

Freeburg C.C.S.D. #70
WELLNESS Policy
(Adopted July 2006)

As required by law, the Board of Education establishes the following wellness policy for the Freeburg Community Consolidated School District #70. .

The Board recognizes that good nutrition and regular physical activity affect the health and well being of the District's students. Furthermore, research suggests that there is a positive correlation between a student's health and well being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks, supporting the development of good eating habits, and promoting increased physical activity both in and out of school.

The Board, however, believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The Board sets the following goals in an effort to enable students to establish good health and nutrition habits:

A. With regard to nutrition education, the District shall:

1. Nutrition education shall be included in the sequential, comprehensive Health curriculum in accordance with the curriculum standards and benchmarks established by the State.
2. Nutrition education shall be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education.
3. Nutrition education standards are age-appropriate and culturally relevant.
4. Nutrition education shall include enjoyable, developmentally appropriate and culturally relevant participatory activities, such as contests, promotions, taste testing, and others.
5. Nutrition education shall include opportunities for appropriate student projects related to nutrition, involving, when possible, community agencies and organizations.
6. Nutrition education shall extend beyond the classroom by engaging and involving the school's food service staff, families and community members.

7. Nutrition education posters, such as the Food Pyramid Guide, will be displayed in the cafeteria.
8. The school cafeteria shall serve as a learning lab by allowing students to apply the knowledge, attitudes, and skills taught in the classroom when making choices at mealtime.
9. Nutrition education shall reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.
10. Nutrition education standards and benchmarks promote the benefits of a balanced diet that includes fruits, vegetables, whole grain products, low sodium, low-fat, fat-free dairy products and specialized foods for students with special needs/concerns.
11. Staff responsible for providing instruction in nutrition education shall regularly participate in professional development activities designed to better enable them to teach the benchmarks and standards.
12. Instruction related to the standards and benchmarks for nutrition education shall be provided by highly qualified teachers.
13. The District shall provide information to parents that is designed to encourage them to reinforce at home the standards and benchmarks being taught in the classroom.

B. With regard to physical education/activity, the District shall:

Physical Education

1. A sequential, comprehensive physical education program shall be provided for students in K-8 in accordance with the standards and benchmarks established by the State.
2. The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.
3. Physical education classes shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate motor skills and social skills, as well as knowledge.
4. The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.
5. Planned instruction in physical education shall be sufficient for students to achieve a proficient level with regard to the standards and benchmarks established by the State.

6. The K-8 program shall include instruction in physical education as well as opportunities to participate in competitive and non-competitive team sports to encourage lifelong physical activity.
7. Planned instruction in physical education shall require students to be engaged in moderate to vigorous physical activity for at least fifty percent (50%) of scheduled class time, based upon student individual limitations.
8. Properly certificated, highly qualified teachers shall provide all instruction in physical education.
9. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.
10. Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.
11. Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind.
12. Planned instruction in physical education shall include cooperative as well as competitive games.
13. Planned instruction in physical education shall take into account gender cultural, and physical differences.
14. Planned instruction in physical education shall promote participation in physical activity outside the regular school day.

Physical Activity

Physical activity shall not routinely be employed as a form of discipline or punishment or withheld, based upon the needs of individual children.

1. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.
2. Schools shall encourage families to provide physical activity outside the regular school day, such as outdoor play at home, participation in sports sponsored by community agencies or organizations, and in lifelong physical activities like bowling, swimming, or tennis.
3. All students in grades K-6 shall be provided with a minimum of one daily recess.

4. The school shall provide information to families to encourage and assist them in their efforts to incorporate physical activity into their children's daily lives.
5. The school shall encourage families and community organizations to institute programs that support physical activity of all sorts.
6. In addition to planned physical education, the school shall provide age appropriate physical activities (e.g., recess during the school day, intramurals, programs before-and-after school, and interscholastic sports) that meet the needs of all students, including males, females, students with disabilities, and students with special healthcare needs.
7. All after-school programs shall provide developmentally appropriate physical activity for the students who participate.

C. With regard to other school-based activities the District shall:

1. The schools shall provide at least 20 minutes daily for students to eat.
2. The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.
3. The school shall provide attractive, clean environments in which the students eat.
4. Activities, such as tutoring or club meetings, shall not be scheduled during mealtimes, unless students may eat during those meetings.
5. An organized wellness program may be available to all staff.
6. The schools may provide opportunities for staff, parents, and other community members to model healthy eating habits by dining with students in the school dining areas.
7. The schools may demonstrate support for the health of all students by hosting health clinics and screenings and encouraging parents to enroll their eligible children in Medicaid or in other children's health insurance programs for which they may qualify.
8. Schools in our system utilize electronic identification and payment systems, thereby eliminating any stigma or identification of students eligible to receive free and/or reduced meals.
9. Students are discouraged from sharing their foods or beverages with one another during meal times, given concerns about allergies and other restrictions on some students' diets.

- D. In accordance with Policy 8500, entitled Food Service, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as to the fiscal management of the program.
- E. As set forth in Policy 8531, entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals meet or exceed the regulations issued by the U.S. Department of Agriculture (USDA).
- F. **Furthermore, with the objectives of enhancing student health and well being, and reducing childhood obesity, the following nutritional guidelines for all foods available during the school day are established:**
 - 1. The food service program will strive to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of foods with minimal nutritious value.
 - 2. The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.
 - 3. All foods available on campus during the school day shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods that are available to students ala carte in the dining area, as classroom snacks, from vending machines or at holiday celebrations.
 - 4. The school food service program shall involve students, parents, staff, school officials in the selection of competitive food items to be sold in the schools.
 - 5. Nutrition information for competitive foods available during the school day shall be readily available near the point of purchase.
 - 6. All foods available to students in District programs shall be served with consideration for promoting student health and well-being.
 - 7. The food service program shall be administered by a director who is properly qualified, certificated, licensed, or credentialed, according to current professional standards.
 - 8. All food service personnel shall receive pre-service training in food service operations.
 - 9. Continuing professional development shall be provided for all staff of the food service program.
 - 10. Special programs, parties, and snacks brought in from parents will be monitored by the building principal.

The Board designates the Superintendent, the building Administrator, the Food Service Supervisor and School Nurses as the individual(s) charged with operational responsibility for measuring and evaluating the District's implementation and progress under this policy. The Superintendent shall develop administrative guidelines necessary to implement this policy.

The Superintendent shall report on the District's compliance with this policy and the progress toward achieving the goals set forth herein when requested to do so by the Board.

Review of this policy shall occur every two (2) years, by a committee appointed by the Board, consisting of a representative(s) of the Board, the administration, the food service provider, the parents, the students, and the public. The committee shall provide the Board with any recommended changes to this policy.