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| ***Windsor Community Unit School***  ***District #1***  Windsor, Il 61957 | | |
|  | ***Windsor…..Where Pride and Tradition Meet Success*** |  |
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Windsor CUSD#1 Wellness Policy

BELIEF STATEMENT

The Board of Education of Windsor CUSD #1 is committed to providing a learning environment that supports and promotes wellness, good nutrition, and an active lifestyle and recognizes the positive relationship between good nutrition, physical activity and the capacity of students to develop and learn. The entire school environment shall be aligned with healthy school goals to positively influence students’ beliefs and habits and promote health and wellness, good nutrition and regular physical activity. In addition, school staff shall be encouraged to model healthy eating and physical activity as a valuable part of daily life.

INTENT

The purpose of this policy is to ensure a total school environment that promotes and supports student health and wellness, helps to reduce childhood obesity and meets the requirements of the Child Nutrition and WIC Reauthorization Act of 2004, the Healthy Hunger-Free Kids Act of 2010 (HHFKA) and the Illinois School Code, including, without limitation, goals for nutrition education, physical activity and other school-based activities designed to promote student wellness; nutrition guidelines for all foods available during the school day involving parents, students, school food service providers, the school board, school administrators, and the public in developing this policy.

RATIONALE

A disturbing number of children are inactive and do not eat well. The result is an alarming 16 percent of children and adolescents are overweight – a three-fold increase since 1980. 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.

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.

Schools also have a responsibility to help students establish and maintain lifelong habits of being physically active. 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.

GOALS FOR NUTRITION EDUCATION

* Students in preschool through grade 12 shall receive nutrition education as part of a sequential program that is coordinated within a comprehensive health education curriculum. The program shall be 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 preschool through primary grades as eating habits are established at a young age. The curriculum shall be consistent with and incorporate relevant Illinois Learning Standards.
* To maximize classroom time and to achieve positive changes in students’ eating behaviors, nutrition education shall be integrated into the standards-based lesson plans of other school subjects like math, science, language arts, physical education, health, family and consumer science and social sciences.

**Current nutritional education programs include:**

* 4-H-kids complete hands-on projects in areas like health, science, [agriculture](http://www.agfoundation.org/projects) and citizenship, in a positive environment where they receive guidance from adult mentors and are encouraged to take on proactive leadership roles.
* Free after school nutrition program-a nutrition class with a main goal of increasing the amount of fruits and vegetables that children eat.
* 5-2-1 Almost None Curriculum-Students in grades K-5 actively participate in lessons that help to promote healthier lifestyles for themselves and their families. The core components include eating five or more servings of fruit and vegetables per day, spending no more than two hours a day in front of a screen, getting at least one hour of physical activity per day and drinking almost no sugary beverages.

GOALS FOR PHYSICAL ACTIVITY

* Students in preschool through grade 12 shall participate in daily 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/framework; and is coordinated within a comprehensive health education curriculum. The curriculum shall be consistent with and incorporate relevant Illinois Learning Standards.
* It is recommended that elementary students participate in physical education. Special emphasis should be placed on promoting an active lifestyle in preschool through primary grades as health habits are established at a young age. Accommodations shall be made for students with disabilities, 504 plans, and other limitations.

**Current physical education program includes:**

* Elementary students currently receive a minimum of 20 and a maximum of 45 minutes of recess daily.
* High School students can waiver out of PE providing they meet certain requirements.
* Student in grades 3-12 are tested using FitnessGram which assesses health-related fitness components: aerobic capacity, body composition, and muscular strength, endurance, and flexibility. Along with the FitnessGram testing, the daily practice standards that are focused on include:
* Participation in gross motor movements during a majority of the period when in an activity setting.
* Be a part of a safe environment that is conductive to a positive, collaborative, and social wellness experience.
* Apply terminology and/or skills specific to the activity in order to enhance participation and understanding.
* The overall wellness standards that are incorporated in to the physical education curriculum encompass three basic parts: developing an interest in lifelong activity, having a working knowledge of wellness concepts, and promoting the development of emotional/social well-being.
* Developing an Interest in Lifelong Activity
  + Development of fundamental skills
  + Exposure to a variety of lifelong activities
  + Gain an understanding of cognitive structure
  + Understand the benefits of lifelong activity
  + Offer creative and enjoyable lessons
* Having a Working Knowledge of Wellness Concepts
  + Introduction to basic nutritional choices
  + Pursuit of current fitness trends
  + Incorporation of health related fitness components
  + Develop and apply an understanding of personal fitness
* Promoting the development of Emotional/Social Well-Being
  + Provide a safe and inclusive environment
  + Facilitate an opportunity for collaboration (team building, leadership, cooperation, and teamwork)
  + Encourage the importance of goal setting

