

Argo Community High School District 217



Local Wellness Policy

Updated: January 20, 2026

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	3
Records	3
Nutrition	4
Nutrition Standards	4
Nutrition Education	5
Nutrition Promotion	5
Marketing	6
Physical Activity	7
Physical Education	7
Other Opportunities for Physical Activity	8
Physical Activity Promotion	8
Appendix	
Argo 217 Form to Request a School Sponsored Fundraiser	9
Approved Fundraising Dates	10

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 constructivist 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 Members

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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 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:

- The District will promote meeting dates and agendas through school communication channels such as student announcements, newsletter postings, social media, and website links.

Assessments

Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three years. Argo Community High School District 217 shall conduct assessments of the Local Wellness Policy every three (3) years, beginning in the 2021-2022 school year the District will complete 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
- 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:

- The District will use school communication channels including staff emails, newsletter articles, and website postings.

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.

The District goes beyond the basic meal requirements, and provides a salad bar, and serves fresh fruits and vegetables on most days to provide students with choices.

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.

Fundraisers

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. However, the LEA may participate in infrequently exempted fundraising days, in which food and beverage items do not meet Smart Snacks standards, as the LEA sees fit. These exempted fundraising days shall not exceed nine days within one year. The LEA shall comply with the following procedures when managing exempted fundraising days:

- Refer to Appendix Item #1 for the District's Form for Requesting a School Sponsored Fundraiser

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:

- Dietary Guidelines for Americans
- MyPlate
- Team Nutrition
- FoodMASTER

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

- Students receive nutrition education in health education classes, physical education classes, and basic information in science classes.

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:

- Menus and nutrition information will be shared through school communication channels including newsletter postings and website links.

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:

- The District will work with their Food Service Management Company to explore Farm to School activities that can be implemented by the District.

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 collects non-perishable canned goods, pastas, etc. in the School Spirit Store to help existing students. In addition, the teachers union organize a pledge drive annually to feed a number of local families on Thanksgiving Day.

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. At Argo 217, we offer a full class period each day of physical education. 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 are enrolled in Physical Education classes on a daily basis.

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:

- Students have the ability to select a physical activity during P.E. Resource afterschool on Tuesdays, Wednesdays, and Thursdays. This would include use of the wellness room.
- Weight room is open daily every day after school from 3:05PM to 4:30PM.
- The annual Turkey Trot is held every November to highlight physical wellness and community engagement.

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

- Athletic programs are listed on the school's website at: <https://schools.snap.app/Argo>

Physical Activity Promotion

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

- After-school Weight Room and Fitness Room accessibility; open gym events and on the school calendar.

Other School-Based Activities

Just as it takes a comprehensive curriculum to provide education to support students' futures, Argo Community High School District 217 wellness approach must also be comprehensive in its intent to provide students with the tools they need to live a healthy lifestyle. To further establish positive behaviors related to nutrition, physical activity, and health, Argo 217 commits to making additional wellness-based activities available to all students beyond the cafeteria and gymnasium. Freshman health class is one example of this opportunity.

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: **CHANGE NEEDED**

- The school hosts occasionally open gyms in the mornings/evenings.
- The following health, wellness, and/or nutrition clubs shall be offered to students each year:
 - <https://schools.snap.app/Argo>
 -
- Athletic Training Class – After school in the training room with Argo's athletics training team.
- Professional development for staff using virtual modules and in-person programs.

Mental Health & Social Emotional Activities

- Mental Health - The District implements school-wide Suicide Prevention Screening bi-annually to all freshman students.
- Parent Partnership educational opportunities with social service agencies, families, students, and staff to reflect on a variety of SEL topics.
- Equity Committee focused on identifying strategies to support social emotional needs of all stakeholders.

FUNDRAISER FORM – Argo Community High School FY2025-2026



❖ USDA considers a fundraiser to be an event that includes any activity during which currency/tokens/tickets of monetary value are exchanged for the sale/purchase of a product in support of a school or school-related activities, such as clubs, organizations, and classroom programs ❖ Fundraisers that occur on the school campus during the school day must meet Smart Snack Standards (unless they are exempt; see Exempted Fundraising Days below) EXEMPTED FUNDRAISING DAYS found on page 2 of this document. ❖ Smart Snacks guidelines allow a certain number of fundraisers each year that do not have to meet the nutrition standards ❖ Argo 217 can have up to nine exempted fundraising days per school year o Exempted fundraising days are prohibited for grades K-8 ❖ There is no limit on the number of organizations or clubs that may fundraise on an exempted fundraising day ❖ To have exempted fundraising days, schools must adopt their own policy outlining procedures to request exempted fundraisers, as well as the process to approve or deny a request o This policy must be included in the school’s local wellness policy o A list of exempted fundraising days held must be maintained for no less than three years.

Name of Organization/Club: _____

Contract information from Club Leader: _____

General description of the Fundraiser and Purpose:

Cost per item to Organization: _____ \$ _____

Quantity to be sold and at what price: _____

Expected Profit: _____ \$ _____

Proposed Fundraiser Date(s):* _____

Location and time of Fundraiser: _____

Approval Signature/Printed name of Admin:

*If selling food, are you requesting an exempted fundraising time (12:00AM – 3:30PM, during a school day) – Circle which date applies to your organization on page 2 of this document.

25-26 Cafeteria Fundraising Dates:

- Friday, August 29th
- Friday, September 19th
- Friday, October 31st (Halloween)
- Friday, November 21st
- Friday, December 12th
- Friday, January 16th
- Friday, February 13th
- Tuesday, March 17th (St. Patrick's Day)
- Friday, April 24th

24-25 Cafeteria Fundraising Dates:

- August 30th
- September 19th
- October 18th
- November 15th
- December 13th
- January 17th
- February 14th
- March 14th
- April 25th

23-24 Cafeteria Fundraising Dates: Jennifer to provide updated dates below

- September 29th
- October 31st
- November 17th
- December 15th
- January 26th
- February 13th
- February 14th