

ALTON SCHOOL DISTRICT WELLNESS POLICY

Purpose

The Alton School District recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. The Board is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

The purpose of the wellness policy is to ensure the health and well-being of all students. The Board establishes that the district shall provide to students:

- A comprehensive nutrition program consistent with federal and state requirements.
- Access at reasonable cost to foods and beverages that meet established nutritional guidelines.
- Physical education courses and opportunities for developmentally appropriate physical activity during the school day.
- Curriculum and programs for grades K-12 that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with the Illinois State Board of Education curriculum regulations and academic standards.

Delegation of Responsibility

The Superintendent shall be responsible to monitor district schools, programs, and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations. Each building principal or designee shall report to the Superintendent regarding compliance in his/her school. Staff members responsible for programs related to student wellness shall report to the Superintendent regarding the status of such programs.

The Superintendent shall annually report to the Board on the district' compliance with law and policies related to student wellness. The report may include:

- Evaluation of food services program.
- Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.
- Listing of activities and programs conducted to promote nutrition and physical activity.
- Recommendations for policy and/or program revisions.
- Suggestions for improvement in specific areas.

An assurance that district guidelines for reimbursable meals are not less restrictive than regulations and guideline issued for schools in accordance with federal law shall be provided annually by the:

- Food Service Director.
- Director of Financial Services

Guidelines – Wellness Committee

The Board shall appoint a Wellness Committee comprised of at least one (1) of each of the following:

- District Administrator
- District food Service Representative
- Student
- Parent/Guardian
- Teacher
- Physical Education Representative
- School Nurse
- Health Professional
- School Food Authority Representative
- Representative of Local or County Agency or Community Organization

The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing a Student Wellness Policy that complies with law to recommend to the Board for adoption.

- The Wellness Committee may examine related research and laws, assess student needs and the current school environment, review existing Board policies and administrative regulations, and raise awareness about student health issues.
- The Wellness Committee may make policy recommendations to the Board related to other health issues necessary to promote student wellness.
- The Wellness Committee shall provide yearly reports to the Superintendent or designee regarding the status of its work, as require.

Nutrition Education

The goal of nutrition education is to teach, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.

- Nutrition education will be provided within the sequential, comprehensive health education program in accordance with State Board of Education curriculum regulations

and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.

- Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.
- Nutrition education lessons and activities shall be age-appropriate.
- Nutrition curriculum shall be behavior focused.
- Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.
- The staff responsible for providing nutrition education shall be properly trained and prepared and shall participate in appropriate professional development. Criteria shall be developed to measure “properly” and “appropriate”.
- Consistent nutrition messages shall be disseminated throughout the district, schools, classrooms, cafeterias, homes, community and media.

Physical Activity

- District schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.
- District schools shall determine how they will contribute to the effort to provide students opportunities to accumulate at least sixty (60) minutes so age-appropriate physical activity on all or most days of the week. That time will include physical activity outside the school environment, such as outdoor play at home, sports, etc.
- A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.
- Extended periods of student inactivity, two (2) hours or more, shall be discouraged.
- After-school programs shall provide developmentally appropriate physical activity for participating children.
- Physical activity shall not be used as a form of punishment. The withholding of physical activity shall also not be used as a form of punishment.

Physical Education

- Physical education classes shall be the means through which all students learn, practice and are assessed on developmentally appropriate skills and knowledge necessary for lifelong, health-enhancing physical activity.
- A comprehensive physical education course of study that focuses on providing students the skills, knowledge and confidence to participate in lifelong, health-enhancing physical activity shall be implemented.
- A varied and comprehensive curriculum that leads to students becoming and remaining physically active for a lifetime shall be provided in the physical education program.

- A sequential physical education program consistent with Illinois State Board of Education's curriculum regulations and Physical Development and Health academic standards.
- Students shall be moderately to vigorously active as much time as possible during a physical education class. Documented medical conditions and disabilities shall be accommodated during class.
- Safe and adequate equipment, facilities and resources shall be provided for physical education courses.
- Physical education shall be taught by certified health and physical education teachers.
- Appropriate professional development shall be provided for physical education staff.
- Physical activity shall not be used as a form of punishment. The withholding of physical activity shall also not be used as a form of punishment.
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- A varied and comprehensive curriculum that leads to students becoming and remaining physically active for a lifetime shall be provided in the physical education program.

Other School Based Activities

- District schools shall provide adequate space, as defined by the district, for eating and serving school meals.
- Students shall be provided a clean and safe meal environment.
- Students shall be provided adequate time to eat with a minimum of: ten (10) minutes sit down time for breakfast and twenty (20) minutes sit down time for lunch.
- Meal periods shall be scheduled at appropriate house, as defined by the district.
- Drinking water shall be available at all meal periods and throughout the school day.
- Students shall have access to hand washing or sanitizing before meals and snacks.
- Nutrition professionals who meet criteria established by the district shall administer the school meals program.
- Professional development shall be provided for district nutrition staff.
- Access to the food service operation shall be limited to authorized staff.
- Nutrition content of school meals shall be available to students and parents/guardians.
- Students and parents/guardians may be involved in menu selections through various means.

- Food shall not be used in the schools as a reward or punishment. The district shall provide appropriate training to all staff on the components of the Student Wellness Policy.
- Goals of the Student Wellness Policy shall be considered in planning all school-based activities.
- Fundraising projects submitted for approval shall be supportive of healthy eating and student wellness.
- Administrators, teachers, food service personnel, students, parents/guardians, and community members shall be encouraged to serve as positive role models through district programs, communications and outreach efforts.
- The district shall support the efforts of parents/guardians to provide a healthy diet and daily physical activity for children by communicating relevant information through various methods.

Nutrition Guidelines

All foods available in district schools during the school day shall be offered to students with consideration for promoting student health and reducing childhood obesity. Foods provided through the National School Lunch or School Breakfast Programs shall comply with federal nutrition standards under the School Meals initiative.

Competitive foods are defined as foods available for sale and offered at school other than through the National School Lunch or School Breakfast Programs and include ala carte foods, snacks and beverages; fundraisers; classroom parties; holiday celebrations; and food from home. All competitive foods available to students in district schools, except those foods prepared as part of the NSLP or NSBP and sold ala carte in district schools shall comply with the Nutritional Standards for Competitive Foods in Illinois Schools. The nutritional standards shall be implemented as outlined in the guidelines within the year two (2) plan.

All competitive foods available to students in district schools, except those foods prepared as part of the NSLP, NSBR and sold ala carte in district schools shall comply with the established nutrition guidelines.

State regulations in Sec. 305 of the Illinois Administrative Code lists general categories of competitive foods that are not allowed to be sold to elementary school students during regular school breakfast and lunch periods, including: all confections, candy, potato chips, carbonated beverages, fruit drinks containing less than 50 percent pure fruit juice, tea, coffee, and any other foods or beverages designated as such by the Illinois State Board of Education. The state regulations in Illinois prohibit the sale of competitive foods during school mealtimes only to elementary students in schools participating in the National School Lunch program.

Safe Routes to School

The district shall cooperate with local municipalities, public safety agency, police departments, and community organizations to develop and maintain safe routes to school.

References:

- Illinois Administrative Code – Part 305
- 105 ILCS 125/4 – School Breakfast and Lunch Program Act
- Richard B. Russell National School Lunch Act (42 USC 1751)
- Child Nutrition Act of 1966