

RANTOUL CITY SCHOOLS WELLNESS PLAN

6.50 Administrative Procedures

BELIEF STATEMENT

The Board of Education of Rantoul City Schools District #137 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; a plan for measuring implementation including designating one or more persons charged with operational responsibility; and 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 8 shall receive nutrition education as part of the District's comprehensive health education curriculum. School Board policy 6:60, Curriculum content. 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.
- To achieve positive changes in students' eating behaviors, it is recommended that a minimum of fifty contact hours of nutrition education opportunities be provided to students each year. Contact hours may include a combination of classroom instruction; nutrition education provided in the cafeteria; or health fairs, field trips and assemblies providing nutrition education.

GOALS FOR PHYSICAL ACTIVITY

- Physical education or physical activity will be provided daily in EC-5th gr and shall include a developmentally planned and sequential curriculum that fosters the development of physical activity 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); increases students' knowledge; offers direct opportunities to learn how to work cooperatively in a group setting; encourages healthy habits and attitudes for a healthy lifestyle. See Board policy 6:60, Curriculum content. The curriculum will be consistent with state/district's standards/guidelines/framework; and is coordinated within a comprehensive health education curriculum.

Curriculum shall be consistent with and incorporate relevant *Illinois Learning Standards for Physical Development and Health* as established by Illinois State Board of Education (ISBE).

- It is required that all elementary students participate in daily physical education course, unless otherwise exempted. See Board policy 6:60, Curriculum content and Board policy 7:260, *Exemption from Physical Education*.
- It is recommended elementary students engage in physical activity for a minimum of 150 minutes per week, and junior high students participate for 200 minutes per week when in Physical Education class (jr high students are also required to take Health and may not have PE daily as a result). Physical activity occurs during recess and classroom movement breaks (stimulates brain activity).
- 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.
- Schools shall provide a daily supervised & structured recess period to elementary students.
- Students shall be provided opportunities for physical activity through a range of before- and after-school programs including intramurals, interscholastic athletics, and physical activity clubs.
- Because students should engage in a minimum of 30 minutes of physical activity a day, the physical education program shall actively engage families as partners in providing physical activity beyond the school day.

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.
- Parents shall be provided information to help them incorporate healthy eating and physical activity into their student's lives. This information may be provided in the form of handouts, postings on the school/district website, information provided in school/district newsletters, presentations that focus on nutrition and healthy lifestyles and any other appropriate means available for reaching parents.

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.
- As part of the school district's responsibility to operate an innovative food service program that provides the latest strategies for providing tasty, appealing and healthy school meals. Continuing professional development for all nutrition professionals will be provided. Staff development, including certification, training & effective promotional techniques to encourage healthy eating habits. The level of professional development for food service supervisors, cafeteria managers and cafeteria workers will vary according to their level or responsibility.
- Food providers shall involve families, students and other school personnel in choosing nutritious food and beverage selections for their local schools through surveys, committees, taste-testing and similar activities designed to provide input into the decision-making process.
- 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.
- Students, parents, school staff and community members bringing foods and beverages to school for parties/celebrations/meetings shall be encouraged to provide healthful options and shall be provided with a list of recommended food and beverage options (Attachment B).
- School-based organizations shall be encouraged to raise funds through the sale of items other than food (Attachment C).
- 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.
- Partnerships between schools and businesses are encouraged and many commercial advertising relationships involve foods or beverages. To meet wellness objectives, it is recommended that commercial advertising relationships involve only foods and beverages that meet nutrition standards (Attachment A).
- Schools shall take efforts to promote nutritious food and beverage choices consistent with the current Dietary Guidelines for Americans and Food Guidance System (MyPyramid) such as fruits, vegetables, low-fat dairy foods and whole grain products.
- Nutrition education shall be provided by trained, well-supported staff with adequate pre-service and in-service training. It is recommended that staff involved in nutrition education complete a pre-service course in nutrition and a minimum of one hour of nutrition education in-service training per school year. Preparation and professional development shall provide basic

knowledge of nutrition along with activities, instructional techniques and strategies designed to change students' attitudes and behavior.

