

Grant CHSD 124



Local Wellness Policy

Table of Contents

Preface.....	3-4
Wellness Policy Committee.....	5
Wellness Policy Leadership.....	5
Wellness Policy Committee Members.....	5-6
Wellness Policy Committee Responsibilities.....	7
Public Involvement.....	7
Assessments.....	7
Updates.....	8
Records.....	8
Nutrition.....	9
Nutrition Standards.....	9
Nutrition Education.....	11
Nutrition Promotion.....	12
Marketing.....	13-14
Physical Activity.....	15
Physical Education.....	15-16
Other Opportunities for Physical Activity.....	16
Physical Activity Promotion.....	17-18
Other School-Based Activities.....	19

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.

Grant Community High School (hereto referred to as the District) is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks.^{1,2,3,4,5+5+7} Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students.⁸⁺⁹⁺¹⁰ In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities - do better academically.^{11+12+13,14} Finally, there is evidence that adequate hydration is associated with better cognitive performance.^{15,16,17}

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day - both through reimbursable school meals and other foods available throughout the school campus in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;



- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff and schools in the District. Specific measurable goals and outcomes are identified within each section below.

1. The District will coordinate the wellness policy with other aspects of school management, including the District's School Improvement Plan, when appropriate.
2. The District also include any relevant data or statistics from state or local sources supporting the need for establishing and achieving the goals in this policy.



Wellness Policy Committee

Wellness Policy Leadership

The Principal will convene the District Wellness Committee (hereto referred to as DWC) and facilitate development of and updates to the wellness policy, and will ensure each school's compliance with the policy.

The designated official for oversight:

Beth Reich, CSBO

breich@grantbulldogs.org and 847.587.2561, ext 3402

Wellness Policy Committee Members

The District will convene a representative DWC that meets at least one(1) times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy (heretofore referred as "wellness policy").

The DWC membership will represent Grant Community High School and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; health education teachers; school health professionals (e.g., health education teachers, school health services staff [e.g., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services], and mental health and social services staff [e.g., school counselors, psychologists, social workers, or psychiatrists]; school administrators (e.g., superintendent, principal, vice principal), school board members; health professionals (e.g., dietitians, doctors, nurses, dentists); and the general public. When possible, membership will also include Supplemental Nutrition Assistance Program Education coordinators (SNAP-EDEDSNAP Ed).

The names, titles, and contact information of these individuals on the DWC:

Blair Schoell, Principal

Contact: bschoell@grantbulldogs.org

Nate Miller, Assistant Principal

Contact: nmiller@grantbulldogs.org

Jill Schroeder, School Counselor

Contact: jschroeder@grantbulldogs.org



Dawn Kalk, Social Worker

Contact: dkalk@grantbulldogs.org

Cheryl Bengston, School Nurse

Contact: cbengston@grantbulldogs.org

Patti Bergl, Director of Food Service

Contact: pbergl@grantbulldogs.org

Chef Melissa VanLue, Quest Food Services

Contact: mvanlue@grantbulldogs.org

Lily Wu, Accounting and Fiscal Coordinator

Contact: lwu@grantbulldogs.org

Principal's Advisory Council

Student Representative to the Board of Education



Wellness Policy Committee Responsibilities

Public Involvement

The District is committed to being responsive to community input, which begins with awareness of the wellness policy. The District permits and encourages public involvement in Local Wellness Policy development, implementation, updates, and reviews. Therefore, the District shall invite a variety of stakeholders within the general public to participate in Local Wellness Policy processes. The District will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The District will use electronic mechanisms, such as email or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The District will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district and individual schools are communicating important school information with parents.

The following methods of communication will be utilized to notify the general public of the opportunity to participate in these processes:

- Emails
- Displaying notices on District's Website
- Presentations to student groups such as the superintendent council and principal's advisory council.

