

Students

Student Health and Wellness

The Board of Education of Marquardt School District 15 is committed to providing a learning environment that supports and promotes wellness, good nutrition, and an active lifestyle, and that recognizes the positive relationship between good nutrition, physical activity and the capacity of students to develop and learn. The District 15 school environment shall be aligned with healthy school goals to positively influence students' beliefs and habits and to promote health and wellness, good nutrition and regular physical activity. District 15 staff is encouraged to model healthy eating and physical activity as a valuable part of daily life.

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 the Illinois School Code. This policy includes: 1) goals for nutrition education, physical activity and other school-based activities that are designed to promote student wellness; 2) nutrition guidelines for all foods available during the school day; 3) an assurance that guidelines for reimbursable school meals shall be no less restrictive than the applicable regulations and guidelines applicable to schools; 4) a plan for measuring implementation which includes the designation of one or more persons charged with operational responsibility for ensuring that each school meets the requirements of this policy; and 5) provisions for involving parents, students, school food service providers, the school board, school administrators, and the public in its development.

I. GOALS FOR NUTRITION EDUCATION, PHYSICAL ACTIVITY AND OTHER SCHOOL-BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS

1. Goals For Nutrition Education

- Students in grades 1 thru 8 shall receive nutrition education as part of a sequential program that is coordinated within a comprehensive health education curriculum. The program shall be interactive, designed to provide students with the knowledge and skills necessary to adopt healthy eating behaviors, and aimed at influencing students' knowledge, attitudes and eating habits.
- To maximize classroom time and to achieve positive changes in students' eating behaviors, nutrition education shall be integrated into the standards-based lesson plans of school subjects like math, science, language arts, physical education, health, and social sciences as appropriate.
- To achieve positive changes in students' eating behaviors, District 15 will provide nutrition education opportunities 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.

2. Goals For Physical Activity

- Students in grades 1 thru 8 shall participate in physical education that enables them to achieve and maintain a high level of personal fitness; emphasizes self-management skills including energy balance (calories in minus calories out); is consistent with applicable standards and guidelines; and is coordinated within a comprehensive physical education curriculum. The curriculum shall be consistent with and incorporate relevant Illinois Learning Standards.
- Physical education shall be provided by trained staff members that are certified by the State to teach physical education. 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 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.

- District 15 shall provide a daily, supervised physical education period for grades 1 thru 5. District 15 shall incorporate physical education daily into the student schedule for grades 6 thru 8.
- Students shall be provided opportunities for physical activity through a range of before-school and after-school programs including intramurals, interscholastic athletics, and physical activity clubs.

3. Goals For Other School-Based Activities

1. *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 school.
- District 15 encourages parents, teachers, school administrators, students, food service staff, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.
- Parents shall be provided information to help them incorporate healthy eating and physical activity into their student's lives. This information may be provided as handouts, postings on the school district website, information provided in school/district newsletters and any other appropriate means available for reaching parents.

2. *Consistent School Activities and Environment – Healthy Eating*

- It is recommended that the Food Service Department 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.
- Drinking fountains shall be available in all schools, so that students can get water at all meals and throughout the school day.
- The Food Service Department shall work with suppliers to obtain foods and beverages that meet the nutrition requirements of school meals and nutrition standards for those sold individually.
- The Food Service Department shall work closely with school instructional staff to reinforce nutrition instruction and to foster an environment where students can learn about and practice healthy eating.
- The Food Service Department shall ensure that student access to foods and beverages on school campuses meets State and federal standards and guidelines.
- School-based organizations are encouraged to sell nonfood items (Attachment C) through school fundraising activities. However, if food items are sold or provided to students during the school day they must meet the guidelines for competitive foods (Attachment A). School-based organizations hosting fund-raising events outside the school day are encouraged to sell or provide foods that meet the guidelines for competitive foods (Attachment A)
- Partnerships between schools and businesses are encouraged. To meet wellness objectives, commercial advertising relationships shall be encouraged to involve only foods and beverages that meet the guideline for competitive foods (Attachment A).
- All foods and beverages made available in District 15 shall comply with State and federal standards and guidelines.

