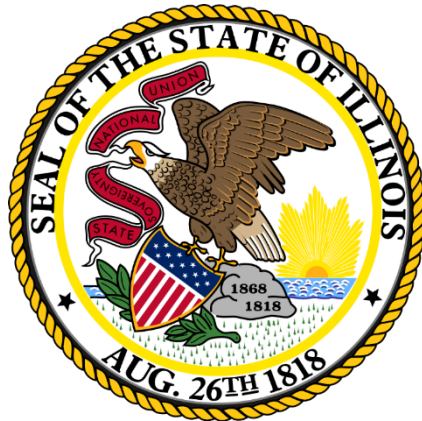


# McHenry Community School District 15



## Local Wellness Policy

# Table of Contents

Preface.....	
.....1	
Wellness	Policy
Committee.....	2
Wellness	Policy
Leadership.....	2
Wellness	Policy
Members.....	2
Wellness	Policy
Responsibilities.....	3
Public	
Involvement.....	
.....3	
Assessments.....	
.....3	
Updates.....	
.....3	
Records.....	
.....4	
Nutrition.....	
.....4	
Nutrition	
Standards.....	
.....4	
Meals.....	
.....4	
Competitive	
Foods.....	4

Other Beverages.....	Foods.....	and.....
		5
Fundraisers.....		
.....		5
Nutrition Education.....		5
Nutrition Promotion.....		
...6		
Marketing.....		
.....		7
Physical Activity.....		
.....		7
Physical Education.....		
.....		7
Other Opportunities for Physical Activity.....		7
Physical Promotion.....	Activity.....	
		8
Other Activities.....	School-Based.....	
		8
Appendix A.....		
.....		10
Appendix B.....		
.....		11

# 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 healthy learning environments. Local Wellness Policies provide guidance to further support the school's efforts to provide students with a successful and healthy future.

# Wellness Policy Committee

## **Wellness Policy Leadership**

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# Wellness Policy Committee Responsibilities

## **Public Involvement**

The Local Education Agency permits and encourages public involvement in Local Wellness Policy development, implementation, updates, and reviews. Therefore, the LEA shall invite a variety of stakeholders within the general public to participate in Local Wellness Policy processes. The following methods of communication will be utilized to notify the general public of the opportunity to participate in these processes:

- When there are openings for new committee members, an invite will be posted via the District social media accounts. The District promotes the involvement of our local health department as well as other community entities.

## **Assessments**

Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three years. McHenry Elementary District #15 shall conduct assessments of the Local Wellness Policy every 3 years, beginning in 2022. These assessments will:

- Ensure the wellness policy is in compliance with USDA, State, and Local rules and regulations.
- Compare the LEA's wellness policy to model wellness policies.
- Measure the progress made in achieving the goals as outlined in the LEA'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 the Local Education Agency. The LEA 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:

- When there are openings for new committee members, an invite will be posted via the District social media accounts and School District website.

# Records

The Local Education Agency 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 Local Education Agency 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, the LEA 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) 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 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. The Local Education Agency will limit the use of food as a reward or as part of a celebration. 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:

- See Appendix A

## Fundraisers

- A. 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 in Schools, Nutrition Standards.

The school shall also utilize non-food fundraisers to promote healthy habits and well-being. The school will implement the following non-food fundraising ideas:

- See Appendix B

## **Nutrition Education**

In accordance with the Illinois Learning Standards, the Local Education Agency shall meet all Illinois requirements and standards for Health Education. The Local Education Agency 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:

- Fruits and Veggies week where kids dress in rainbow colors of foods.
- Various activities that revolve around MyPlate.
- Science classes include nutrition-related activities.

The Local Education Agency shall incorporate nutrition education into the following curriculums for the following grade levels:

- Middle school students receive 7 weeks of 45 minutes per day of health education aligned with standards for health education.
- Science class curriculum includes nutrition-related units/topics.



# Nutrition Promotion

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

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

- Monthly menus are located on the School Website under Departments/Food Services/Lunch Menus.
- Menus are posted in each of the School's cafeterias.
- Complete Menu Nutrition analysis is available by request from the Food Services Department and available in each of the school's kitchens.
- Basic Nutrition information is available on the School Website under Departments/Food Services/Nutrition Information.

Farm to School efforts positively impact School Nutrition Programs by serving fresh and nutritious food items. Additionally, Farm to School programs have been linked to increased consumption of fruits and vegetables. The District shall participate in the following Farm to School activities:

- The School District will purchase local when available and conditions are right for purchasing.
- The school district uses the Department of Defense (DOD) Fresh Fruit and Vegetable Program to the greatest extent possible. All DOD foods are grown in the United States including some from local farmers.