Assessments

The District maintains a plan for implementation, through the Alliance for Healthier Generations Healthy Schools Program, to manage and coordinate the execution of the District's wellness policy. Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three(3) years. The District shall conduct assessments of the Local Wellness Policy every three(3) years, beginning in 2019 the first year the District completed the assessment requirement set forth under the Healthy, Hunger-Free Kids Act of 2010 and occurring every three(3) years thereafter. These assessments will:

- Ensure the wellness policy is in compliance with USDA, State, and Local rules and regulations
- The extent to which the District's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy
- Measure the progress made in achieving the goals as outlined in the District's wellness policy



Updates

The DWC will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

The District shall make the following available to the public:

- The Local Wellness Policy, including any updates to the policy, on a yearly basis
- Annually the District will publicize the name and contact information of the District school officials leading and coordinating the committee
- The triennial assessment, including progress toward meeting the goals outlined in the wellness policy

Through the following channels:

- Grant CHSD website <https://www.grantbulldogs.org/families/food-services/grant-community-high-school-district-124-school-wellness-policy>

Records

The District shall maintain records of the Local Wellness Policy in the Principal's office. 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.

Our District is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams trans-fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

The District participates in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP). The District also operates additional nutrition-related programs and activities including sustaining/expanding the school garden and nutrition education within the 9th grade Health Education Curriculum. The District is committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children; Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals **that meet USDA nutrition standards.**)



- Promote healthy food and beverage choices using at least ten of the following Smarter Lunchroom techniques:
 1. Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans).
 2. Sliced or cut fruit is available daily.
 3. Daily fruit options are displayed in a location in the line of sight and reach of students. Daily vegetable options are bundled into all grab-and-go meals available to students.
 4. All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
 5. White milk is placed in front of other beverages in all coolers.
 6. Alternative entree options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas.
 7. A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.) except at the Dawg Bowl and Dawg House.
 8. Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas.
 9. Student artwork is displayed in the service and/or dining areas fosters a sense of pride and belonging.
 10. Daily announcements are used to promote and market menu options.

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.

The District is committed to ensuring that all foods and beverages available to students on the *school campus*⁹¹ during the *school day*⁹¹ support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at: <https://www.fns.usda.gov/tn/guide-smart-snacks-school> The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at <https://foodplanner.healthiergeneration.org/>

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all



services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores and snack or food carts.

Other Foods and Beverages

GCHS is working towards the goal that all foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards.

Fundraisers

The District is does not have fundraisers promoting food and/or beverage items during the school day.

Nutrition Education

In accordance with the Illinois Learning Standards, the District will meet all Illinois requirements and standards for Health Education. The District will teach, model, encourage and support healthy eating by all students. The District will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, other school foods and nutrition-related community services;
- Teaches media literacy with an emphasis on food and beverage marketing;
- All health education teachers will provide opportunities for students to practice or rehearse the skills taught through the health education curricula

The District will 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 as follows:

- Relationships between healthy eating and personal health and disease prevention
- Food guidance from MyPlate
- Reading and using FDA's nutrition fact labels
- Eating a variety of foods every day, balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans*-fat.
- Choosing foods and beverages with little added sugars



- Eating more calcium-rich foods
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- The Dietary Guidelines for Americans
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers and culture

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

- Strength and Conditioning class teachers frequently discuss nutrition with their students and the impact it has on their preparation for exercise and their recovery from exercise. Three(3) times a week for 50 minutes, the classes also provide nutritional education through in-class videos presented on video screens throughout the weight room.
- Health teachers instruct directly about nutrition during their class for five clock hours (five days/one week). They return to these themes throughout the other units of instruction and discuss nutrition as it is associated with mental health, stress, coping mechanisms, and health-related diseases impacted by nutrition choices. This adds approximately 3-5 hours of further instruction throughout the semester.
- Personal Fitness and Nutrition teachers instruct about nutrition for about ten hours total - two days per week for four to five weeks during the semester-long class.

