

Homer CCSD 33C Wellness Guidelines

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Homer School District 33C Wellness Policy

The Homer School District 33-C 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.

COMMITTEE MEMBERS

- Katie Bialek, Young School Principal
- Colleen Engel, Young School Nurse
- Jessica Lundeen, Young School Secretary
- Joanna Gonnella, Parapro, parent
- Carrie Tellor. SPED (Schilling)
- Ted Tellor, 1st grade (Goodings Grove)
- Holly Odom, Student-Centered Coach
- Missy Chandarana, board member, parent
- Kerry Gorecki, Goodings Grove Nurse

RATIONALE

A disturbing number of children are inactive and do not eat well. The result is an alarming 19.7% of children and adolescents are obese.¹ Congress passed the Child Nutrition and WIC Reauthorization Act of 2004 on June 30, 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 Board of Education to establish a state goal that all districts have a wellness policy.

¹ Obesity is defined as a body mass index (BMI) at or above the 95th percentile of the CDC sex-specific BMI for age growth chart.

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 school 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:

- Implement nutrition education from pre-kindergarten through eighth grade as part of a comprehensive school health education curriculum designed to help promote healthy eating behaviors.
- All certified and support staff (Pre-K-8th) are encouraged to teach/integrate positive health practices into daily lessons when appropriate. The benefits of proper dietary habits contribute to individual health status and academic performance.
- Coordinate nutrition educational programs to provide consistent messages and to reinforce the objectives of the school wellness policy.
- Provide families with information to encourage them to teach their children about health and nutrition.

Goals for Physical Activity

- Schools will support and promote an active lifestyle for students.
- Physical activity shall include regular instructional physical education, co-curricular activities, and recess that will enable students to achieve and maintain a high level of personal fitness that enhances students' behavioral skills, confidence in their abilities, and desire to adopt and maintain a physically active lifestyle.
- Students in Pre-K-8 will participate in regular physical education using a planned and sequential curriculum and instructional practices that are consistent with national and Illinois State Standards for physical education.
- The District will promote and provide ample opportunities for all students to engage in physical activity outside of physical education class such as developing community partnerships with other child-serving organizations; recreational facilities.

Consistent School Activities and Environment

Guidelines for Foods in Classrooms and School Celebrations

- Birthday treats during the school day should be non-edible. Some examples of non-edible birthday treats to bring into the classroom are as follows: board games, stickers, pencils, a classroom book, and bookmarks.
- School-wide and classroom celebrations will be planned with nutrition/fitness in mind. Please use Attachment B for healthy food and beverage options for school/classroom celebrations.

- Teacher-to-student incentives: Restrict the use of food as an instructional tool. In the rare event when foods are used in the classroom, teachers should notify the parents/students in advance.
- Teachers are encouraged to use non-edible incentives and rewards to recognize achievement. Attachment C is a list of non-edible and zero cost incentives for students.
- Snacks within the school day: In the event a snack is permitted during class time, the snack should be high in fiber such as fresh fruits and vegetables and low in fat. Limited portion size is recommended.
- Parents are not allowed to bring/send food into the school.

PTO Partnership

- As part of a comprehensive wellness plan, the Homer 33C PTO's will aim to encourage wellness through programs that increase student's physical activity and appropriate food offerings in accordance with the Illinois State Guidelines.
- The district PTO's are encouraged to organize fundraising activities that promote healthy eating and physical activity.

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 foods 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 fruits and vegetable choices; serve low-fat and fat-free dairy products; ensure that whole grain products are served).
- All foods and beverages sold individually (apart from the reimbursable school meal) on school campuses during the school day are recommended to meet nutrition standards (Attachment A). This includes: a la carte offerings in the food service program; food and beverage choices in vending machines, snack bars, school stores; and 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.

Monitoring of the Wellness Plan

Homer School District 33-C Wellness Committee will be responsible for ensuring the effective implementation of the Wellness Policy in all schools. The Wellness Committee will seek parent and faculty input during the school year to measure the effectiveness of our Wellness Policy.

