

## **LOCAL WELLNESS POLICY**

### **BELIEF STATEMENT**

The Board of Education of Rock Falls Township High School District 301 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.

### **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 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**

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 has been 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**

- The students of Rock Falls High School shall receive nutrition education as part of a sequential program that is coordinated within a comprehensive health education curriculum. This 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. The curriculum shall be consistent with and incorporate relevant Illinois Learning Standards.
- To achieve positive changes in students' eating behaviors, teachers will be encouraged to invite community speakers into the classrooms to present a variety of information on nutrition education. Teachers will be encouraged to use healthy food when integrating food into the curriculum.
- The nutrition education program shall include a variety of classroom instruction, nutrition education provided in the cafeteria, health fairs, field trips, contests, promotions, and taste testing.

### **GOALS FOR PHYSICAL ACTIVITY**

- Rock Falls High School students 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.
- It is recommended that high school students participate in physical education for a minimum of 225 minutes per week (National Association for Sport & Physical Education recommendations). Physical activities shall be of at least moderate intensity for a duration that is sufficient to provide significant health benefit to students of all abilities.
- The curriculum shall be consistent with and incorporate relevant Illinois Learning Standards. Students will be exposed to a wide range of physical activities that teach skills to help maintain lifelong health and fitness. The curriculum will focus on the development of motor skills, movement forms, and health-related fitness. Accommodations shall be made for students with disabilities, 504 plans, and other limitations.

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

- Rock Falls High School shall support parents' efforts to provide a healthy diet and daily physical activity for their children. Information will be available to parents 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.
- 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. 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.
- Food providers shall make 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.
- 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 only.
- 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 are encouraged to 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.

- The development of community partnerships with other child-serving organizations such as park districts and YMCA's to provide students with opportunities to be active will be encouraged.
- Physical activity facilities and equipment on school grounds shall be safe.
- School personnel will work with the community to create a community environment that is safe and supportive of students walking or biking to school.
- School personnel shall be encouraged to use nonfood incentives or rewards with students and shall not withhold food from students as punishment.

#### **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.
- Food providers shall offer a variety of 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).
- Food providers shall provide healthy and nutritional a la carte items. Food providers are encouraged to provide adequate serving/eating time of student meals.
- Food providers shall seek healthier offerings in vending machines. With the exception of the lunch periods, the vending machines will be turned off during regular school hours.
- Food providers are encouraged to seek input from students, parents, and the community on food service selections.
- Students will have access to water throughout the day.

#### **MEASURING IMPLEMENTATION & COMMUNITY INVOLVEMENT**

- The district Superintendent shall be charged with the operational responsibility for ensuring that the local Wellness Policy requirements are met.
- The district Superintendent shall appoint a district Wellness Team 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.
- The appointed district Wellness Team shall be responsible for: 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 shall be responsible for implementation of the local Wellness Policy.
- Before the end of each school year, the Wellness Team shall recommend to the district Superintendent any revisions to the policy it deems necessary.