

# PAWNEE SCHOOL DISTRICT #11



## WELLNESS POLICY

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## **BELIEF STATEMENT**

The Board of Education of Pawnee School District #11 is committed to providing a learning environment that supports and promotes wellness, good nutrition, and an active lifestyle and recognizes the positive relationship between good nutrition, physical activity and the capacity of students to develop and learn. The entire school environment shall be aligned with healthy school goals to positively influence students' beliefs and habits and promote health and wellness, good nutrition and regular physical activity. In addition, school staff shall be encouraged to model healthy eating and physical activity as a valuable part of daily life.

## **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 the 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 school board, 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% of children and adolescents are overweight. Congress passed the Child Nutrition and WIC Reauthorization Act of 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 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 demonstrably linked to reduced risk for mortality and development of many chronic diseases. Schools and 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 shall receive nutrition education as a part of a sequential program that is coordinated within a comprehensive health education curriculum. The program shall be 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. 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 maximize classroom time and to achieve positive changes in students' eating behaviors, nutrition education shall be integrated into the standards-based lesson plans of other school subjects like math, science, language arts, physical education, health, family and consumer science and social sciences.
- To achieve positive changes in students' eating behaviors, it is recommended that nutrition education opportunities be provided to students each year. This 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 shall 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 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 Illinois Learning Standards.
- It is recommended that elementary students participate in physical education 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 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.
- 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 encourage families as partners in providing physical activity beyond the school day.

## **GOALS FOR OTHER SCHOOL-BASED ACTIVITIES**

### *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 website, information provided in school newsletters and any other appropriated means available for reaching parents.

#### *Consistent School Activities and Environment - Healthy Eating*

- Information about the nutritional content of school meals and/or individually sold foods with students, family and school staff shall be 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. (Attachment A).
- School based organizations shall be encouraged to raise funds through the sale of items other than food (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.
- Partnerships between schools and businesses are encouraged and many commercial advertising relationships involve foods or beverages. To meet wellness objectives, it is recommended that commercial advertising relationships involve foods and beverages that meet nutrition standards.
- School shall take efforts to promote more healthy choices in food and beverage choices consistent with the current Dietary Guidelines for Americans and Food Guidance System (MyPyramid) such as fruits, vegetables, low-fat dairy foods and whole grain products.

- Preparation and professional development for nutritional education shall encourage basic knowledge of nutrition along with activities, instructional techniques and strategies designed to change students' attitudes and behavior.
- 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*

- Physical education shall be provided by trained and well-supported staff that is 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.
- Physical education classes shall have a student to teacher ratio comparable to those in other curricular areas.
- 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.
- 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 and YMCA's 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 incentives or rewards with students (Attachment C) and shall not withhold food from students as punishment.
- School personnel shall use discretion when using physical activity as a punishment or withhold participation in recess or physical education class as a punishment.

### **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 food 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 fruit and vegetable choices; serve low-fat and fat-free dairy products; ensure that whole grain products are served).

- A majority of foods and beverages sold individually (apart from the reimbursable school meal) on school campuses during the school day shall meet nutrition standards. This includes:
  - ala carte offerings in the food service programs
  - food and beverage choices in vending machines, snack bars, school stores
  - 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.

### **GUIDELINES FOR SCHOOL MEALS**

- School meals served shall be consistent with the recommendations of 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.

### **MEASURING IMPLEMENTATION & COMMUNITY INVOLVEMENT**

- The district superintendent shall be charged with the operational responsibility for ensuring that each school meets the local wellness policy requirements.
- The district superintendent shall appoint a district wellness team that includes parents, students, representatives of the school food authority, the school board, and school administrators to oversee development, implementation and evaluation of the wellness policy. In addition, it is recommended that the district superintendent also appoints teachers and health professionals as member of the wellness team.
- The terms of the district wellness team members shall be staggered for continuity.
- The appointed district wellness team shall be responsible for:
  - Creating and maintaining bylaws for operation
  - Assessment of the current school environment
  - Development of a wellness policy
  - Presenting the wellness policy to the school board for approval
  - Measuring the implementation of wellness policy
  - Recommending revision of the policy, as necessary
- The principal of each campus shall be responsible for implementation of the local wellness policy.
- The wellness team shall evaluate policy implementation and identify areas for improvement annually. The wellness team shall report their findings to the campus principal and develop with him/her a plan of action for improvement, as needed.
- The wellness team shall recommend annually to the district superintendent any revisions to the policy it deems necessary.
- The wellness team shall report to the superintendent and the school board annually on the progress of the wellness team and the status of compliance by the campuses.

## Attachment A

### 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. All food options should be peanut/nut free. Examples of nutritious food and beverages that are consistent with the Dietary Guidelines for Americans are listed below.

- Raw vegetable with low-fat dressing or yogurt dip
- Fresh fruit or fruit salad
- Cereal and low-fat milk
- Frozen fruit pops with fruit juice or fruit as the first ingredient
- 100% fruit or vegetable juice
- Bottled water
- Dried fruits
- Single serving fruits
- Fruit smoothies made with fat-free or low-fat milk
- Lean meats and reduced fat cheese sandwiches
- Whole grain breads
- Pretzels or reduced fat crackers
- Baked chips with salsa or low-fat dip
- Low fat muffins or cookies
- Mini whole grain bagels white light or fat-free cream cheese
- Pasta Salad with vegetables and light or fat-free dressing
- Fat-free or low-fat yogurt and fruit parfaits
- Fat-free or low-fat pudding cups
- Fat-free or low-fat milk and milk products (string cheese, cottage cheese, cheese cubes)

*\*This list is not all inclusive and is meant only to provide parents and school staff with guidance for healthier food and beverage choices. Items on this list vary in sugar and fat content from brand to brand. However, all items are believed to be consistent with the intent of the wellness policy to promote student health and reduce childhood obesity.*

## Attachment B

### Fundraising Ideas

- Raffle
- Candles
- Book sale
- Cookbook
- \*Car wash
- \*Walkathons
- Student artwork
- Stuffed animals
- Stadium pillows
- Educational games
- Holiday decorations and greeting cards
- Shopping donation programs
- Faculty and/or student talent show
- Teacher/student sport competitions
- Auction of donated goods and services
- Balloon bouquets for special occasions
- Bottled water with the school's mascot/label
- Refillable water bottle with the school's mascot/label
- Glow in the dark novelties
- Party bags for student's birthday parties filled with non-food novelties
- School spirit items (t-shirts and other school clothing items, lanyards, pennants, bracelets, yard signs, cups, duffle bags,)
- Growing and/or selling flowers and plants for holidays

*\*These fundraisers have the added benefit of promoting physical activity for students*



## Attachment C

### Classroom Rewards

- A smile
- Going first (line leader)
- Verbal praise
- Sit by friends
- Teaching the class
- Teacher's helper
- Enjoy class outdoors
- Field trip
- Extra recess
- Choosing a class activity
- Walk with teacher during lunch break
- Eat lunch outdoors with class
- Eat lunch with teacher or principal
- Extra credit or class participation points
- Photo recognition board in the classroom or hallway
- Note from teacher to the student commending his or her achievement
- Phone call, email, or note sent home to parent commending a child's accomplishment
- Recognition of a student's achievement on the morning announcements or school website
- Ribbon, certificate, or sticker with affirming message (e.g. "Great job")
- Reward from the treasure box (filled with stickers, pencils, pens, notepads, erasers, bookmarks, etc)