

## ***Central 301 - District Wellness Policy***

Central Community Unit School District 301 is committed to the academic, physical and social emotional development of every student.

The wellness policy supports the mission of Central District 301: To provide quality education within a nurturing environment which enables all students to become lifelong learners who strive for excellence and who are responsible contributors to our ever changing global society. Nutrition and wellness impact a child's development, health, well-being, and potential for learning. This District embraces an environment that supports lifelong healthy habits, including nutrition and physical activity. Therefore, Central District 301 has adopted the following goals:

- Students receive nutrition education that is integrated into the curriculum and teaches the skill they need to adopt lifelong healthy eating habits. The District health education curriculum includes state and national standards and guidelines for nutrition education and physical education.
- Information concerning nutrition and physical activity is shared with families in order to positively affect student health.
- Students are provided opportunities for adequate physical activity each day or the majority of days.
- School lunch provide students and staff with healthy choices in a positive environment according to guidelines provided by federal and state standards.

### ***SCHOOL WELLNESS POLICY REVIEW***

The Director of Food Services will report annually in the spring to the District Leadership Team a periodic review and update of the wellness policy. Any recommended updates to the wellness policy will be presented at administrative meetings.

The District Leadership Team is comprised of school staff from all grade bands as well as administrative and Board of Education representation.

### ***WELLNESS POLICY IMPLEMENTATION, MONITORING, ACCOUNTABILITY AND COMMUNITY ENGAGEMENT***

#### **Implementation Plan**

The wellness policy delineates responsibilities for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, and other school-based activities that promote student wellness.

This wellness policy can be found at: [www.burlington.k12.il.us.com](http://www.burlington.k12.il.us.com)

## **Recordkeeping**

The District will retain records to document compliance with the requirements of the wellness policy in offices of the Food Service Director. Documentation maintained will include but not limited to:

- The wellness policy
- Documentation demonstrating compliance with community involvement requirements
- Annual policy progress reports for each school under its jurisdiction

## **Annual Progress Reports**

The Director of Food Services will publish a report to share basic information about the wellness policy and report on the progress of the schools within the district in meeting wellness goals. The report will include, but limited to the website address for the wellness policy and/or how the public can receive /access a copy of the wellness policy.

## **Revisions and Updating the Policy**

The wellness policy will be updated annually based on changes to district priorities, community needs, and wellness goals.

## ***NUTRITION***

### **School Meals**

Our school district is committed to serving healthy meals to children; with plenty of fruits, vegetables, whole grains and fat-free and low-fat milk choices; moderate in sodium, low in saturated fat, and zero grams trans-fat per serving (as listed on product nutrition label or manufacturer's specifications); and to meet the nutrition needs of school children within their age and grade groups. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating food preferences and special dietary needs.

All schools within the District participate in the USDA National School Lunch Program (NSLP).

All schools within the District are committed to offering school meals through the NSLP which are:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by Federal and State statutes and regulations
- Promote healthy food and beverage choices by:
  - ✓ Fresh fruit options are displayed
  - ✓ Sliced or cut fruit is available daily
  - ✓ Daily fruit options are displayed in a location in the line of sight and reach of students
  - ✓ All available vegetable options have been given descriptive names

- ✓ All Line Servers have been trained to politely prompt students to select and consume the daily ½ cup fruit and/or vegetable choices with their meal
- ✓ Student surveys and taste testing opportunities are used to inform menu development, dining space décor and promotional ideas
- ✓ Displaying student artwork is encouraged
- ✓ Daily announcements/school staff e-mails are used to promote and market menu options
- ✓ Monthly menus for each school is posted on the District/Food Service website
- ✓ Menus are created/reviewed by the district’s Food Service Director, a nutrition professional

**Food Service Professional Development**

All Central 301 Food Service Employees: Food Service Director, Head Cooks, Cook and Food Service Secretary will meet or exceed hiring and annual continuing education/training requirements listed in the USDA Professional Standards for Child Nutrition Professionals.

The standards, a key provision of the Healthy, Hunger-Free Kids Act of 2010 (HHFKA) aim to institute minimum education standards for all school nutrition personnel. These new standards will ensure school nutrition personnel have the knowledge, training and tools they need to plan, prepare and purchase healthy products to create nutritious, safe and enjoyable school meals.

