

Elgin Math and Science Academy



Local Wellness Policy

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Preamble

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 Local Education Agency 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: <https://elginmathandscience.com/>
- Newsletter Sent Home to Parents and Posted on Website
- Social Media: Facebook

Assessments

Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three years. Elgin Math and Science Academy Charter School shall conduct assessments of the Local Wellness Policy every 3 years, beginning in 2019 and occurring every 3 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: <https://elginmathandscience.com/>
- Newsletter Sent Home to Parents and Posted on Website
- Social Media: Facebook

Records

The Local Education Agency 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 Local Education Agency 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 overconsumption of nutrient-poor foods and food insecurity to give students the best chance to succeed inside and outside the classroom.

Nutrition Services

The District/School Will:

- Offer a variety of food and beverages that are appealing and attractive to children
- Ensure that eating settings are clean and inviting
- Provide adequate time to eat school meals (15 minutes for breakfast and 20 minutes for lunch)
- Establish practices related to feeding students with unpaid meal balances that do not embarrass children or increase social stigma related to being of low income
- Prohibit the use of food as a reward or the withholding of food as a punishment
- Ensure that menus are created, reviewed by a certified nutrition professional
- Post menus on the district website that include nutrient content and ingredients
- 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 caregivers know which programs are available in their district and have access to those programs
- Encourage staff to model healthy eating behaviors
- Promote health food and beverage choices

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.

Competitive Foods

Competitive food and beverages are not offered at Elgin Math and Science Academy Charter School. If competitive foods and beverages become available in the future all items 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.

Water

The district requires that:

- Free, safe, and unflavored drinking water is available to students during the school day and during the extended school day
- Water cups/jugs are available in the cafeteria
- Students can bring and carry approved water bottles filled with only water before, during and after the school day across the school campus
- All water sources and containers will be maintained regularly to ensure adherence to health and safety standards

Other Foods and Beverages

The following policy refers to all foods and beverages provided, but not sold to students. The Local Education Agency 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, schools will implement the following methods for rewards and celebrations:

- Crew Cheers
- Positive Notes
- Celebrations of Learning

Fundraisers

- A.** All fundraisers promoting food and/or beverage items that are held on 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) must meet Smart Snacks nutrition standards.

The school shall also utilize non-food fundraisers to promote healthy habits and well-being. The school will implement the following non-food fundraising ideas:

- Box Tops for Education

Nutrition Education

In accordance with the Illinois Learning Standards, the Local Education Agency shall meet all Illinois requirements and standards for Health Education. The Local Education Agency 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:

- MyPlate

The Local Education Agency shall incorporate nutrition education into the following curriculums for the following grade levels:

- All grade levels receive Physical Education for a minimum of 2 times per week for 45 minutes.

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 Website: <https://elginmathandscience.com/>
- Newsletter Sent Home to Parents and Posted on Website
- Social Media: Facebook

The Smarter Lunchrooms Movement uses behavioral economics to positively influence food choices made by children. The evidence-based techniques implemented through the Movement have been proven to increase children's consumption of nutritious foods. The District shall participate in the Smarter Lunchrooms Movement by utilizing the Smarter Lunchrooms 60-point Scorecard and other educational and promotional tools. The District shall implement the following Smarter Lunchrooms techniques:

- Sliced/cut fruit and vegetables served at all service lines
- Fruit and vegetables are per cut and paired with low fat dip
- Milk cases are full
- White milk is available in all coolers
- Lunch personnel smile and greet all students
- Attractive and healthful posters are hung on the walls
- Cleaning supplies are not in view
- All lights work
- Trash cans are emptied when full
- Opportunities for student volunteers

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:

- Harvest of the Month – Sponsored by Gourmet Gorilla

Marketing

The Local Education Agency will prohibit the marketing and advertising of all foods and beverages 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 Local Education Agency 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 Local Education Agency shall meet all Illinois requirements and standards for Physical Education. The LEA shall offer Physical Education class as follows:

- All grade levels receive Physical Education at a minimum of 2 times per week for 45 minutes

Daily Recess

Recess is a scheduled time that provides an essential break from demanding cognitive tasks. Recess provides time to move, play, problem solve and socialize. Increased attention span and academic performance can result after recess, and recess helps children to learn social skills that may not be achieved in a structured classroom environment. Recess is offered in kindergarten through 8th grade and although these physical activity periods may not always be called recess in secondary grades, they serve the same purpose-to provide student-selected opportunities to engage in physical activity and take a break from academic work during the school day. The district will ensure that elementary students are offered 20 minutes or more of recess on all days during the school year which will complement, not substitute for physical education classes and will:

- Provide students with adequate spaces, facilities, equipment and supplies for recess
- Ensure that spaces and facilities for recess meet or exceed recommended safety standards
- Prohibit the exclusion of students from recess for disciplinary reasons or academic performance in classrooms
- Provide staff members who lead or supervise recess with ongoing professional development
- Provide strategic inclusion and oversight of opportunities for students with special needs or disabilities to participate
- Assess the accessibility of playgrounds and outdoor play areas and make changes to improve access
- Provide equipment to allow for inclusion of students with disabilities into activities

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:

- 25-minute recess per day
- 5-minute movement breaks throughout the day
- 15-minute Crew initiatives once per day

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

- Boys and Girls Club will be offered each year where students participate in their 8 curricular components each day.

Physical Activity Promotion

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

- Illinois Physical Education State Standards
- MyPlate
- Fitness Gram

Other School-Based Activities

Just as it takes a comprehensive curriculum to provide education to support students' futures, the Local Education Agency's 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.

The Local Education Agency shall offer other school-based activities to support student health and wellness, including coordinated events and clubs. The following events shall be organized and promoted each year:

- TV Turnoff Week

The following health, wellness, and/or nutrition clubs shall be offered to students each year:

- Boys and Girls Club will be offered each year where students participate in their 8 curricular components each day.