- 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 a trained, 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.
- Physical education classes shall have a student to teacher ratio comparable to those in other curricular areas.
- 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.
- Schools are encouraged to develop community partnerships with other child-serving organizations such as park districts and Recreations Centers to provide students with opportunities to be active.
- Schools are encouraged to provide student and community access to and promote use of the school's physical activity facilities outside of the normal school day.
- 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.

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.
- School personnel shall not use physical activity as a punishment or withhold participation in recess or physical education class as a punishment.

NUTRITION GUIDELINES FOR ALL FOODS AND BEVERAGES AVAILABLE ON SCHOOL CAMPUSES 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* published jointly by the U.S. Departments of Health and Human Services and Agriculture (USDA). In addition, in order to promote student health and reduce childhood obesity, the Superintendent or designee shall restrict the sale of *competitive foods*, as defined the USDA, in the food service areas during meal periods and comply with all ISBE rules.

- Food providers shall offer a variety of age-appropriate, appealing foods, beverage choices and employ food preparation, purchasing and meal planning practices consistent with the current Federal regulations.
- Snacks served during the school day or in after-school enrichment programs must meet the meal pattern as established in the National School Lunch program regulations.
- Celebrations/Birthday Parties for K-5th gr: Schools should limit celebrations that involve food during the day to no more than one party per class per month. The entire school will celebrate all birthdays within the month on one given day during the month. Healthy snacks will be provided by the district. This will also ensure that students with allergies are safer. Parties should be limited to foods that meet the nutrition standards for USDA regulations for all foods sold in schools. See attachment B. Holiday celebrations will occur as they have in the past.
- Rewards: Schools should limit the use of foods or beverages as rewards or incentives for academic performance or good behavior, especially those that do not meet the nutrition standards for USDA regulations for all foods sold in schools. See attachment D.

GUIDELINES FOR SCHOOL MEALS

- School meals served through the National School Lunch & Breakfast Programs will:
- Be appealing and attractive to students.
- Be served in clean and pleasant surroundings.
- Meet a minimum, nutrition requirements established by local, state, and USDA for federally funded programs.
- Contain 0% trans fats.

- Offer a variety of fruits (including fresh) & vegetables (including fresh and particular sub-groups).
- Serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (to be defined by USDA).
- Ensure that half of the served grains are whole grain.
- Water will be available to students during meal service within the cafeteria either through a water fountain or water cooler.

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 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 appoint teachers (including preschool – grade 8, family and consumer science, physical education and health educators) and health professionals (school nurse, physician, dietitian, etc.) as members of the team/council.
- The terms of district wellness team/council members shall be staggered for continuity.
- The appointed district wellness team/council shall be responsible for:
 - Creating and maintaining bylaws for operation;
 - Assessment of the current school environment;
 - Development of a wellness policy;
 - Presenting the wellness policy to the school board for approval;
 - Measuring the implementation of the wellness policy; and
 - Recommending revision of the policy, as necessary.
- The principal of each campus shall be responsible for implementation of the local wellness policy and shall appoint a school-based evaluation team to develop and implement an annual evaluation plan.
- The school-based evaluation team shall evaluate policy implementation and identify areas for improvement. The evaluation team shall report their findings to the campus principal and develop with him/her a plan of action for improvement, as needed.
- The wellness team/council shall hear reports from each campus group annually.
- Before the end of each school year the wellness team/council shall recommend to the district superintendent any revisions to the policy it deems necessary.
- The wellness team/council shall report to the superintendent and school board annually on the progress of the wellness team/council and the status of compliance by the campuses.

Attachment A Guidance for School Nutrition Professionals

Definitions: Competitive food is defined as all food and beverages sold to students on the School campus during the School day, other than those meals reimbursable under the National School Lunch and the School Breakfast Programs.

