

In June of 2004 Congress passed a law (the Child Nutrition and Women, Infants and Children (WIC) Reauthorization Act of 2004) which requires school districts to develop a local wellness policy. Additionally, the State of Illinois passed its own similar, more comprehensive legislation. The objectives of both policies are to improve the school nutrition environment, promote student health and reduce childhood obesity.

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.

Schools and school communities have a responsibility to help students acquire the knowledge and skills necessary to establish and maintain lifelong healthy eating patterns. Well-planned and well implemented wellness programs have been shown to positively influence children's health.

This plan supports the mission of Community Unit School District 95 as it promotes life-long wellness behaviors and links health nutrition and exercise to students' and staff overall well being, scholastic and professional performance, as well as overall readiness to learn.

The five areas required in this plan are:

- Goals for nutrition education
- Goals for all foods available on school campus during the school day
- Goals for physical activity
- Guidelines for reimbursable school meals
- Monitoring of wellness plan

Nutrition Education Goals

- ♦ Implement nutrition education from kindergarten through secondary school.
- ♦ All instructional staff (K-12) are directed to integrate positive health promotion themes into daily lessons when appropriate and are encouraged to teach by modeling. The benefits of good health and physical activity will be emphasized.

- ♦ Provide families with information to encourage them to teach their children about health and nutrition.

Physical Activity Goals

- ♦ A comprehensive physical activity program will encompass a variety of opportunities for all students to be physically active including: physical education, recess, after school physical activity programs, and health education that includes an emphasis on the benefits of physical activity as a main component.
- ♦ It is recommended that school provide brief activity breaks in the classroom throughout the school day within regular classrooms to enhance student focus and attention.
- ♦ Denial of recess or physical education/physical activity should be avoided if possible as a discipline strategy unless the child/student's behavior constitutes health or safety concerns.

Nutrition Guidelines for Foods Available in School During the School Day

- ♦ Students will be offered and schools will promote nutritious food and beverage choices consistent with the current *Dietary Guidelines for Americans and Food Guidance System* published jointly by the U.S. Department of Health and Human Services and the Department of Agriculture.
- ♦ Nutritional information will be made available for all regularly served foods available on each school campus in the district during the school day, with the objective of promoting student health and reducing obesity.

A. Ala Carte, Vending Machines and other Food Sales

- Effective September 2006 and in accordance with the federal initiative toward healthier children and adolescents,

food and beverage sold and served during the school day and at before and after school activities shall gradually move toward a goal of healthier food and beverages. The phase-in will also include movement toward serving less foods of minimal nutritional value.

- A 2006-2007 goal is for the Middle Schools and the High School to move toward nutritionally sound ala carte servings.
- Vending machines will be turned off during lunch periods.
- Vending products will have more nutritional value.
- Fund raisers (i.e. bake sales) are limited to four per year per school.
- Foods for "treat day" sales should come from the list of food and beverage options and move toward a goal of healthier foods and beverages.

B. Teacher-to-Student Incentive/Rewards

- Food items utilized as an incentive should adhere to the district nutritional standards and should be foods of nutritional value (see food & beverage list).
- Snacks served during the school day will make a positive contribution on children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage.
- Candy incentives should be avoided.

C. Foods Brought from Home for Lunch

- Individual lunches may include whatever parents would like to pack, but parents are encouraged to send food items that will make positive contributions to children's diet and health.
- At the elementary level, there should be no sharing of foods (i.e. snacks or fast food items) at lunch time.

D. Foods Brought to School for Celebrations

- Birthday treats must be nut-free and from the suggested list of food and beverages or non-edible (i.e. pencils, stickers, etc).
- Classroom parties should be organized with nutrition in mind.
- Halloween and Valentine's Day are exceptions and can include traditional holiday treats.

Guidelines for Reimbursable School Meals

- ◆ Guidelines for reimbursable school meals will meet the nutrition requirements and regulations for the National School Lunch Program and/or School Breakfast Program.

Monitoring of Wellness Plan

- ◆ The local school wellness policy committee will be responsible for ensuring that each school meets the local wellness policy and will implement a plan for measuring the effectiveness of the wellness policy.
- ◆ There will be parent, faculty, staff and student input when conducting an annual review of the district's health plan aimed at compliance with the district policy.



Food and Beverage Options:

- Raw vegetable sticks/slices with low-fat dressing or yogurt dip
- Fresh fruit wedges – cantaloupe, honey dew, watermelon, pineapple, oranges, tangelos, etc.
- Sliced fruit – nectarines, peaches, kiwi, star fruit, plums, pears, mangos, apples, etc.
- Fruit salad
- Cereal and low-fat (2%, skim or nonfat) milk
- 100% fruit or vegetable juice
- Frozen fruit pops with fruit juice or fruit as the first ingredient
- Dried fruits – raisins, cranberries, apples, apricots
- Single serving applesauce or canned fruit in juice
- Fruit smoothies made with fat-free or low-fat milk
- Trail mix (NUT-FREE)
- Lean meats and reduced fat cheese sandwiches (use light or reduced fat mayonnaise in chicken/tuna salads)
- Party mix (NUT-FREE variety of cereals, pretzels, etc.)
- Pretzels or reduced fat crackers
- Baked chips with salsa or low-fat dip (Ranch, onion, bean, etc.)
- NUT-FREE low-fat muffins (small or mini), NUT-FREE granola bars, cookies (graham crackers, fig bars)
- Mini bagels with whipped light or fat-free cream cheese
- Bread sticks with marinara
- Fat-free or low-fat flavored yogurt and fruit parfaits
- Fat-free or low-fat pudding cups
- Fat-free or low-fat milk and milk products (string cheese, single serving cottage cheese, cheese cubes)
- Flavored soy milk fortified with calcium
- Pure ice cold water

For more information, contact your school nurse.

Community Unit School District 95



Wellness Plan Guidelines