Nutrition Promotion

Nutrition promotion and education positively influences lifelong eating behaviors by using evidence-based techniques and nutrition messages, and creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. The District is currently working to create the environment so that students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. The District also strives to increase nutrition promotion that includes the marketing and advertising of nutritious foods and beverages to students. The district recognizes that this is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.



The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- The creation of an internship for digital marketing focused on the marketing and advertising of nutritious foods and beverages to students.
- Implementing at least ten or more evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques; and
- Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards. Additional promotion techniques that the District and individual schools may use are available at <https://foodplanner.healthiergeneration.org/>

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

- School website
- Cafeteria Postings

Food loss and waste continue to be an issue facing the nation's food supply. In order 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:

- The District has bins on a cart outside of the food lines. After breakfast and lunch, students can drop food they will not consume into the bins and other students can take those items.

Marketing

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health and physical activity. These efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the *school campus*⁹¹, consistent with the District's wellness policy.



Any foods and beverages marketed or promoted to students on the *school campus*^{9l} during the *school day*^{9l} will meet or exceed the USDA Smart Snacks in School nutrition standards.

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product.¹⁵ This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards (Note: immediate replacement of these items are not required; however, districts will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is financially possible over time so that items are in compliance with the marketing policy.)
- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by the District.
- Advertisements in school publications or school mailings.
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

As the District, school nutrition services, Athletics Department, Bulldog Boosters reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the District wellness policy.



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.

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components:

- quality physical education as the foundation;
- physical activity before, during and after school;
- staff involvement and family and community engagement and
- the district is committed to providing these opportunities.

Schools will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection). The District plans to participate in *Let's Move! Active Schools* (www.letsmoveschools.org) in order to successfully address all CSPAP areas.

Physical activity during the school day (including but not limited to classroom physical activity breaks or physical education) **will not be withheld** as punishment for any reason.

To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

Physical Education

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. The curriculum will support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All District secondary students are required to take physical education throughout all secondary school years (meets Healthy Schools Gold-level criteria).

The District physical education program will promote student physical fitness through individualized fitness and activity assessments via the Presidential Youth Fitness Program and will use criterion-based reporting for each student.



All physical education classes in District are taught by licensed teachers who are certified or endorsed to teach physical education (meets Healthy Schools Program Gold-level criteria).

Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions (meets Healthy Schools Program Silver-level criteria).

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:

- **Physical Education 9** (offered to grade 9; 5 days per week or 4 hours and 10 minutes of class time per week)
- **Introduction to Team Sports** (offered to grades 10 & 11; 5 days per week or 4 hours 10 minutes of class time per week)
- **Intro to Strength and Conditioning** (offered to grades 9, 10 & 11; 5 days per week or 4 hours 10 minutes of class time per week)
- **Introduction to Advanced Health** (offered to grades 10 & 11; 3 days per week or 2 hours 30 minutes of class time per week)
- **Introduction to Lifestyle Fitness** (offered to grades 10 & 11; 5 days per week or 4 hours 10 minutes of class time per week)
- **Advanced Lifestyle Fitness** (offered to grades 10 & 11; 5 days per week or 4 hours 10 minutes of class time per week)
- **Advanced Strength and Conditioning** (offered to grades 10, 11, & 12); 5 days per week or 4 hours 10 minutes of class time per week)
- **Advanced Team Sports** (offered to grades 11 & 12; 5 days per week or 4 hours 10 minutes of class time per week)
- **Personal Fitness and Nutrition** (offered to grades 11 & 12; 3 days per week or 2 hours 30 minutes of class time per week)
- **Advanced Health** (offered to grades 11 & 12; 3 days per week or 2 hours 30 minutes of class time per week)
- **Integrated Physical Education** (offered to grade 9, 10, 11, & 12; 5 days per week or 4 hours and 10 minutes of class time per 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:

1. **Classroom Physical Activity Breaks /Active Academics**

- The District is working to provide resources and links to resources, tools, and technology with ideas for classroom physical activity



breaks. Resources and ideas are available through USDA and the Alliance for a Healthier Generation.

