



Local Wellness Policy



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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

Leadership

Executive Director of Business Services
630-553-4382

Mike Guzaldo
mguzaldo@y115.org

Committee Members

Board Member

Leslie Smogor

District 115 Administrative Assistant

Cathy Anderson

District 115 Administrative Assistant

Trisha Arch

Dean, YHS

Joby Bodi

Athletic Director, YMS

Lauren Hoppensteadt

Principal, GRES

Michele Breyne

Principal, YGS

Melinda Hafenrichter

Principal, BBES

Dr. Katie Spallasso

Assistant Principal, CCGS

Tracy Anderson

Parent

Shawn Harris

Parent

Josie Tanksley

Food Service Vendor Representative

Tamara Castaneda

Wellness Policy Committee Responsibilities

Public Involvement

Yorkville CUSD 115 (District 115) permits and encourages public involvement in the development, implementation, updates, and reviews of its Local Wellness Policy. Therefore, District 115 shall invite a variety of stakeholders within the general public to participate in its Local Wellness Policy processes. The following methods of communication will be used to notify the general public of the opportunity to participate in these processes:

- District 115 website
- Parent-Teacher Organization Council (PTOC) meetings
- Citizens Advisory Council (CAC) meetings
- Food Service/Wellness Committee meetings

Assessments

Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three years. District 115 shall conduct assessments of the Local Wellness Policy every three years, at which District 115 intends to complete Local Wellness Policy assessments, beginning in 2019, 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 District 115's wellness policy to model wellness policies; and
- Measure the progress made in achieving the goals as outlined in District 115'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 District 115. District 115 shall make the following available to the public:

- The Local Wellness Policy, including any updates to the policy, on a yearly basis, and
- The triennial assessment, including progress toward meeting the goals outlined in the wellness policy, through the following channels:
 - District 115 website
 - District 115 newsletters
 - Food Service/Wellness committee meetings

Records

District 115 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, which will be made available to the public
- Reviews and revisions of the policy, including the individuals involved in this process, and the efforts made to notify stakeholders of their ability to participate in the process

Purpose

District 115 recognizes the important role that schools play in the development of children's lifelong health habits, their ability to learn, and their overall well-being. Schools can improve the health of students, not only by educating them about the importance of healthy behaviors, but also by implementing policies that promote those behaviors.

District 115 establishes the following Wellness Policy to promote the health and wellness of its students and staff, in addition to ensuring its schools comply with those standards established by federal and state law. Specifically, this policy requires all schools in District 115 to:

- Allow parents, students, representatives of the school food authority, physical education teachers, school health professionals, the District 115 Board of Education, school administrators, and the general public to participate in the development, implementation, review, and update of the school wellness policy.
- Establish nutrition guidelines that meet or exceed the United States Department of Agriculture's (USDA) school meal requirements and the nutrition standards for competitive foods and beverages.
- Create goals for nutrition promotion and education, physical activity, and physical education, and other activities that promote student and staff health. in line with ISBE requirements
- Adopt a plan to ensure that the policy is properly implemented, regularly assessed, and periodically updated.

Definitions

- School Campus ~ All areas of the property under the jurisdiction of the school that are accessible to students during the school day.
- School Day ~ The period of time from midnight before to 30 minutes after the end of the instructional school day.
- Competitive Foods and Beverages ~ Foods and beverages that are sold on campus, outside of the federal reimbursable school meals program, during the school day (e.g., in vending machines or school stores).
- Smart Snacks Standards ~ Nutritional standards, issued by the USDA, that set limits on the amount of calories, salt, sugar, and fat that are contained in competitive foods and beverages.

Nutrition

District 115 recognizes the important role that nutrition plays in students' academic performance, as well as the students' 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 by 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, District 115 commits to serving nutritious meals to its 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 of the classroom.

Nutrition Standards

Meals

All reimbursable meals served for the purposes of the National School Lunch Program (NSLP) meet the 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.

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. District 115 will prohibit the use of food as a reward or as part of a celebration, participation, or incentivizing behavior. 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. Non-food reward and celebration alternatives may include:

- Extra recess
- Eating lunch outdoors

- Going to the lunchroom first
- Reading outdoors
- Given school supplies (including, but not limited to):
 - Pencils
 - Pens
 - Erasers
 - Notepads/Notebooks
 - Boxes of Crayons
 - Stencils
 - Stamps
 - Rulers
- Listening to music while working
- Dancing to music

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., from midnight before to 30 minutes after the end of the school day) must meet Smart Snacks nutrition standards. However, District 115 may participate in infrequent exempted fundraising days, in which food and beverage items do not meet Smart Snacks standards, as District 115 sees fit. These exempted fundraising days shall not exceed nine days within one fiscal year. District 115 shall comply with the following procedures when managing exempted fundraising days:

- A school must receive permission to hold an exempt fundraising day from the District 115's Director of Business Services. The Director of Business Services will track exempted fundraising days by school to ensure that no school exceeds the nine exempted fundraising days per fiscal year.
- See Exempt Fundraising Days form attached
https://docs.google.com/document/d/1BKxG9sp4PQD_u5IUfdE8b92DVeHvMje15vOih_L8aPs/edit?usp=sharing

Nutrition Education

In accordance with the Illinois Learning Standards, District 115 shall meet all Illinois requirements and standards for Health Education. District 115 shall include nutrition education in the health education curriculum and integrate it into other core subjects, as appropriate. Various grade levels and curricula shall use nutrition education information, research, and materials from the Dietary Guidelines for Americans and MyPlate.