Attachment A: USDA Nutrition Standards

Food or Beverage	<i>Healthier US School Challenge Nutrition Standards²</i> These criteria focus on decreasing fat and added sugar, increasing nutrient density, and moderating portion size.
Fruits and Non-fried Vegetables	Fruits and vegetables may be fresh, frozen, canned or dried, and they must be found in the Food Buying Guide for Child Nutrition Programs. http://schoolmeals.nal.usda.gov/FBG/2003FBG/%20Section%202.pdf Examples of products that cannot be sold/served as a fruit or vegetable include: <ul style="list-style-type: none"> ● Snack-type foods made from vegetables or fruits, such as potato chips, and banana chips; ● Pickle relish, jam, jelly; and ● Tomato catsup and chili sauce
Approved Beverages	<ul style="list-style-type: none"> ● Flavored or plain reduced fat (2%), low-fat (1%), skim/nonfat fluid milk meeting State and local standards for pasteurized fluid milk and/or USDA approved alternative dairy beverages³; ● 100% full-strength fruit and vegetable juices; and ● Water (non-flavored, non-sweetened, and non-carbonated)
Any Other Individual Food Sales/Service	<ul style="list-style-type: none"> ● Calories from total fat must be at or below 35%** , excluding nuts, seeds, and nut butters. This is determined by dividing the calories from total fat by the total calories and multiplying by 100. If calories from fat are not available, multiply the grams of fat by 9 to equal calories from fat. ● Calories from saturated fat must be at or below 10%. This is determined by dividing the calories from saturated fat by the total calories and multiplying by 100. If calories from saturated fat are not available, multiply grams of saturated fat by 9 to equal calories from saturated fat. ● Total sugar must be at or below 35%⁴ by weight. This is determined by dividing the grams of total sugar by the gram weight of the product and multiplying by 100. This includes both naturally occurring and added sugars. This limit does not include fruits and vegetables or flavored milk as defined above. ● Portion size for a la carte sales in the school cafeteria are not to exceed the serving size of the food served in the National School Lunch Program/School Breakfast Program; for vending sales the item package or container is not to exceed 200 calories.

² The above *Nutrition Standards* are criteria for sales/service of a la carte and/or vended items from the United States Department of Agriculture's *HealthierUS School Challenge*. Please be aware that these criteria are only meant to apply to individually sold foods and that foods sold as part of a reimbursable school meal may not necessarily meet these criteria although menus meet the nutrition standards set by the U.S. Department of Agriculture for school meals. Local policy makers may wish to modify the standards but should be aware that this may make schools ineligible to meet the criteria for the *HealthierUS School Challenge*.

³ There are no USDA approved alternative dairy beverages at this time. Public Law 108-265 (Child Nutrition Program Reauthorization) authorizes the Secretary of Agriculture to establish nutritionally equivalent non-dairy beverages by July 1, 2005. Please check with the Illinois State Board of Education for clarification.

⁴ The Dietary Guidelines for Americans 2005 recommend a total fat intake of 20 to 35% for school-age children

Attachment B: Healthy Food and Beverage Options

Healthy Food and Beverage Options for School Functions*

At any school function (parties, celebrations, meetings, etc.)—Healthy food options should be made available to promote student, staff and community wellness. Examples of nutritious food and beverages that are consistent with the Dietary Guidelines for Americans are listed below.

- Raw vegetable sticks/slices with low-fat dressing or yogurt dip
- Fresh fruit wedges – cantaloupe, honey dew, watermelon, pineapple, oranges, tangelos, etc.
- Sliced fruit – nectarines, peaches, kiwi, star fruit, plums, pears, mangos, apples, etc.
- Fruit salad
- Cereal and low-fat milk
- 100% fruit or vegetable juice
- Frozen fruit pops with fruit juice or fruit as the first ingredient
- Dried fruits – raisins, cranberries, apples, apricots
- Single serving applesauce or canned fruit in juice
- Fruit smoothies made with fat-free or low-fat milk
- Lean meats and reduced fat cheese sandwiches (use light or reduced fat mayonnaise in chicken/tuna salads)
- Pretzels or reduced fat crackers
- Baked chips with salsa or low-fat dip (Ranch, onion, bean, etc.)
- Low-fat muffins (small or mini), granola bars and cookies (graham crackers, fig bars)
- Mini bagels with whipped light or fat-free cream cheese
- Fat-free or low-fat flavored yogurt & fruit parfaits
- Fat-free or low-fat pudding cups

*This list is not all inclusive and is meant only to provide parents and school staff with guidance for healthier food and beverage choices. Not all food and beverage items on this list will necessarily meet district nutrient standards (Attachment A) as items vary in sugar, fat and calorie content from brand to brand. However, all of the items in the list are believed to be consistent with the intent of the wellness policy to promote student health and reduce childhood obesity.

Attachment C: Classroom Rewards

Classroom Rewards

- Going first
- Verbal praise
- Sit by friends
- Teaching the class
- Helping the teacher
- Enjoy class outdoors
- A field trip for the class
- Choosing a class activity
- Walk with a teacher during lunch
- Eat lunch outdoors with the class
- Eat lunch with a teacher or principal
- Extra credit or class participation points
- Taking care of the class animal for a day
- Have lunch or breakfast in the classroom
- A photo recognition board in a prominent location in the school
- A note from the teacher to the student commending his or her achievement
- A phone call, email, or letter sent home to parents or guardians commending a child's accomplishment
- Recognition of a child's achievement on the school-wide morning announcements or school website
- Ribbon, certificate in recognition of achievement or a sticker with an affirming message (e.g. "Great job")
- Take a trip to the treasure box (filled with: stickers, temporary tattoos, pencils, pens, highlighters, sidewalk chalk, notepads, erasers, bookmarks, etc.)