

**RIVER BEND CUSD #2 WELLNESS POLICY****RATIONALE**

Congress passed the Child Nutrition and WIC Reauthorization Act of 2004 on June 30, 2004. Recognizing the role schools can play in health promotion; this law requires local education agencies participating in a program authorized by the National School Lunch Act or the Child Nutrition Act of 1966 to develop a local wellness policy. The objectives of the wellness policy are to improve the school nutrition environment, promote student health, and reduce childhood obesity. In addition, Public Act 094-0199 amends the Illinois School Code, requiring the Illinois State Board of Education to establish a state goal that all districts have a wellness policy.

- Well planned and well implemented wellness programs in schools have been shown to positively influence children's health since this is where children consume nearly 40% of their daily calories (Healthy Schools Campaign).
- Early warning: For the first time in history, children's life spans are predicted to be less than their parents because of inactivity and obesity-related illnesses (American Heart Association).
- Today about 16 percent of all children and teens in the United States are overweight, about four times as many as in 1965 (American Heart Association).
- 79% of children ages 7-12 have a diet that needs improvement (America's Children: Key National Indicators of Well-Being, 2003).

The link between nutrition and learning is well-documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating is demonstrably linked to reduced risk for mortality and development of many chronic diseases.

- Students who skip breakfast demonstrate lower levels of concentration and lower test scores than children who eat breakfast, Action for Healthy Kids, 2003. Action for Healthy Kids is a national organization dedicated to addressing the epidemic of overweight, undernourished, and sedentary youth by focusing on changes in schools.
- Children's potential for school success and overall quality of life is directly linked to health and fitness. Only 2% of school-aged children consume the recommended daily number of servings from all five major food groups. Nearly half of elementary students eat NO fruit on a given day and three out of 10 students eat less than one serving of vegetables a day, and that vegetable is often potatoes (Healthy Schools Campaign). The Illinois Department of Agriculture and ISBE administer a grant program with the intent of reducing obesity and improving nutrition and public health, as well as strengthening local agricultural economies by increasing access to and promoting the consumption of locally grown fruits and vegetables in schools and increasing physical activities and programs that promote pupil wellness.
- Children with inadequate nutrition demonstrate lower test scores. Only 30% of school-aged children consume the suggested amount of milk. Teenagers drink twice as much carbonated soda as milk (Action for Healthy Kids, 2003).

According to the U.S. Surgeon General, regular physical activity is one of the most important things people can do to maintain and improve their physical health, mental health, and overall well-being. Regular physical activity reduces the risk of premature death in general and of heart disease, high blood pressure, colon cancer, and diabetes. (Action for Healthy Kids, 2005)

- Nearly 200 studies on the effect of exercise on cognitive functioning suggest that physical activity supports learning (Action for Healthy Kids, 2005).
- One-third of children (33%) watch TV at least three hours a day (Roberts et. Al. Kaiser Family Foundation, 2004).
- Fewer than 25% of American children get at least 30 minutes of *any type* of physical activity every day (Healthy Schools Campaign).
- Students participating in daily physical education exhibit better attendance and achievement, a more positive attitude, and superior academic performance (Action for Healthy Kids, 2005).

### **PHYSICAL ACTIVITY**

- Unless otherwise exempted, the amount of physical education per week is as follows:
  - Elementary students will receive an average of 60 to 100 minutes.
  - Intermediate students will receive an average of 60 to 240 minutes
  - High School students will receive an average of 80 to 215 minutes per week or within a block schedule format.
- Physical education curriculum will include:
  - Exposure to a wide range of physical activity that teach skills to help maintain lifelong health and fitness;
  - Curriculum components will include instruction of individual activities and competitive and non-competitive group activities;
  - Curriculum will include Physical Education units for students consistent with national standards for Physical Education and focus on students' development of motor skills, movement forms, and health-related fitness
- Developmentally appropriate physical fitness assessments will be given in grades K-12 annually.
- The curriculum will be consistent with and incorporate relevant Illinois Learning standards for Physical Development and Health as established by the Illinois State Board of Education (ISBE) including:
  - Physical fitness assessment scores
  - Individual student's goals will be provided with opportunities for physical movement in and out of classrooms during the school day.