Food Service Workers and Industry Members. Overview of the USDA Interim Final Rule Nutrition Standards for ALL foods sold in Schools (FNS 2011-0019-4718) (Subject to Change)

Effective starting July 1, 2014

- In the past, the USDA regulations only governed the reimbursable meals in the National School Lunch and Breakfast programs. Section 208 of the Healthy, Hunger-Free Kids Act provided USDA the authority to establish nutrition standards for ALL foods and beverages sold to students outside of the Federal child nutrition programs in schools.
- School campus: all areas of the property under the jurisdiction of the school that is ACCESSIBLE to students during the school day (not applicable to faculty areas in which students do not have access).
- School day is the period from the midnight before, to 30 minutes after the end of the official school day
- The USDA established Nutrition standards will impact ALL food and beverage SOLD to STUDENTS on the school campus during the school day including: A la carte in the cafeteria, In school stores, Snack bars, Vending machines, Fundraising

NUTRITION STANDARDS FOR FOOD

To be allowable, a food item must

1. Be a whole grain rich product (50% or more Whole grains); **OR**
2. Have as the first ingredient a fruit, vegetable, dairy product or protein food (meat, beans, poultry, etc.); **OR**
3. Be a “combination food” with at least 1 cup fruit and/or vegetable (fruit and yogurt, hummus and vegetables) **OR**
4. Contain 10% of the Daily Value of one nutrient of public health concern (only through June 30, 2016) Calcium, potassium, vitamin D, dietary fiber

AND

Meet all of the specific nutrient standards below: *Nutrients*

Total Fat

Saturated Fat

Trans Fat

Sodium – Entrée’s

Sodium – Snack & Side items

Calories – Entrée’s

Calories – Snack & Side Items

Total Sugar

All Grade Levels

≤35% of total calories from fat per item as packaged/served

≤10% of total calories per item as packaged/served.

Zero grams of trans fat per portion as packaged/served (< 0.5 g)

≤480 mg sodium per item (for entrée items that do not meet NSLP/SBP exemption)

≤230 mg (until June 30, 2016) ≤200mg (after July 1, 2016)

≤350 calories per item (Entrée items that do not meet NSLP/SBP exemption)

≤200 calories per item

≤35% of weight from total sugars per item (dried/dehydrated fruits/vegetables exempt)

Exemptions from meeting all nutrient standards: Fruit & Vegetable Exemption & National School Lunch Program Breakfast and Lunch entrees

BEVERAGE STANDARDS

Beverage

Elementary School

Jr High School

Plain water

no size limit

no size limit

Low fat milk,

≤ 8oz

≤12oz

Non fat milk,

≤ 8oz

≤ 12oz

100% fruit/veg juice**

≤ 8oz

≤ 12oz

Foods and beverages must be caffeine-free, with the exception of trace amounts of naturally occurring caffeine substances

FUNDRAISERS

- All foods that meet the regulatory standards may be sold at fundraisers on the school campus during school hours. Only applies for food sold and consumed at school.
- The standards would not apply to items sold during non-school hours (concessions during sporting events, weekends, or off-campus fundraising events).
- The State Agency allows NO EXEMPTED FUNDRAISING DAYS (EFD) to K-8 schools.
- No exempt fundraiser foods or beverages may be sold in competition with school meals in the food service area during the meal service.

ADMINISTRATIVE PROVISIONS Recordkeeping and Monitoring and Compliance State agencies

Our district must maintain records such as receipts, nutrition labels and product specifications, records for foods and beverages sold outside of the federal meal programs under the nonprofit school food service account, records for all other food and beverages sale.

Attachment B

Healthful Food and Beverage Options for School Functions, Parties & Celebrations*

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, honeydew, 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
- Fruit snacks made with 100% fruit juice.
- Dried fruits – raisins, cranberries, apples, apricots
- Single serving applesauce or canned fruit in juice
- Sun butter with apple wedges or celery sticks
- Fruit smoothies made with fat-free or low-fat milk
- Trail mix (dried fruits and nuts)
- Lean meats and reduced fat cheese sandwiches (use light or reduced fat mayonnaise in chicken/tuna salads)
- Party mix (variety of cereals, pretzels, etc. – NO NUTS)
- Pretzels or reduced fat crackers
- Baked chips with salsa or low-fat dip (Ranch, onion, bean, etc.)
- Whole grain Smartfood Popcorn – any variety/flavor.
- Low-fat muffins (small or mini), granola bars and cookies (graham crackers, fig bars)
- Mini bagels with whipped light or fat-free cream cheese
- Bread sticks with marinara
- Whole grain honey graham or animal crackers.
- Whole grain granola or cereal bars – NO NUTS.
- Whole grain Pop Tarts.
- Whole grain rice cakes.
- Fat-free or low-fat flavored yogurt cups or tubes.
- Fat-free or low-fat pudding cups
- Fat-free or low-fat milk and milk products (string 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