3. *Consistent School Activities and Environment –Physical Activity*

- Schools are encouraged to develop community partnerships with other child-serving organizations such as park districts and YMCA's to provide students with opportunities to be active.

- Schools provide student and community access to and promote use of the school's physical activity facilities outside of the normal school day.
- 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.

II. NUTRITION GUIDELINES FOR ALL FOODS AVAILABLE DURING THE SCHOOL DAY

Guidelines for Foods served in Meal Programs

1. Food service 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 and/or shall meet, at a minimum, the nutrition requirements and regulations of the National School Lunch and/or School Breakfast Program and all other applicable state and local laws and regulations.
2. All foods and beverages sold and served in District 15 schools at any time during the school day (foods sold outside the NSLP) shall meet nutrition standards (Attachment A)

Guidelines for Foods served in Schools

1. Any foods served to students during the school day, outside of federal meal programs, must be approved by school principal and parents must be notified by the classroom teacher.
2. Promote and encourage healthy snacks at snack time in classrooms (Attachment B)
3. Promote healthy snacks for classroom celebrations. D15 fosters healthy food alternatives at celebrations such as Valentine's Day and Halloween (Attachment B). Parent Organizations are encouraged to purchase celebration snacks through the district Food Service Department in an effort to provide students with healthy options.
4. Birthdays are encouraged to be celebrated at school without student-provided food. Alternative non-food birthday celebrations may be

used (Attachment E). If food is provided it must be a food item listed on Attachment F. The listed foods (Attachment F) may be purchased through the District 15 Food Service Department or from a variety of retail outlets.

5. Prohibit the use of food as an instructional tool. Exceptions may be made for those students with IEP's, with signed permission from the parents and school principal.

III. GUIDELINES FOR REIMBURSABLE SCHOOL MEALS SHALL BE NO LESS RESTRICTIVE THAN THE APPLICABLE REGULATIONS AND GUIDELINES APPLICABLE TO SCHOOLS

3. School meals served in District 15 shall be consistent with the recommendations of the Dietary Guidelines for Americans and shall meet, at a minimum, the nutrition requirements, regulations and guidelines issued by the U.S. Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779) and section 9(f)(1), 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758 (f)(1), 1766(a)0), as they apply to schools, and all other applicable state and local law and regulations.

IV. IMPLEMENTATION AND MONITORING

- The Superintendent or designee shall establish administrative procedures to implement this policy and to measure its implementation and shall make periodic reports to the Board concerning the implementation of this policy.

V. COMMUNITY INVOLVEMENT

- The Superintendent or designee shall appoint a District 15 wellness team that should encourage the involvement of parents, representatives of the school food authority, the School Board, school administrators, teachers and members of the community. to oversee the development, implementation and evaluation of this Student Health and Wellness policy

LEGAL REF.: Healthy and Hunger Free Kids Act of 2010
[Public Law 111-296]
 Child Nutrition and WIC Reauthorization Act of
2004 [Public Law 108-265, Sec. 204];
 Public Act 094-0199;
Minimum School Meals Requirements – section 9(f)(l), 17(a) of the
Richard B. Russell National School Lunch Act (42 U.S.C. 1758(f)(l),
1766(a)0);
Minimum School Meals Requirements - subsections (a) and (b) of section
10 of the Child Nutrition Act (42 U.S.C. 1779);
 Illinois School Code - Section 27-6 [105 ILCS
5/27-6)];
 Illinois Critical Health Problems and
Comprehensive Health Education Act [105 ILCS 110];
 Rules for Comprehensive Health Education –
(23 Ill. Adm. Code 253);
 Illinois School Food Service – Ill. Adm. Code
Section 305; and
 Illinois Learning Standards, Illinois State Board
of Education, 1997.

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