Food loss and waste continue to be an issue facing the nation's food supply. In order to prevent food waste, the District 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, the District will continue to provide food to students in need beyond the meals provided through the USDA School Nutrition Programs. Therefore, the District shall follow the established food sharing plan, in accordance with Public Act 102-0359, and federal and local regulations and sanitation codes:

- Sharing tables can be implemented where there is evidence of food insecurity and it is noted there is an abundance of food being thrown away. Sanitary guidelines will be adhered to.
- Schools participate with the "Kids in Need " backpack program that is picked up from the school and delivered by local church members. Food offered follows Child Nutrition Program Standards.

## Marketing

The Local Education Agency will limit the marketing and advertising of all foods and beverages 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, the District shall implement these standards as equipment needs are 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. The Local Education Agency 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, the Local Education Agency shall meet all Illinois requirements and standards for Physical Education. The LEA shall offer Physical Education class as follows:

- In the elementary school buildings Physical Education is offered twice a week for 30 minutes.
- In the Middle Schools buildings Physical Education is offered daily for 45 minutes.

## 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:

- Recess is offered daily at the elementary schools. Many teachers utilize brain breaks throughout the school day.

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

- Cross Country, Boys and Girls Volleyball, Boys and Girls Basketball, Wrestling, Track per FVC and intramural sports.

## **Physical Activity Promotion**

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

- Girls on the Run
- Kids Heart Challenge
- Windy City Bulls
- Color Run

## **Other School-Based Activities**

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

The Local Education Agency 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:

- Bike and Hike at Riverwood
- Kids Heart Challenge multiple schools
- Triathlon at McHenry Middle School
- Fun Run at Hilltop
- Turkey Shoot at Hilltop (basketball)
- Girls on the Run at multiple schools
- Field Days at multiple schools
- Walk-a-Thon at Edgebrook

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

- Agricultural Health from Farmers Bureau

- Fishing Club, Soccer Club
- Think First Program
- Golf Club, Science Club, Winter Running Club

# Appendix A

## **Non-Food Rewards for Kids**

- sit by friends
- watch a video
- read outdoors
- teach the class
- earn extra credit
- get extra art time
- have an extra recess
- receive verbal praise
- enjoy class outdoors
- play a computer game
- read to a younger class
- go on a walking field trip
- get a “no homework” pass
- make deliveries to the office
- listen to music while working
- read morning announcements
- play a favorite game or puzzle
- be a helper in another classroom
- eat lunch outdoors with the class
- walk with a teacher during lunch
- eat lunch with a teacher or principal
- design a class/school bulletin board
- be recognized during announcements
- be featured on a photo recognition board
- dance to favorite music in the classroom
- earn play money to be used for privileges
- get “free choice” time at the end of the day
- listen with a headset to a book on audiotape
- have teacher share a special skill (e.g., sing)
- receive a note of recognition from the teacher or principal
- go to the library to select a book to read
- have a teacher read a special book to the entire class
- receive a 5-minute chat break at the end of the class or at the end of the day
- earn points for good behavior to “buy” unique rewards (e.g., autographed items with special meaning or lunch with the teacher)

# Appendix B

## Fundraising Ideas

- Ask local businesses to donate a portion of sales on a given date or time to the school
- Organize events, such as a bike-a-thon, sled-a-thon, walk-a-thon, dance-a-thon, rock-a-thon or read-a-thon, for which sponsors pledge money by the mile, hour, or number of books/pages
- Organize a car or pet wash
- Sell tickets to a parent-teacher talent show or basketball game
- Invite community members and businesses to donate items (e.g., weekends at vacation homes, pool or lawn care, baby sitting, lunch with a local celebrity) for a silent auction/raffle
- Charge for gift wrapping services during holidays
- Organize a fun run
- Rent-a-teen helper (rake leaves, water gardens, mow lawns, wash dogs)
- Singing telegrams (good for chorus or band)
- Hold a talent show/magic show
- Carnivals
- Dances (kids, father/daughter, family, Sadie Hawkins)
- Recycling cans/bottles/paper
- Organize a golf tournament
- Bowling/skate night
- Treasure hunt/scavenger hunt
- Penny wars (pennies - 1 point, nickels + 5 points, quarter + 25 points, team with the most points wins)
- Spaghetti dinner (use food donated from local businesses)
- Book fair
- Sport clinic
- Cheerleading clinic
- 3-on-3 basketball tournament
- Lip-sync contest
- Silent auctions
- Recycle cell phones
- Flamingo fundraiser (donation for lawn ornaments to be removed from your lawn)
- Rent out special parking spaces
- Trash to treasure sale: community members bring items to donate for a school yard sale
- Pay for a chance to soak your teacher in a dunk tank
- Non-bake sale: pay NOT to bake