine and à la carte items.

Other Foods and Beverages

- A.** The following policy refers to all foods and beverages provided, but not sold to students. The District will prohibit the use of food as a reward or as part of a celebration. Providing alternatives to food as a reward promotes healthier habits by reducing exposure to less nutritious food items and, therefore, the amount of calorie-dense food items consumed (e.g. cakes, cookies, candy, etc.). This helps children develop improved food preferences and hunger cues to carry them throughout life. Instead, the district will implement the following methods for rewards and celebrations:
- Bearcats Buck coupons are given to shop at the Bearcat Store for non-food items.
- B.** The following policy refers to all foods and beverages provided, but not sold to students. The Local Education Agency will prohibit food and beverage items that do not meet Smart Snacks nutrition standards for reward and celebration purposes. More than 25 percent of children’s daily calories may come from snacks, therefore, providing Smart Snacks allows for a more nutrient-dense calorie intake.
- The district will make available a list of healthy and non-food party ideas. A list of foods and beverages that meet Smart Snacks.

Fundraisers

Fundraisers promoting food and/or beverage items that are held at the junior high/high school campus only (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day) must meet Smart Snacks nutrition standards. However, the LEA may participate in infrequent exempted fundraising days, in which food and beverage items do not meet Smart Snacks standards, as the LEA sees fit. These exempted fundraising days shall not exceed nine days within one year. The LEA shall comply with Policy 7:325 Student Fundraising Activities.

Nutrition Education

In accordance with the Illinois Learning Standards, the District shall meet all Illinois requirements and standards for Health Education. The District shall include nutrition education within the health education curriculum and integrate nutrition education into other core subjects, as appropriate. Various grade levels and curriculums shall use nutrition education information, research, and materials from the following resources:

- [Dietary Guidelines for Americans](#), [MyPlate](#), [Team Nutrition](#), and [FoodMASTER](#) .]

The District shall incorporate nutrition education into the following curriculums for the following grade levels:

- Nutrition and physical activity education are taught using evidence-based curricula that are aligned with the National Health Education Standards and address the essential healthy eating and physical activity topics.
- Nutrition and physical activity education are integrated into classroom subjects such as math, science, language arts, social studies and art, and are also included as part of health education classes and elective subjects.
- Nutrition and physical activity education include developmentally appropriate, culturally relevant and participatory activities
- Foodservice staff and PE teachers collaborate with classroom teachers and other school staff to provide nutrition and physical activity education throughout the school campus

Nutrition Promotion

The District shall implement nutrition promotion techniques through multiple channels, including the cafeteria, classroom, and home.

The District shall make cafeteria menus and nutrition information available through the following platforms:

- School announcements
- Website postings

Farm to School efforts positively impact School Nutrition Programs by serving fresh and nutritious food items. Additionally, Farm to School programs have been linked to increased consumption of fruits and vegetables. The District shall participate in the following Farm to School activities:

- Tower Garden in the elementary school used with science lessons
- Elementary field trips to pumpkin farms
- School Farm Field (High School Ag Students farm corn, soybeans, and wheat)
- Greenhouse at High School
- Field trips to Farms (High School)
- 8th grade classes in Intro to Ag, Ag Science
- High School classes in Ag Science and Horticulture

Food loss and waste continue to be an issue facing the nation's food supply. In order to prevent food waste, the District will make every effort to produce the precise number of meals needed on any given day by using production records and resources such as the USDA's Food Buying Guide. However, in the event excess food remains, the District will continue to provide food to students in need beyond the meals provided through the USDA School Nutrition Programs. Therefore, the District shall follow the established food sharing plan, in accordance with Public Act 102-0359, and federal and local regulations and sanitation codes:

- [*What You Can Do to Help Reduce Wasted Food*](#) guide and the [*Food Waste Reduction Toolkit for Illinois Schools*](#) from Seven Generations Ahead. Additional guidance on food donation in the Child Nutrition Programs can be found in USDA memos [SP 11-2012: Guidance on the Food Donation Program in Child Nutrition Programs](#) and [SP 41-2016: The Use of Share Tables in Child Nutrition Programs](#) .]

Marketing

- A.** The District will prohibit the marketing and advertising of all foods and beverages that do not meet Smart Snacks nutrition standards on the school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day). The marketing standards described above apply, but are not limited to, oral, written, and graphic statements made for promotional purposes. Items subject to marketing requirements include, but are not limited to, posters, menu boards, vending machines, coolers, trash cans, scoreboards, and other equipment. This policy does not require schools to immediately replace equipment that does not meet this requirement, however, the District shall implement these standards as equipment needs replaced in the future.

Physical Activity

Physical activity is a key component of the health and well-being of all students. Physical activity lowers the risk for certain diseases, including obesity, heart disease, and diabetes. Physical activity also helps improve brain function, allowing students to perform better in school.

The Centers for Disease Control and Prevention recommends adolescents get at least 60 minutes of physical activity five days per week. Nearly 79 percent of school-age children fall short of meeting this requirement. The District recognizes this connection and commits to promoting and providing opportunities for physical activity during and outside the school day.

Physical Education

In accordance with the Illinois Learning Standards, the District shall meet all Illinois requirements and standards for Physical Education. The LEA shall offer Physical Education class as follows:

- K-6 have a PE class every day.
- Junior High and High School have a PE class every day.

Other Opportunities for Physical Activity

The District shall include additional physical activity opportunities, outside of Physical Education class, during the school day through the following:

- All grades at the Elementary School have a daily recess.

The following opportunities for participation in school-based sports shall be offered to students each year:

- Junior High and High School (6-12): Cross Country, Softball, Baseball, Girls and Boys Basketball, Volleyball, Cheerleading.

Physical Activity Promotion

The District shall promote physical activity through the participation in the following initiative(s):

- [Fuel Up to Play 60](#), [Enhanced Physical Education Resource Guide](#).

The district prohibits the use or withholding of physical activity (including recess) as a punishment during the school day and during the extended school day (including during out-of-school time/and before and after school).

Other School-Based Activities

Just as it takes a comprehensive curriculum to provide education to support students' futures, the District wellness approach must also be comprehensive in its intent to provide students with the tools they need to live a healthy lifestyle. In order to further establish positive behaviors related to nutrition, physical activity, and health, the LEA commits to making additional wellness-based activities available to all students beyond the cafeteria and gymnasium.