### **NUTRITION EDUCATION**

- Every child K-9<sup>th</sup> grade will receive age appropriate nutrition education during the school year.
- High School students 10-12<sup>th</sup> grades will have course options available that address areas of nutrition education.
- Nutrition education will include one or more of the following:

Elementary	Intermediate	High School
Accepting body size difference	Dietary Guidelines for Americans	Dietary Guidelines for Americans
Balancing food intake and activity	Eating disorders	Eating disorders
Benefits of healthy eating	Healthy weight control	Healthy weight control
Eating more fruits, vegetables, whole grains and calcium rich dairy foods	Understanding influence on food choices	Understanding influences on food choices
Following food safety practices		
My Plate Guide or My Pyramid		
Making healthy food choices for meals and snacks		
Using food labels		

- Optional items for discussion are encouraged and may include the following:
  - Nutritional knowledge, including the benefits of healthy eating, essential nutrients, the benefits of healthy weight management, the use and misuse of dietary supplements and safe food preparation;
  - Nutrition related skills, including planning a healthy meal, understanding and using food labels, and critically evaluating nutrition information, misinformation and commercial food advertising; and
  - How to assess one's personal eating habits, set goals for improvement and achieve those goals.
- Food service program shall model the Dietary Guidelines for Americans and coincide with nutrition instruction.
- Food service staff shall also work closely with those responsible for the other components of the school health program to achieve common goals.
- ISBE 23 Ill. Admin. Code 305.15 junk food rule limits the types and amounts of food and beverages that may be sold to students in grades 8 or below before school or during the regular school day in any school that participates in the School Breakfast Program or the National School Lunch program. The Board may place additional limitations on the sale of minimally nutritious or junk food.

### **FOOD SERVICE SALES**

**Food sales in all school buildings include all food items sold by school staff, in student stores, through fundraising, ala carte lines, and vending machines that occur during the school day must meet the following nutrition and portion size guidelines. Fundraisers that include food items that do not meet the nutritional guidelines of this policy are allowed after the end of the instructional day.**

#### **Food Service**

- Reimbursable school meals served shall meet, at a minimum, the nutrition requirements and regulation for the National School Lunch Program and School Breakfast Program. Unpaid meal charges are addressed in Board Policy 4:130.
- Vending sales will not be permitted in elementary schools.
- During the school day, sales of food items that meet the nutritional guidelines as stated in this policy are only allowed in locations other than the area where federal meal programs operate.
- Beverage sales are limited to beverages containing less than or equal to 15 grams of sugar per serving.
  - 100% fruit juice is allowed with maximum portion size 16.9 ounces

- Electrolyte replacement beverages may not contain more than 20 grams of added sweetener per 8 ounce serving and may not exceed 16.9 ounces.
- Non-fat and 1% flavored milk with greater than 15 grams of added sugar per serving are allowed as long as the portion size does not exceed 16 ounces.
- Sugar content of foods must be less than or equal to 15 grams per serving (not including fresh, dried or frozen fruits or vegetables or dairy products other than milk).
- Foods will have no more than 40% of its total calories derived from fat, and no more than 10% of its calories derived from saturated fat.
- Nuts and seeds with minimal added fat in processing (no more than 3 grams of fat per 1.75 ounce or less package size) are exempt from these standards because they are nutrient dense and contain high levels of monounsaturated fat.
- Current contracts will be brought to compliance upon renewal.

### **Food Service Programs and Ala Carte Sales**

- Fruits and vegetables should be offered daily at all points of service. Fruits and vegetables should be fresh whenever possible.
- Food pricing strategies shall be designed to encourage students to purchase nutritious items.
- Advertising messages should be consistent with and reinforce the objectives of the educational and nutrition goals of the school.
- School menus to be approved by the district Cafeteria Manager.

**Exemptions include food items as part of the reimbursable school meal programs and food sales that occur after the end of the school day.**

### **FUNDRAISING PROJECTS**

- During the school day starting at 12:01 am, fundraisers that include food items that do not meet the nutritional guidelines of this policy are allowed after the end of the instruction day.
- Non-food fundraisers are encouraged.

### **CLASSROOMS**

- Daily student snacks are encouraged to be one of the following: graham crackers, pretzels, popcorn, fruit, vegetables, or dry cereal.
- Food used as awards, rewards or incentives is strongly discouraged.
- During the school day, adult staff is strongly encouraged to model the Wellness Guidelines for students.
- The Wellness Committee realizes that on most days healthy choices will be encouraged. On special occasions, treats and snacks will be allowed. In the interest of public safety, no homemade snacks will be accepted for classroom sharing. Only prepackaged items or bakery items will be accepted for sharing. We will promote celebrations with other non-food activities as well as provide guidelines to staff, parents and students regarding healthier treats and appropriate portion sizes. The following holidays are exempt from the wellness policy:
  - Halloween
  - Thanksgiving
  - Christmas/Hanukkah/Kwanza
  - Valentine's Day
  - Birthdays
  - Other curricular events/activities as they present

**MONITORING IMPLEMENTATION AND EVALUATION**

- A district level committee made up of personnel from health services, physical education, curriculum, and food service along with teachers, parents, youth and other concerned citizens will be responsible for the implementation, monitoring and evaluation of these guidelines. Additional members encouraged to participate in the committee include parent representative, teacher representative, student representative, vendors, community members, etc.
- The district level committee will meet at least annually each school year.
- A committee will provide an annual report detailing the implementation and evaluation of this wellness policy to be presented to the superintendent and school board, and approved and published for public viewing.