

Will County SD 92

2021-2025



Local Wellness Policy

Table of Contents

Preface.....	1
Wellness Policy Committee.....	2
Wellness Policy Leadership.....	2
Wellness Policy Committee Members.....	2
Wellness Policy Committee Responsibilities.....	3
Public Involvement.....	3
Assessments.....	3
Updates.....	4
Records.....	4
Nutrition.....	5
Nutrition Standards.....	5
Nutrition Education.....	7
Nutrition Promotion.....	8
Marketing.....	9
Physical Activity.....	10
Physical Education.....	10
Other Opportunities for Physical Activity.....	10
Physical Activity Promotion.....	10
Other School-Based Activities.....	12

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

Tim Arnold, Superintendent contact: tarnold@d92.org

Michelle McGuire, Director of Food Services contact: mmcguire@d92.org

Wellness Policy Committee Members (2021-22)

Dave Blatchley, Asst. Superintendent of Business

Kristine Brandt, Parent Representative

Michael Bundalo, Parent Representative

Sue Forcash, Principal

Lisa Lyke, Principal

Teresa Martin, Principal

Jamie McCluskey, Director of Curriculum

Patti McGuire, School Nurse

Scott Nyssen, Asst. Principal

Cathy Slee, Principal

Nora Skentzos, Director of Student Services

Brittany Webb, Teacher

Erica Wright, Teacher

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:

- www.d92.org
- District and School Newsletters

Assessments

Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three years. Will County SD 92 shall conduct assessments of the Local Wellness Policy every three years, beginning in 2017 and occurring every three 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:

- www.d92.org
- District and School Newsletters
- Letters to parents

Records

The Local Education Agency shall maintain a 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 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 Alternatives, Fruits, Vegetables, and Milk) as well as meeting or exceeding the limitations set for calories, sodium, saturated fat, and trans fat.

In addition to the minimum requirements, District 92 offers fresh fruits and vegetables daily.

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 machines 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 encourage food and beverage items that meet Smart Snacks nutrition standards for reward and celebration purposes. More than 25 percent of children's daily calories may come from snacks, therefore, providing Smart Snacks allows for a more nutrient-dense calorie intake.

[CDC Guidance on Celebrations and Rewards](#)

Food and beverages are sometimes part of classroom celebrations, parties, and special events or offered to students as rewards for academic achievement or positive classroom behavior. Schools and parents can work together to ensure that celebrations, events, and rewards support health. For example, they can provide healthy foods and beverages at celebrations and events and offer non-food items for rewards. These strategies are relevant for celebrations that happen during the school day as well as those in out-of-school time programs on school grounds. Ideas for non-food rewards include extra time for recess, stickers, or a note of recognition from a teacher or principal.

- [Smart Snacks in Schools infographic](#)
- [Tips for Teachers](#)

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:

- Kids Heart Challenges (grades 2-5)
- PFA Penny Wars
- Podcast-A-Thon

- For additional future ideas, see the Action for Healthy Kids Tip Sheet on [Healthy Fundraisers](#).

Nutrition Education

In accordance with the Illinois Learning Standards, District 92 shall meet all Illinois requirements and standards for Health Education. District 92 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:

- The nutrition education resources used in District 92 include
 - Teen Health textbook (6-8)
 - Kids Heart Challenge Assembly (2-5)
 - Healthy lunch choices during PE classes (MyPlate.gov)
 - Other resources used for nutrition education purposes include the [Dietary Guidelines for Americans](#), [MyPlate](#), [Team Nutrition](#), and [FoodMASTER](#)

District 92 shall incorporate nutrition education into the following curriculums for the following grade levels. **The following list includes weekly hours of nutrition education received for grade levels/groups and how those hours are achieved (e.g. health class, science class, P.E.).**

- **Nutrition education is included in the curriculum through (ALT input)**

Nutrition Promotion

The District shall implement nutrition promotion techniques through multiple channels, including the cafeteria, classroom, and home. Promotion in District 92 includes using Smarter Lunchroom Techniques to encourage healthy eating behavior.

The District shall make cafeteria menus and nutrition information available through the following platforms:

- Mealviewer website
- Mealviewer parent app

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:

- Various grade levels visit operating farms and apple orchards throughout the school year.

Food loss and waste continue to be an issue facing the nation's food supply. To prevent food waste, the District will make every effort to produce the precise number of meals needed on any given day by using production records and resources such as the USDA's Food Buying Guide. However, in the event excess food remains, the District will continue to provide food to students in need beyond the meals provided through the USDA School Nutrition Programs. Therefore, the District shall follow the established food-sharing plan, in accordance with Public Act 102-0359, and federal and local regulations and sanitation codes:

- Posted signs at trash receptacles encouraging waste reduction
- The use of "share tables" that enable students to voluntarily share unopened food items

Marketing

District 92 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% 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:

- P.E. classes are provided for students in grades K-1 for 1.5 hours each week.
- P.E. classes are provided for students in grade 2 for 2.0 hours each week.
- P.E. classes are provided for students in grades 3-5 for 2.5 hours each week.
- P.E. classes are provided for students in grades 6-8 for 3.5 hours each week.

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:

- Daily recess/free play time is provided for students in grades PreK-5 for 1.5 hours each week.
- Daily “brain breaks” are provided for students in grades PreK-5 for approximately 1.25 hours each week.

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

- Club D92
- D92 Athletic Association
- Girls on the Run
- Girls Softball (grades 6-8)
- Boys Baseball (grades 6-8)
- Girls Cross Country (grades 6-8)
- Boys Cross Country (grades 6-8)
- Girls Track (grades 6-8)
- Boys Track (grades 6-8)
- Girls Basketball (grades 6-8)
- Boys Basketball (grades 6-8)
- Girls Volleyball (grades 6-8)
- Boys Volleyball (grades 6-8)
- Cheerleading (grades 6-8)
- Bowling (grades 6-8)
- Golf (grades 6-8)

Physical Activity Promotion

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

- Desk to 5K
- Reed School Heart Challenge
- Wellness Policy Committee members coordinate with staff members on an ongoing basis to develop goals for physical activity. Staff members may include teachers, coaches, school nurses, and other school staff members.
- Additional future physical activity initiatives the District may participate in include [Fuel Up to Play 60](#), [All Children Exercise Simultaneously \(ACES\)](#). More Physical Education resources and ideas can be reviewed through the Illinois Public Health Institute's [Enhanced Physical Education Resource Guide](#).]

Other School-Based Activities

[Specific goals for other school-based activities that promote wellness must be included in the Local Wellness Policy. These goals must be developed using evidence-based strategies. The goals outlined below are examples of goals an LEA may incorporate into their Wellness Policy. However, schools know what goals best fit their needs, and LEAs are encouraged to edit the following section as needed.]

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:

- [List all school-based wellness events celebrated annually. Examples include health fairs, TV turnoff week, and cafeteria "try days."]

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

- [List all school-based student clubs or groups related to wellness along with grade levels/groups. Examples include Recess Mileage clubs, Young Chefs clubs, and Future Farmers of America.]

[Committee members should work with those involved in the planning and operation of Other School-Based Activities. This may include school nutrition professionals, teachers, other school staff members, Parent Teacher Organizations, and student groups.]