GOALS FOR OTHER SCHOOL-BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS

*Parent Partnerships*

* Schools shall support parents’ efforts to provide a healthy diet and daily physical activity for their children. This support shall begin in elementary school and continue through middle and high school.
* The Summer Food Service Program (SFSP) was instituted to provide nutritious meals to children during the summer months when school is not in session.

*Consistent School Activities and Environment – Healthy Eating*

* It is recommended that food providers share information about the nutritional content of school meals and/or individually sold foods with students, family and school staff.
* School meals shall be served in clean, safe and pleasant settings with adequate time provided for students to eat, at a minimum, in accordance with state and federal standards and guidelines. The National Association of State Boards of Education recommends that students have adequate time to eat, relax and socialize: at least 10 minutes after sitting down for breakfast and 20 minutes after sitting down for lunch.
* All food service personnel shall have adequate pre-service training and regularly participate in professional development activities that provide strategies for providing tasty, appealing and healthy school meals; nutrition education strategies including coordination of classroom and cafeteria activities; and effective promotional techniques to encourage healthy eating habits.
* Food providers shall work with suppliers to obtain foods and beverages that meet the nutrition requirements of school meals and nutrition standards for those sold individually.
* Food providers shall work closely with school instructional staff to reinforce nutrition instruction and foster an environment where students can learn about and practice healthy eating.
* Food providers shall take every measure to ensure that student access to foods and beverages on school campuses meets federal, state and local laws and guidelines.
* To reduce competition with nutritionally balanced school meals and enhance student safety, it is recommended that, to the extent practicable, students are not permitted to leave school grounds to purchase foods or beverages.
* Schools shall take efforts to promote nutritious food and beverage choices consistent with the current Dietary Guidelines for Americans and Food Guidance System (MyPlate) such as fruits, vegetables, low-fat dairy foods and whole grain products.
* All foods and beverages made available on campus shall comply with the federal, state and local food safety and sanitation regulations.
* For the safety and security of food, access to any area involved in storage, preparation or service of food on the school campus shall be limited to authorized personnel.

*Consistent School Activities and Environment –Physical Activity*

* Physical education shall be provided by trained and well supported staff that is certified by the state to teach physical education. All physical education teachers shall regularly participate in continuing education activities that impart the knowledge and skills needed to effectively promote enjoyable lifelong healthy eating and physical activity among students.
* The physical education program shall be closely coordinated with the other components of the overall school health program. Physical education topics shall be integrated within other curricular areas. In particular, the benefits of being physically active shall be linked with instruction about human growth, development, and physiology in science classes and with instruction about personal health behaviors in health education class.
* Schools are encouraged to limit extended periods of inactivity. When activities such as mandatory testing make it necessary for students to be inactive for long periods of time, it is recommended that schools give students periodic breaks during which they are encouraged to stand and be moderately active.
* Physical activity facilities and equipment on school grounds shall be safe.
* Schools are encouraged to work with the community to create a community environment that is safe and supportive of students walking or biking to school.
* The school will host an annual wellness week to encourage kids to eat healthy foods, move their bodies more, and have fun.

*Food or Physical Activity as a Reward or Punishment*

* School personnel shall be encouraged to use nonfood incentives or rewards with students (Attachment D) and shall not withhold food from students as punishment.

