

Local Wellness Policy



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Preface

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 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 newsletters
- District 90 Website

The O'Fallon District 90 Wellness Committee invites suggestions and comments concerning the development, implementation, and improvement of the school wellness policy from community members, including parents, students, and representatives of the school food authority, school administrators, and the public.

Assessments

Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three years. O'Fallon District 90 shall conduct assessments of the Local Wellness Policy every 3 years, beginning in 2020 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:

- district website
- school newsletter

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

Wellness Policy Goals

Nutrition Education

- Students in Grades K through 12 receive nutrition
- Nutrition education is integrated into standards-based lesson plans in other subjects.

Nutrition Promotion

- Food providers 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.
- All foods and beverages sold individually (apart from the reimbursable school meal) on school campuses during the school day meet the nutrition standards.
- Nutritious and appealing foods and beverages are available wherever and whenever food is sold or offered at school.
- School meals served are consistent with the recommendations of the Dietary Guidelines and/or 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.

Physical Activity

- Physical education is provided by highly qualified instructors who participate in continuous professional development.
- Students in K through 8 participate in physical education for a minimum of 150 minutes per week. (30 minutes daily).
- Elementary students have daily supervised recess.
- Physical activities are available for students in grades K through 8 in after school programs to promote physical fitness.
- The district's physical activity facilities are available to community and students outside the normal school day.

Other School-Based Activities

- Schools shall support parents' efforts to provide a healthy diet and daily physical activity for their children in elementary through Jr. High.
- Parents shall be provided information to help them incorporate healthy eating and physical activity into their student's lives.
- Food providers share information about the nutritional content of school meals and/or individually sold foods with students, family and staff.

- School meals are served in a clean, safe, pleasant setting with adequate time to eat. The National Association of State Boards recommends that students have at least 10 minutes after sitting down for breakfast and 20 minutes for lunch to eat.
- Food service personnel have pre-service training and regularly participate in professional development activities.
- Food Providers involve families, students and other school personnel in food and beverage selections for their local school.
- Food provider’s work with suppliers to obtain foods and beverages that meet nutrition requirements of school meals and nutrition standards for those sold individually.
- Food providers reinforce school nutrition instruction and foster an environment where students can learn about and practice healthy eating.
- Food providers take every measure to ensure that student access to foods and beverages on school campuses meets federal, state and local laws and guidelines.
- Foods and beverages brought into school for parties/celebrations/meetings are encouraged to be healthful options.
- School-based organizations are encouraged to raise funds with non-food items.
- Students are not permitted to leave school grounds to purchase foods or beverages.
- Commercial advertising involves only foods and beverages that meet nutrition standards.
- Foods and beverages consistent with the current Dietary Guidelines for Americans and Food Guidance System (MyPyramid) are promoted.
- Staff providing nutrition educations have completed a pre-service course in nutrition and a minimum of one hour nutrition education in-service training per school year.
- All foods and beverages on campus comply with the federal, state and local food safety and sanitation regulations.
- Access to any area involved in storage, preparation or service of food is limited to authorized personnel.

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 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.

- offerings bar
- fresh fruits and vegetables

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

The following policy refers to all foods and beverages provided, but not sold to students. The Local Education Agency will discourage the school from using 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:

- District 90 uses Positive Behavior Intervention and Supports as rewards and celebrations.
- Examples - School Wellness Constructive Classroom Rewards

Fundraisers

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) are encouraged to 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:

- Hat Day
- Pajama Day
- Can Goods Fundraiser for Food Pantry
- Smencils
- Jump Rope for Heart
- Mileage Club
- Pennies for Patients
- Trivia Night
- Glo Bingo
- etc.

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:

- Monthly Menu Newsletter
- Be Active for American Heart Month
- Fresh Pick Recipe
- So Happy app
- District Website

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

- Elementary - Once a month component where we talk about a health or wellness strategy or tip. We spend a little more time in the months of February and March when we share information from the American Heart Association with the Kids Heart Challenge participation.
- Jr. High- A Health unit on Nutrition education is covered in 6th grade. During this unit a guest speaker from a local hospital comes in and speaks about nutrition. The nutrition unit accounts for 16% of the 6th grade Health curriculum.

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
- School Newsletters
- So Happy app

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:

- Fruit is offered in at least two locations on all service lines, one of which is right before the point of sale.
- Sliced or cut fruit is offered.
- A variety of mixed whole fruits are displayed in attractive bowls or baskets (instead of stainless steel pans).
- At least two kinds of vegetables are offered.
- Vegetables are incorporated into the main entrée at least monthly.
- White milk is offered in all beverage coolers.
- Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas.
- Students are offered a taste test of a new entrée at least once a year.
- Students provide feedback (informal – “raise your hand if you like...” or formal – focus groups, surveys) to inform menu development.
- Students, teachers, or administrators share the daily menu in announcements.

Marketing

The Local Education Agency 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 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:

- Elementary School - Physical Education
- Middle School - Physical Education and Health Class

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:

- Recess
- Mindful meditation with breathing practice for movement and calming
- brain breaks
- Physical breaks - walking or running in gym or playground
- Break - walk to the bathroom or drinking fountain
- classroom yoga
- go noodle
- etc

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

Sports Offered at District 90 Junior High Schools

Fall Season

Boys' Baseball

Girls' Softball

Boys' Cross Country

Girls' Cross Country

Soccer

Winter Season

Boys' Basketball

Girls' Basketball

Boy's Bowling

Girls' Bowling

Dance

Cheerleading

Spring Season

Girls' Volleyball

Girls' Track & Field

Boys' Track & Field

Physical Activity Promotion

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

- Read and Run Marathon
- Mileage Clubs
- Girls on the Run
- Kids Heart Challenge
- St. Clair Tennis Club
- Lacrosse - O'Fallon Styx

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

- Staff Biggest Loser
- Fit Club for Staff