2. Before and After School Activities

- The District offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. The District will encourage students to be physically active before and after school by offering a wide range of sports teams and active clubs, as well as intramurals and open weight room hours in the mornings

3. Active Transport

- The District will support active transport to and from school, such as walking or biking. The District will encourage this behavior by engaging in the activities below; including but not limited to:
 1. Designate safe or preferred routes to school
 2. Secure storage facilities for bicycles and helmets (e.g., shed, cage, fenced area)
Use crossing guards
 3. Use crosswalks on streets leading to schools

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

- Special Olympic, Marching Band, Bowling, Baseball, Basketball, Cheerleading, Cross Country, Football, Golf, Soccer, Softball, Tennis, Track, Volleyball, Wrestling, Bass Fishing, Dance, Badminton, Lacrosse, Table Tennis, and Flag Football.

Physical Activity Promotion

The district will require high school students to take and pass at least one health education course. The District will include in the health education curriculum a minimum of 12 hours on the following essential topics on physical activity:

- The physical, psychological, or social benefits of physical activity, and how physical activity can contribute to a healthy weight.
- How physical activity can contribute to the academic learning process, and how an inactive lifestyle contributes to chronic disease.
- Learn about health-related fitness specifically cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition.
- Learn differences between physical activity, exercise and fitness.
- Understand phases of an exercise session, for example warm up, workout and cool down.
- How to overcome barriers to physical activity.
- Learn about the importance of decreasing sedentary activities, such as TV watching.



- Learn how to find opportunities for physical activity in the community, and preventing injury during physical activity
- Learn about weather-related safety, for example, avoiding heat stroke, hypothermia and sunburn while being physically active.
- Understanding how much physical activity is enough, specifically, determining frequency, intensity, time and type of physical activity.
- Developing an individualized physical activity and fitness plan.
- Monitoring progress toward reaching goals in an individualized physical activity plan. Learn about the dangers of using performance-enhancing drugs, such as steroids.
- Understand social influences on physical activity, including media, family, peers and culture.
- Learn how to find valid information or services related to physical activity and fitness; how to influence, support, or advocate for others to engage in physical activity; and how to resist peer pressure that discourages physical activity.



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 District commits to making additional wellness-based activities available to all students beyond the cafeteria and gymnasium.

The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the DWC.

All school-sponsored events will adhere to the wellness policy guidelines. All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

The District offers 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:

- An Annual Wellness fair is offered during the school day and required attendance for all students.
- Our cafeteria has food sampling days of different options once a month.
- The cafeteria also celebrates National school breakfast and lunch weeks with non-food giveaways and food samplings.

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

- Baking club is offered to students of all grades.
- Elyssa's Mission is a program presenting evidence-based SOS Signs of Suicide that is offered 3x a year during health class.
- National Alliance of Mental Illness(NAMI) partnership designed to expand resources and increase mental health education, awareness, and help-seeking opportunities.



Community Partnerships

The District will continue to develop and enhance relationships with community partners (e.g., hospitals, universities/colleges, local businesses, SNAP-Ed providers and coordinators, etc.) in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

Community Health Promotion and Family Engagement

The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

As described in the "Community Involvement, Outreach, and Communications" subsection, the District will use electronic mechanisms (e.g., email or displaying notices on the district's website), as well as non-electronic mechanisms, (e.g., newsletters, presentations to parents or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

Staff Wellness and Health Promotion

The District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors.

Professional Learning

When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help District staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.



Glossary:

Extended School Day - the time during, before and after school that includes activities such as clubs, intramural sports, band and choir practice, drama rehearsals and more.

School Campus - areas that are owned or leased by the school and used at any time for school related activities, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields and stadiums (e.g., on scoreboards, coolers, cups, and water bottles), or parking lots.

School Day- the time between midnight the night before to 30 minutes after the end of the instructional day.

Triennial - recurring every three years.



Footnotes:

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