Schiller Park SD 81



Local Wellness Policy

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..... 4
Records..... 4
Nutrition..... 5
Nutrition Standards..... 5
Nutrition Education..... 7
Nutrition Promotion..... 8
Marketing..... 9
Physical Activity..... 10
Physical Education.....10
Other Opportunities for Physical Activity.....10
Physical Activity Promotion.....10
Other School-Based Activities..... 12

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 Members

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Wellness Policy Committee Responsibilities

Public Involvement

Schiller Park School District 81 permits and encourages public involvement in Local Wellness Policy development, implementation, updates, and reviews. Therefore, Schiller Park School District 81 shall invite a variety of stakeholders within the general public to participate in Local Wellness Policy processes. The SD81.org website and Facebook page will be utilized to notify the general public of the opportunity to participate in these processes.

Schiller Park SD8 will ensure public involvement in the Local Wellness Policy process to promote transparency and inclusion. Therefore, Schiller Park School District 81 encourages the general public to be a part of the Wellness Policy Committee. Examples of the general public include parents, students, healthcare professionals, local farmers, and community leaders. Schiller Park School District 81 also encourages participation by members of the school community, including teachers, food service professionals, administrators, health professionals, and school board members. Responsibilities of Wellness Policy Committee members may include policy development, implementation, and review.

Assessments

Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three years. Schiller Park School District 81 shall conduct assessments of the Local Wellness Policy every 3 years, beginning in 2020 and occurring every 3 years thereafter. These assessments will:

- Ensure the wellness policy is in compliance with USDA, State, and Local rules and regulations
- Compare Schiller Park School District 81's wellness policy to model wellness policies
- Measure the progress made in achieving the goals as outlined in Schiller Park School District 81'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 Schiller Park School District 81. Schiller Park School District 81 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:

- Board of Education Policy Readings
- Board of Education Public Meetings
- SD81.org Website

Records

The Schiller Park School District 81 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 Schiller Park School District 81 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, Schiller Park School District 81 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.

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.

Other Foods and Beverages

The following policy refers to all foods and beverages provided, but not sold to students. Schiller Park School District 81 will prohibit food and beverage items that do not meet Smart Snacks nutrition standards for reward and celebration purposes. More than 25 percent of children's daily calories may come from snacks, therefore, providing Smart Snacks allows for a more nutrient-dense calorie intake.

Fundraisers

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.

Nutrition Education

In accordance with the Illinois Learning Standards, Schiller Park School District 81 shall meet all Illinois requirements and National Health Education standards for Health Education. Schiller Park School District 81 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:

- Nemours Teens/Kids Health (teenshealth.org/en/teens/)
- KidsHealth in the Classroom (classroom.kidshealth.org/classroom/index.jsp?Grade=0&Section=welcome)

Schiller Park School District 81 shall incorporate nutrition education into the following curriculums for the following grade levels:

- Lincoln – Health/Nutrition (9 weeks), Nutrition Education included in weekly PE instruction.
- Kennedy/Washington - Nutrition Education included in weekly PE instruction.

Nutrition Promotion

Schiller Park School District 81 shall implement nutrition promotion techniques through multiple channels, including the cafeteria, classroom, and home.

Schiller Park School District 81 shall make cafeteria menus and nutrition information available through the SD81.org Website.

Food loss and waste continue to be an issue facing the nation's food supply. In order to prevent food waste, Schiller Park School District 81 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, Schiller Park School District 81 will continue to provide food to students in need beyond the meals provided through the USDA School Nutrition Programs. Therefore, Schiller Park School District 81 shall follow the established food sharing plan, in accordance with Public Act 102-0359, consistent with the Richard B. Russell National School Lunch Act, as well as accompanying USDA guidance on the Food Donation Program, in addition to following applicable federal and state regulations and sanitation codes:

- Implement share tables. "Share tables" are tables or stations where children may return whole food or beverage items they choose not to eat, if it is in compliance with local and state health and food safety codes. These food and beverage items are then available to other children who may want additional servings.

Marketing

Schiller Park School District 81 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, Schiller Park School District 81 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. Schiller Park School District 81 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, Schiller Park School District 81 shall meet all Illinois requirements and standards for Physical Education. Schiller Park School District 81 shall offer Physical Education class as follows:

Elementary - Students learn, develop, and apply skills needed for participation in personal fitness and activities that contribute to a healthy lifestyle. Grade level Physical Education/Health content includes: Fundamental gross motor skills, movement, and spatial awareness. Health and fitness.

- Kennedy - 4 days a week, 30 minutes each
- Washington – 4 days a week, 30 minutes each

Middle School - Physical Education plays a major role in a student's overall educational experience. All students are required to participate in grade level Physical Education/Health.

- Lincoln – 5 days a week, 45 minutes each. (Physical Education 27 weeks / Health 9 weeks)

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:

- Kennedy – Recess 5 days a week, 20 minutes each
- Washington – Recess 5 days a week, 20 minutes each
- Transitions between class for Lincoln Middle School students
- Lincoln Middle School Intramurals
- Movement breaks - as needed

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

- Lincoln – Basketball, Softball, Baseball, Soccer, Volleyball, Cheerleading, Intramurals, Cross Country

Physical Activity Promotion

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

- Kennedy - Jump Rope for Heart Challenge
- Washington – Jump Rope for Heart Challenge

Other School-Based Activities

Just as it takes a comprehensive curriculum to provide education to support students' futures, Schiller Park School District 81's 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, Schiller Park School District 81 commits to making additional wellness-based activities available to all students beyond the cafeteria and gymnasium.

Schiller Park School District 81's 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:

- Screen-Free Week
- Lincoln – PE Marathon

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

- Washington – Yoga Club