Local Wellness Policy

LISLE 202
COMMUNITY UNIT SCHOOL DISTRICT

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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 public to participate in Local Wellness Policy processes. The following methods of communication will be utilized to notify the public of the opportunity to participate in these processes:

- District Website
- Newsletter
- Email Communications to Parents

Assessments

Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three years. Lisle Community Unit School District 202 shall conduct assessments of the Local Wellness Policy every three years, beginning in 2015 and occurring every three years to:

- 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

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 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.

- There are three age-appropriate menus offered to students.
- The nutritional allowance by the State are calorie-based for the 5 component meals. (State analysis approved.)
- Pizza is served 1-2 days a week.
- The snacks used based on a nutrition calculator.
- There are no snacks served at the elementary level.
- Gatorade must now be G2, not the original Gatorade.
- Vegetables and fruit are offered each day.
- Diet beverages are served at the high school.
- 10% fruit juices and water are served at all buildings.

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.

- Elementary schools do not let outside food into the buildings and no food for parties.

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:

- All schools use different types of non-food rewards but also use food rewards.
- Lisle Jr. High School offer ice cream/donuts for Citizenship Day each quarter.

Fundraisers

Policy 6:50 School Wellness-Exempted Fundraising Day (EFD) Requests

All food and beverages sold to students on the school campuses of participating schools during the school day must comply with the "general nutrition standards for competitive foods" specified in federal law.

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:

- 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 and 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 are promoted.

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:

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

- Students in grades PreK-2 receive nutrition education through participation in related activities and in a standards-based health education curriculum, consistent with Illinois Learning Standards for Physical Development and Health state standards/guidelines/framework. School Wellness/Nutrition is now within the Physical Education State Standards.
- Nutrition education is integrated into the standards-based lesson plans of other subjects.
- A combination of classroom instruction, nutrition education in the cafeteria, enjoyable interactive activities, field trips or assemblies provides nutrition education for each student.
- Staff providing nutrition education complete nutrition education in-service training per school year.
- Physical Education in grades K-5-lessons continue to emphasize good health and eating habits within activities and games.
- Elementary physical education faculty encourages good eating habits and general education teachers/school nurses integrate nutrition into the general education curriculum.
- Staff who teach Health or Nutrition attend health conferences and County Institute Days. Nurses attend nutrition related conferences/workshops.
- Health Education is a required curriculum for all high school students in 10th grade and must pass Health class to graduate. Nutrition is emphasized in all Health classes.
- Lisle 202 participates in *Forward* through DuPage County Health Department. Nurses collect data from students' physicals and send students' height, weight, students' body mass index data in grades kindergarten, sixth, and ninth grades. The district receives school reports for each academic school year in comparison to participating schools in DuPage County and the United States.

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:

- District Website
- Bulletin Board by Cafeteria
- Email to Parents

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:

- We currently do not have a Farm to School Nutrition Program.
- The Lisle Jr. High School introduced a Farm to Garden Initiative – "Growing Pride" program. The school garden will become integral in providing practical, hands on learning to students about food,

nutrition, health, science, sustainability and nature. All 6th through 8th grade students will have the opportunity to participate hands-on interdisciplinary classrooms.

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:

- Students in grades PK-12 participate in daily standards-based physical education aligned with Illinois Learning Standards for Physical Development and Health and is coordinated within a comprehensive health education curriculum by state certified staff that regularly participates in continuing education.

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:

- Lunch recess

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

- Physical activities are available to students through a range of before and after school programs. The physical education program actively engages families as partners in providing physical activity beyond the school day.
- Extended periods of inactivity are limited during the school day and students get activity break during long periods of inactivity.
- Community partnerships provide students with additional opportunities to be active.
- The school's physical activity facility is available to the community and students outside the normal school day.

Physical Activity Promotion

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

- At the elementary levels, students participate in Physical Education three times a week for 30 minutes and five times a week for 20-minute recess. Elementary students participate in daily-supervised recess 20 minutes per day, 5 days a week.
- At Lisle High School and Lisle Jr. High, daily physical education is scheduled. Both levels participate in Physical Education 44 minutes, five times per week.
- Students' grades 6-12 are involved in other extracurricular sports and activities during the course of the year.
- In grades, K-2 Physical Education added a fitness day on Wednesday to include cardio activities, jump rope, ¼ or ½-mile run or running games.
- In grades 5, 7, and 10 Physical Fitness Testing requirements are reported to the Illinois State Board of Education for the following four components: Grades 4-12-Aerobic Capacity; Grades 3-12-Muscular Strength; Muscular Endurance and Flexibility. (Alternative Brockport assessment for accommodating students with significant disabilities)
- Lisle High School students participate in the Learning to Breathe program. The Learning to Breathe program meets every Wednesday, twice per month. The students focus on attention of emotions. They participate in mindful activities, dealing with stress, acknowledging stress, and learning how to deal with these emotions.
- Lisle Jr. High's Physical Education has incorporated mindfulness into their classes.

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:

- Before and after school day care provided by the Lisle Park District where students do homework, a healthy snack is available, and get to play in the gym and outside playgrounds.
- The Lisle Park District offers many extracurricular activities before and after school and on weekends; i.e., soccer, basketball, baseball, softball, dance, ballet, etc. Many students also participate in travel sports programs. The facilities are used for authorized school activities and the Lisle Park District Programs.

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

- Healthy Eating information posted on the video board in the junior high and high school commons areas.
- Schools will foster the positive between sound nutrition, physical activity, and the capacity of students to develop and learn.
- A Running Club held in the fall at the elementary level for students in 3rd-5th grades in preparation of the Lisle Park District Scarecrow Scramble.