

## Instruction

### School Wellness

Student wellness, including good nutrition and physical activity, shall be promoted in the District's educational program, school-based activities, and meal programs. This policy shall be interpreted consistently with Section 204 of the Child Nutrition and WIC Reauthorization Act of 2004 and the Healthy Hunger-Free Kids Act of 2010 (HHFKA).

The Superintendent will ensure:

1. Each school building complies with this policy;
2. The policy is available to the community on an annual basis through copies of or online access to the Board Policy Manual; and
3. The community is informed about the progress of this policy's implementation.

### Goals for Nutrition Education

The goals for addressing nutrition education and nutrition promotion include the following:

- Schools will support and promote sound nutrition for students.
- Schools will foster the positive relationship between sound nutrition, physical activity, and the capacity of students to develop and learn.
- Nutrition education will be part of the District's comprehensive health education curriculum. See Board policy 6:60, *Curriculum Content*.

### Goals for Nutrition Education

- Nutritious school menus will be available monthly on the Food Services website, sent out to parents via email and/or sent home by their students' teacher.
- Nutritional information for all menued items will be available and will be kept accurate and up to date by the Food Service Director.

### Goals for Physical Activity

The goals for addressing physical activity include the following:

- Schools will support and promote an active lifestyle for students.
- Physical education will be taught in all grades and shall include a developmentally planned and sequential curriculum that fosters the development of movement skills, enhances health-related fitness, increases students' knowledge, offers direct opportunities to learn how to work cooperatively in a group setting, and encourages healthy habits and attitudes for a healthy lifestyle. See policies 6:60, *Curriculum Content* and 7:260, *Exemption from Physical Education*.
- During the school day, all students will be required to engage in a daily physical education course, unless otherwise exempted. See policies 6:60, *Curriculum Content* and 7:260, *Exemption from Physical Education*.
- The curriculum will be consistent with and incorporate relevant *Illinois Learning Standards for Physical Development and Health* as established by the Ill. State Board of Education (ISBE).

### Goals for Other School-Based Activities

The goals for school-based activities include the following:

- Schools will support and promote a healthy eating environment for students.
- Schools will promote and participate in wellness activities.
- Schools will offer other school-based activities to support student health and wellness, including coordinated events and clubs.

### Nutrition Guidelines for Foods Available During the School Day; Marketing Prohibited

Students will be offered and schools will promote nutritious food and beverage choices during the school day that are consistent with Board policy 4:120, *Food Services* (requiring compliance with the nutrition standards specified in the U.S. Dept. of Agriculture's (USDA) *Smart Snacks* rules).

In addition, in order to promote student health and reduce childhood obesity, the Superintendent or designee shall:

1. Restrict the sale of *competitive foods*, as defined by the USDA, in the food service areas during meal periods;
2. Comply with all ISBE rules; and
3. Prohibit marketing during the school day of foods and beverages that do not meet the standards listed in Board policy 4:120, *Food Services*, i.e., in-school marketing of food and beverage items must meet *competitive foods* standards.
4. Students will be offered and schools will promote nutritious food and beverage choices consistent with the U.S. Department of Health and Human Services and the U.S. Department of Agriculture. This includes meeting standards for each meal pattern components (i.e. Grains, Meat/Meat Alternate, Fruit, Vegetables, and Milk);
5. The use of nonfood incentives or rewards will be promoted in all schools, but in no instance will food be withheld from students as punishment;
6. Nutritious treats for birthday and other holiday celebrations are encouraged;
7. The Superintendent or designee shall establish such administrative procedures to control food sales that compete with the District's non-profit food service in compliance with the Child Nutrition Act.

*Competitive foods* standards do not apply to foods and beverages available, but not sold in school during the school day; e.g., brown bag lunches, foods for classroom parties, school celebrations, and reward incentives.

### Exempted Fundraising Day (EFD) Requests

All food and beverages sold to students on the school campuses of participating schools during the school day must comply with the "general nutrition standards for competitive foods" specified in federal law.

ISBE rules prohibit EFDs for grades 8 and below in participating schools.

The Superintendent or designee in a participating school may grant an EFD for grades 9 through 12 in participating schools. To request an EFD and learn more about the District's related procedure(s), contact the Superintendent or designee. The District's procedures are subject to change. The number of EFDs for grades 9 through 12 in participating schools is set by ISBE rule.