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

- *Car wash
- *Walkathons
- *Jump Rope for Heart
- Book sale
- Candles
- Raffles
- Student artwork
- Stadium pillows
- School photo ID
- Educational games
- Holiday decorations
- Shopping donation programs
- Temporary tattoos
- Faculty and/or student talent show or sports competition
- Auction of donated goods and services
- Balloon bouquets for special occasions
- 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

Attachment D Classroom Rewards

- Leader for day
- Sit by friends
- Teaching the class
- Helping the teacher
- Enjoy class outdoors
- Choosing a class activity
- Walk with a teacher during lunch
- Eat lunch outdoors with the class or with teacher or principal
- Extra credit or class participation points
- Taking care of the class animal for a day
- Have lunch or breakfast in the classroom
- 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 (stickers, temporary tattoos, pencils, pens, sidewalk chalk, notepads, erasers, bookmarks, etc.)

References

1. Prevalence of Overweight among Children and Adolescents: United States, National Center for Health Statistics. www.cdc.gov/nchs/products/pubs/pubd/hestats/overwght99.htm
2. Child Nutrition and WIC Reauthorization Act of 2004 [Public Law 108-265, Sec. 204]. <http://thomas.loc.gov/bss>
3. Public Act 094-0199. www.ilga.gov/legislation/publicacts/fulltext.asp?Name=094-0199
4. Illinois School Code. www.ilga.gov/legislation
 - a. Daily Physical Ed Requirements - Section 27-6 of the School Code [105 ILCS 5/27-6]
 - b. Rules for Comprehensive Health Education – (23 Ill. Adm. Code 253) issued pursuant to the Critical Health Problems and Comprehensive Health Education Act [105 ILCS 110].
5. Illinois Learning Standards, Illinois State Board of Education, 1997. www.isbe.state.il.us/ils
6. Nutrition services: An essential component of comprehensive school health programs – Joint Position of the American Dietetic Association, Society for Nutrition Education, and the American School Food Service Association, *Journal of Nutrition Education* 35:2, 2003.
7. Executive Summary, Shape of the Nation 2001. National Association of Sports and Physical Education (NASPE), 2001. www.aahperd.org/naspe/pdf_files/shape_nation.pdf
8. Dietary Guidelines for Americans 2005, Department of Health and Human Services and Department of Agriculture, 2005. www.health.gov/dietaryguidelines
9. Fit, Healthy and Ready to Learn, National Association of State Boards of Education, 2000.
10. MyPyramid.gov, United States Department of Agriculture. www.mypyramid.gov
11. Minimum School Meals Requirements – section 9(f)(1), 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(f)(1), 1766(a)0)
12. Minimum School Meals Requirements - subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779)
13. Illinois School Food Service – Ill. Adm. Code Section 305.

RESOURCES FOR POLICY DEVELOPMENT

- Fit, Healthy and Ready to Learn, National Association of State Boards of Education. 2000. www.nasbe.org/HealthSchools/index.html
- HealthierUS School Challenge, United States Department of Agriculture. www.fns.usda.gov/m/HealthierUS/criteria_instructions.pdf
- Mercedes Independent School District Student Nutrition/Wellness Plan. 2004. www.mercedes.k12.tx.us/menus/Nutrition%20PolicyR10-8-04.pdf
- Model Local School Wellness Policies on Physical Activity and Nutrition, National Alliance for Nutrition and Activity, 2005. www.schoolwellnesspolicies.org/WellnessPolicies.html
- School Nutrition Association Local Wellness Policy Guidelines, School Nutrition Association. 2005. www.schoolnutrition.org/Index.aspx?id=1075

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