Effective July 1, 2015, the minimum requirements are:

- Food Service Directors:      2015-16    at least 8 hours of annual continuing education/training  
    2016-17    at least 12 hours of annual continuing education/training
  
- Head Cooks:    2015-16    at least 6 hours of annual continuing education/training  
    2016-17    at least 10 hours of annual continuing education/training
  
- Cooks/FS Secretary                                2015-16    at least 4 hours of annual continuing education/training  
    2016-17    at least 6 hours of annual continuing education/training

**Water**

To promote hydration, water will be available to all students throughout the school day at every school in the Central 301 District. Water fountains are available near where lunches are served each school day. Students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

**Competitive Foods and Beverages**

The District is committed to ensuring that all foods and beverages available to students in each District school support healthy eating. The foods and beverages sold and served outside of the school meal programs will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. These

standards will apply in all locations and through all service times where food and beverages are sold, which include but not limited to: ala carte options in cafeterias and vending machines.

The requirements for meeting the USDA Smart Snack standards are:

- Total Fat - less than or equal to 35% of total calories from fat
- Saturated Fat – less than or equal to 10% of total calories
- Trans Fat – Zero Grams of trans fat
- Sodium (entrees) – less than or equal to 480 mg sodium per item
- Sodium (snacks & side items) – less than or equal to 230 mg sodium per item
- Calories (entrees) – less than or equal to 350 calories per item
- Calories (snacks & side items) – less than or equal to 200 calories per item
- Total Sugar – less than or equal to 35% of weight from total sugars per item (*except dried fruits/vegetables*)

### **Celebrations and Rewards**

All foods offered in District 301 schools will strive to meet or exceed the USDA Smart Snacks in School nutrition standards.

### **Fundraising**

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers in District 301 schools during the school day. The District Food Service Department will assist teachers and parents in choosing healthy fundraising ideas.

*(School Day is defined as the period of time from midnight before the start of the official school day until 30 minutes after the end of the official school day.)*

In recognition of the tradition of school fundraisers, the HHFKA provides flexibility for special exemptions for the purpose of conducting infrequent school-sponsored fundraisers during which foods that do not meet the nutrition standards for Smart Snack may be sold.

The Illinois Administrative Code (from Title 23) lists the following requirements for Exempt Fundraising Days:

- Schools with grades 8 and below are prohibited in participating in the exempt fundraising days
- Schools with grades 9-12 are limited to no more than nine (9) exempted fundraising days per school year
  - a) The nine (9) exempted days not limit the number of foods and beverages that may be sold to students nor do they limit the number of organizations or clubs to offer competitive food for sale to students on an exempted fundraising day.

### **Nutrition Promotion**

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages and by creating food environments that encourage healthy nutrition choices and encourage participation in the school lunch program. Students and staff will receive consistent nutrition messages throughout schools, classrooms and cafeterias. Nutrition

promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school food service staff, teachers, parents, students and community.

### **Nutrition Education**

The District aims to teach, model, encourage and support healthy eating by students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health
- Is part of not only health education classes, but also integrated into other classroom instruction

### **Food and Beverage Marketing in Schools**

The District promotes a school environment that fosters opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. One goal is to teach students how to make informed choices about nutrition, health and physical activity.

### ***PHYSICAL ACTIVITY***

A percentage of students' physical activity are provided through a comprehensive, school-based physical activity program that may include these components:

- Physical education
- Recess
- Classroom-based physical activity
- Out of school activities

### **Physical Education**

The District will provide students with physical education, using curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits.

### **Recess**

Elementary schools may offer a lunch recess. Recess monitors will encourage students to stay active.

### **Physical Activity Breaks**

Students are offered periodic opportunities to be active or to stretch throughout the day during a typical school week.

### **Before and After School Activities**

There are opportunities for students to participate in physical activity either before and/or after the school day through a variety of methods. The District encourages students to be physically active before and after school by participating in various athletic opportunities or clubs.

## ***OTHER ACTIVITIES THAT PROMOTE STUDENT WELLNESS***

The district promotes student well-being, development, and educational outcomes.

### **Community Health Promotion and Engagement**

The District will promote the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities. Schools have implemented school-sponsored activities such as:

- Walking Trail Program
- Fit and Fun Run/Walk
- Fit n'Fun 5K Community Run
- Family Fitness Night

### **Staff Wellness and Health Promotion**

Staff are encouraged to model healthy eating and physical activity behaviors.