### Guidelines for Reimbursable School Meals

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

### Goals for School Lunch and Breakfast Program

- Food service rules shall restrict the sale of minimally nutritious foods as defined by the U.S. Department of Agriculture in food service areas during meal periods.
- Reimbursable school meals served shall meet, at a minimum, the nutrition requirement and regulations for the National School Lunch program and/or the School Breakfast Program.
- Fresh fruit and/or vegetables will be available as product allows.

### Goals for Food Safety

Efforts will be made to assure that all food served in the school district meets State and Local Health Department regulations.

- The District will be allergy aware. The guidelines for managing students with food allergies will be followed. Children will receive food safety education as appropriate.
- All food service staff shall be thoroughly trained on handling allergies within school meals and will provide a meal replacement, when appropriate, according to the meal modification form that must be on file from a licensed medical authority.
- Use of kitchen facilities must be approved by the Food Service Director and comply with State and Local Health Department Regulations.
- External groups that use the school kitchen must do so under the supervision of a food safety certified food service employee designated by the district Food Service Director and must purchase food from approved sources.
- The food service program will have, and follow, a HACCP program.

### Unused Food Sharing Plan

Food loss and food waste continue to be an issue facing the nations food supply. In order to prevent food waste, the District will make every effort to minimize food waste by following the plan below:

- Purchase food based on prior sales
- Produce the most accurate number of meals by using lunch counts, production records, and resources such as the USDA's Food Buying Guide.
- Batch cook when applicable.
- Follow all food safety guidelines for any cooling, saving, or storing leftover food.

In the event that excess food still remains, the District will continue to provide to students in need beyond the meals provided through the USDA School Nutrition Programs. Therefore, the District, shall follow the established food sharing plan, in accordance with Public Act 102-0359, and federal and local regulations and sanitation codes.

- Work with Administrators, Counselors, and Social Workers to contact families in need to donate excess food.
- Work with Administrators, Counselors, and Social Workers to donate excess food to local food banks, charities, and/or churches.
- Around holiday closings, Spring Break, and the end of the school year, donate excess food to local food banks, charities, and/or churches.

### Monitoring

At least every three years, the Superintendent shall provide implementation data and/or reports to the Board concerning this policy's implementation sufficient to allow the Board to monitor and adjust the policy (a triennial report). This triennial report must include without limitation each of the following:

- An assessment of the District's implementation of the policy
- The extent to which schools in the District are in compliance with the policy
- The extent to which the policy compares to model local school wellness policies
- A description of the progress made in attaining the goals of the policy
- How the District will make the results of the assessment available to the public
- Where the District will retain records of the assessment
- The Board will monitor and adjust the policy pursuant to policy 2:240, *Board Policy Development*.

This report will be kept in accordance with the District's record retention protocols and will be made available to the public at any time.

### Community Involvement

The Board and Superintendent will actively invite suggestions and comments concerning the development, implementation, periodic reviews, and updates of the school wellness policy from parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the community. Community involvement methods shall align their suggestions and comments to policy 2:140, *Communications To and From the Board* and/or the **Community Engagement** subhead in policy 8:10, *Connection with the Community*.

### Recordkeeping and Reporting

The Superintendent shall retain records to document compliance with this policy, the District's records retention protocols, and the Local Records Act.

The District Wellness Policy will be made available by posting the policy on the District's Food Service website and adding the policy to the District's Handbook. This document will be updated regularly.

LEGAL REF.: Pub. L. 108-265, Sec. 204, Child Nutrition and WIC Reauthorization Act of 2004.  
42 U.S.C. §1751 et seq., Richard B. Russell National School Lunch Act.  
42 U.S.C. §1758b, Pub. L. 111-296, Healthy, Hunger-Free Kids Act of 2010.  
42 U.S.C. §1771 et seq., Child Nutrition Act of 1966.  
42 U.S.C. §1779, as implemented by 7 C.F.R. §§210.11 and 210.31.  
50 ILCS 205/, Local Records Act.  
105 ILCS 5/2-3.139 and 5/2-3.189.  
23 Ill.Admin.Code Part 305, Food Program.  
ISBE's *School Wellness Policy* Goal, adopted Oct. 2007.

CROSS REF.: 2:140 (Communications To and From the Board), 2:150 (Committees), 2:240 (Board Policy Development), 4:120 (Food Services), 5:100 (Staff Development Program), 6:60 (Curriculum Content), 7:260 (Exemption from Physical Education), 8:10 (Connection with the Community)

AMENDED: April 2024