

## Instruction

### School Wellness

Student wellness, including good nutrition and physical activity, shall be promoted in the District's educational program, school activities, and meal programs. This policy shall be interpreted consistently with Section 204 of the Child Nutrition and WIC Reauthorization Act of 2004.

#### Goals for Nutrition Education

The goals for addressing nutrition education include the following:

- \*Students in grades Pre-K through 8<sup>th</sup> grade shall receive nutrition education as part of a sequential, standards-based program that is coordinated within a comprehensive health education curriculum. It is designed to provide students with the knowledge and skills necessary to adopt healthy eating behaviors and aimed at influencing students' knowledge, attitudes, and eating habits. Special emphasis should be placed on nutrition education in grades Pre-K through 4 as eating habits are established at a young age.
- \*To maximize classroom time and to achieve positive changes in students' eating behaviors, nutrition education shall be integrated into lesson plans of other school subjects like math, science, language arts, physical education, health, family and consumer science, and social studies.
- \*Efforts shall be taken to promote nutritious choices consistent with the Dietary Guidelines for Americans such as fruits, vegetables, low-fat dairy foods, and whole grain products.
- \*Nutrition instruction shall be provided by well-prepared and well-supported staff with adequate pre-service and in-service training.
- \*With nutrition education each school shall enroll in "Team Nutrition School" which supplies information to help demonstrate and help students meet the Dietary Guideline for Americans.

#### Goals for Physical Activity

The goals for addressing physical activity include the following:

- \*Students in Pre-K through 8<sup>th</sup> grade shall participate in physical education that enables them to achieve and maintain a high level of personal fitness; emphasizes self-management skills including energy balance (calories in minus calories out); is consistent

with state/district's standards/guidelines; frameworks; and is coordinated within a comprehensive health education curriculum. The curriculum shall be consistent with and incorporate relevant Illinois Learning Standards.

\*Physical education shall be provided by well-prepared and well-supported staff that is certified by state to teach physical education. All physical education teachers shall regularly participate in continuing education activities that import the knowledge and skills needed to effectively promote enjoyable lifelong healthy eating and physical activity among students.

\*Schools shall provide a daily supervised recesses period to elementary students.

\*Students shall not be denied participation in physical education.

\*The physical education program shall actively engage families as partners in providing physical activity beyond the school day.

\*Physical activity facilities on school grounds shall be safe.

#### Nutrition Guidelines for Foods Available in Schools During the School Day

\*School meals served shall be consistent with the recommendations of the Dietary Guidelines for Americans and/or nutrition requirements and regulations for the National School Lunch and Breakfast Programs and all applicable state and local laws and regulations.

\*Food providers shall offer a variety of age-appropriate, appealing food and beverage choices and employ food preparation, purchasing and meal planning practices consistent with the current Dietary Guidelines for Americans (provide a variety of fruits and vegetable choices, serve low-fat and fat-free dairy products: ensure that the whole grain produces are served).

\*It is recommended that food providers shall share information about the nutritional content of meals or individually sold foods with students, family, and school staff.

\*School meals shall be served in a clean, safe, and pleasant setting with adequate time provided for students to eat. The National Association of State Boards of Education recommends students should be provided at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated.

\*Food providers shall work with suppliers to obtain food and beverages that meet the nutrition requirements of school meals and nutrition standards for those sold individually.

\*All foods made available on campus shall comply with the state and local food safety and sanitation regulations.

#### Guidelines for Reimbursable School Meals

Reimbursable school meals shall meet, at a minimum, the nutritional requirements and regulations for the National school Lunch Program and/or School Breakfast Program.

#### Monitoring

The Superintendent or designee shall provide periodic implementation data and/or reports to the Board concerning this policy's implementation sufficient to allow the Board to monitor and adjust the policy.

#### Community Input

The Superintendent or designee will invite suggestions and comments concerning the development, implementation, and improvement of the school wellness policy from community members, including parents, students, and representatives of the school food authority, school administrators and the public.