District 115 shall incorporate nutrition education into the following curricula for the following grade levels:

- Grades 1-3:
 - Identify habits that can affect health i.e., illness prevention, sleep habits, nutrition, and hygiene
- Grade 4-6:
 - Nutrition education is covered during a science unit, focusing on matching body systems to their major components (nervous, circulatory, digestive, skeletal, and respiratory).
- Grades 7-8:
 - Students will identify the healthful components of nutrition and explain how they affect the body.
- Grades 9-12:
 - Students will integrate healthy nutrition and exercise choices to reduce health risks.
 - Students will evaluate their own eating habits by analyzing the nutrients they consume.

Nutrition Promotion

District 115 shall implement nutrition promotion techniques through multiple channels, including the cafeteria, classroom, and home. District 115 shall:

- Exhibit posters, signs, or other displays on the school campus that promote healthy nutrition choices
- Encourage school staff to display and model healthy eating habits and physical activity choices to students (e.g., by eating healthy meals with students during meal times, consuming only healthy snacks, meals, and beverages in front of students during the school day, and sharing positive experiences with physical activity with students, etc.)

District 115 shall make cafeteria menus and nutrition information available through the following platforms:

- District 115 website
- District/School 115 nurse's office

The Smarter Lunchrooms Movement (movement) uses behavioral economics to positively influence food choices made by children. The evidence-based techniques implemented through the movement have been proven to increase children's consumption of nutritious foods. District 115 shall participate in the movement by using the Smarter Lunchrooms 60-point Scorecard and other educational and promotional tools. District 115 shall implement the following Smarter Lunchrooms techniques:

- At least two fruits are offered daily at multiple locations on District 115's food vendor service lines, with "Fruit of the Day" signage to encourage students to choose fruit with their meals.
- At least two vegetable options are available daily on all District 115's food vendor service lines. Hot and cold options are incorporated into food entrees monthly, while "Veggie of the Day" signage highlights a selection of healthy vegetables.
- Pre-packed salads and complete meals are offered to students daily.
- Posted signage in the cafeterias explains how to create a well-balanced and complete meal to students, as well as daily and weekly special offers.
- Display plates are used on all service lines to highlight entrees and demonstrate the contents of a full meal.
- Entrée, vegetable, and fruit sampling events are conducted once a year within the school cafeterias.
- Dining areas incorporate student and school spirit and activities.
- Cafeteria staff is encouraged to suggest that each student choose a vegetable or a fruit option in order to eat a well-balanced meal. They also utilize a customer service model, W.E.S.T. that stands for Welcome, Engage, Smile, and Thank.
- Menus and nutritional information are available online to students, staff, and parents.

Marketing

District 115 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., from 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, and other equipment. This policy does not require schools to immediately replace equipment that does not meet this requirement; however, District 115 shall implement these standards as equipment is 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 that 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. District 115 recognizes this connection and commits to promoting and providing opportunities for physical activity to its students during and outside the school day.

Physical Education

In accordance with the Illinois Learning Standards, District 115 shall meet all Illinois requirements and standards for Physical Education (PE). District 115 shall offer Physical Education classes as follows:

- Grades K- 6: 30 minutes a day, 5 days a week
- Grades 7-8: 42 minutes per day, five days a week
- Grades 9-12: 223 minutes a week of a fitness-based curriculum

Other Opportunities for Physical Activity

District 115 shall include additional physical activity opportunities, outside of physical education class, during the school day through the following:

- Grades k-5: recess is conducted for minimum 30 minutes daily
- Most classrooms take regular “brain breaks” throughout the day, and classrooms have occasional additional recess that can be earned

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

- Grades 5-6: intramurals for co-ed volleyball, co-ed cross country, co-ed soccer, boys basketball, and girls basketball
- Grades 7-8: the following sports/intramurals are offered for students throughout the school year

Boys:

- Football
- Basketball
- Soccer
- Wrestling

Girls:

- Volleyball
- Basketball
- Soccer
- Cheerleading

Co-Ed

- Cross Country
- Track & Field

Intramural:

- Tennis
- Bowling

Clubs:

- Yoga Club
- STEP Team

- Yorkville High School offers the following sports throughout the school year:

Boys:

- Baseball
- Basketball
- Bowling
- Cross Country
- Football
- Golf
- Soccer
- Swimming
- Tennis
- Track & Field
- Wrestling
- Volleyball

Girls:

- Basketball
- Bowling
- Cross Country
- Golf
- Poms
- Soccer
- Softball
- Swimming
- Tennis
- Track & Field
- Volleyball
- Flag Football
- Dance

Co-Ed:

- Cheerleading (Competitive)
- Step Team (Competitive)
- Marching Band

- Strength & Conditioning Program

Other School-Based Activities

Just as it takes a comprehensive curriculum to provide education to support students' futures, District 115'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, District 115 commits to making additional wellness-based activities available to all students beyond the cafeteria and gymnasium.

District 115 shall offer other school-based activities to support student health and wellness, including coordinated events, clubs, and intramurals. The following events shall be organized and promoted each year:

- Kids Heart Challenge (Formerly "Hoops/Jump Rope for Heart") - Not all buildings participate annually
- Field Day
- Fox Trot Fundraiser (GRES), Foxy Try-a-Thon Fundraiser (YIS), Cup Stacking/Food Drive (CCGS)
- Intramural Sports
- Various school fundraisers promoting fitness