NUTRITION GUIDELINES FOR ALL FOODS AND BEVERAGES AVAILABLE ON SCHOOL CAMPUSES DURING THE SCHOOL DAY

* Food providers shall offer a variety of age-appropriate, appealing foods and beverage choices and employ food preparation, purchasing and meal planning practices consistent with the current Dietary Guidelines for Americans (e.g. provide a variety of fruits and vegetable choices; serve low-fat and fat-free dairy products; ensure that whole grain products are served).
* To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards (Attachment A). These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores and snack or food carts.
* Nutritious and appealing foods and beverages, such as fruits, vegetables, low-fat dairy foods and whole grain products, shall be available wherever and whenever food is sold or otherwise offered at school.
* The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas (Attachment B). More healthy party ideas are available from the Alliance for a Healthier Generation and from the USDA.
* Food and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus *during the school day*. The district will make available to parents and teachers a list of healthy fundraising ideas (Attachment C).

GUIDELINES FOR SCHOOL MEALS

* School meals served shall be consistent with the recommendations of the Dietary Guidelines for Americans and/ or shall meet, at a minimum, the nutrition requirements and regulations for the National School Lunch Program and/or School Breakfast Program and all applicable state and local laws and regulations.
* School administrative reviews will be done every 3 years evaluating a one-week period, breakfast will be included.
* On-site reviews for the School Lunch Program are conducted each year, for each site by February 1st.
* School Breakfast Program on-site reviews are conducted every 2 years.

MEASURING IMPLEMENTATION & COMMUNITY INVOLVEMENT

* The district superintendent shall be charged with the operational responsibility for ensuring that each school meets the local wellness policy requirements.
* The district superintendent shall appoint a district wellness team/council that can includes parents, students, representatives of the school food authority, the school board, school administrators, and the public to oversee development, implementation and evaluation of the wellness policy. In addition, it is recommended that the district superintendent also appoints teachers (including preschool – grade 12, family and consumer science, physical education and health educators) and health professionals (school nurse, physician, dietitian, etc.) as members of the team/council.
* The principal of each campus shall be responsible for implementation of the local wellness policy.
* The District will use electronic mechanisms such as email, Twitter, Facebook, and displaying information on the district website to ensure that the community is actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy.

**Attachment A**

**Smart Snacks in School-USDA’s “All Foods Sold in Schools” Standards**

USDA recently published practical, science-based nutrition standards for snack foods and beverages sold to children at school during the school day. The standards, required by the Healthy, Hunger-Free Kids Act of 2010, will allow schools to offer healthier snack foods to children, while limiting junk food.

The health of today’s school environment continues to improve. Students across the country are now offered healthier school lunches with more fruits, vegetables and whole grains. The Smart Snacks in School standards will build on those healthy advancements and ensure that kids are only offered tasty and nutritious foods during the school day.

Smart Snacks in School also support efforts by school food service staff, school administrators, teachers, parents and the school community, all working hard to instill healthy habits in students

Nutrition Standards for Foods

**Any food sold in schools must:**

• Be a “whole grain-rich” grain product; or

• Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or

• Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or

• Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).\*

**Foods must also meet several nutrient requirements:**

• Calorie limits:

° Snack items: ≤ 200 calories

° Entrée items: ≤ 350 calories

• Sodium limits:

° Snack items: ≤ 230 mg\*\*

° Entrée items: ≤ 480 mg

• Fat limits:

° Total fat: ≤35% of calories

° Saturated fat: < 10% of calories

° Trans fat: zero grams

• Sugar limit:

° ≤ 35% of weight from total sugars in foods

\*On July 1, 2016, foods may not qualify using the 10% DV criteria.

\*\*On July 1, 2016, snack items must contain ≤ 200 mg sodium per item

Nutrition Standards for Beverages

**All schools may sell:**

• Plain water (with or without carbonation)

• Unflavored low fat milk

• Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP

• 100% fruit or vegetable juice and

• 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.

**Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.**

**Beyond this, the standards allow additional “no calorie” and “lower calorie” beverage options for high school students.**

• No more than 20-ounce portions of

• Calorie-free, flavored water (with or without carbonation); and

• Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.

• No more than 12-ounce portions of

• Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces

http://www.actionforhealthykids.org/storage/documents/teams/washington/USDA\_Sheets.pdf

**Attachment B**

**Healthful Food and Beverage Options for School Functions\***

At any school function (parties, celebrations, meetings, etc.) healthful food options should be made available to promote student, staff and community wellness. Examples of nutritious food and beverages that are consistent with the Dietary Guidelines for Americans are listed below.

• 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 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

• Peanut butter with apple wedges or celery sticks

• Fruit smoothies made with fat-free or low-fat milk

• Trail mix (dried fruits and nuts)

• Dry roasted peanuts, tree nuts and soy nuts (not coconut or palm nuts)

• Lean meats and reduced fat cheese sandwiches (use light or reduced fat mayonnaise in chicken/tuna salads)

• Party mix (variety of cereals, nuts, pretzels, etc.)

• Pretzels or reduced fat crackers

• Baked chips with salsa or low-fat dip (Ranch, onion, bean, etc.)

• Low-fat muffins (small or mini), granola bars and cookies (graham crackers, fig bars)

• Mini bagels with whipped light or fat-free cream cheese

• Pasta salad

• Bread sticks with marinara

• Fat-free or low-fat flavored yogurt & 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

*\*This list is not all inclusive and is meant only to provide parents and school staff with guidance for healthier food and beverage choices. Not all food and beverage items on this list will necessarily meet district nutrient standards (Attachment A) as items vary in sugar, fat and calorie content from brand to brand. However, all of the items in the list are believed to be consistent with the intent of the wellness policy to promote student health and reduce childhood obesity.*

**Attachment C**

**Fundraising Ideas**

* Raffle
* Candles
* Book sale
* Cookbook
* \*Car wash
* \*Walkathons
* Student artwork
* Stuffed animals
* Stadium pillows
* School photo ID
* Educational games
* Holiday decorations
* Shopping donation programs
* School mascot temporary tattoos
* Faculty and/or student talent show
* Teacher/student sports competition
* Auction of donated goods and services
* Balloon bouquets for special occasions
* Bottled water with the schools own label
* Refillable water bottle with the school logo
* Glow in the dark novelties (popular at dances)
* Greeting cards, especially designed by students
* School calendars with all the important school dates on them
* Party bags for kids’ birthday parties filled with non-food novelties
* Sale of flowers and balloons for the family to purchase for student graduates
* School spirit items — tee-shirts, sweatshirts, sweatpants, lanyards, pennants, bracelets and caps
* Growing and/or selling flowers and plants for holidays such as Valentine’s Day and Mother’s Day

*\*These fundraisers have the added benefit of promoting physical activity for students.*

**Attachment D**

**Classroom Rewards**

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| --- | --- |
| * A smile | * Going first |
| * Verbal praise | * Sit by friends |
| * Teaching the class | * Helping the teacher |
| * Enjoy class outdoors | * A field trip for the class |
| * Choosing a class activity | * Walk with a teacher during lunch |
| * Eat lunch outdoors with the class | * Eat lunch with a teacher or principal |
| * Extra credit or class participation points | * A photo recognition board in a prominent location in the school |
| * A note from the teacher to the student commending his or her achievement | * A phone call, email, or letter sent home to parents or guardians commending a child’s accomplishment |
| * Recognition of a child’s achievement on the school-wide morning announcements or school   website | * Ribbon, certificate in recognition of achievement or a sticker with an affirming message (e.g. “Great job”) |
| * Take a trip to the treasure box (filled with: stickers, temporary tattoos, pencils, pens, highlighters, sidewalk chalk, notepads, erasers, bookmarks, etc.) | * Extra art, music, PE, reading time or recess |
| * Going to the lunchroom first | * Listening to music while working |
| * Dancing to music |  |

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16. Alliance for a Healthier Generation, https://www.healthiergeneration.org/

**Resources for Policy Development**

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