

Laraway School District 70-C Wellness Policy

Laraway School District is committed to providing and promoting a school environment that protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. We recognize the positive relationship that takes place 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. This policy shall be interpreted consistent with Section 204 of the Child Nutrition and WIC Reauthorization Act of 2004.

Goals for Nutrition Education

The goals for addressing nutrition education include the following:

- To the maximum extent practicable, all schools in our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program [including after-school snacks], Summer Food Service Program and Fruit and Vegetable Snack Program.
- Schools will foster the positive relationship between good nutrition, physical activity, and the capacity of all to develop and learn.
- School will support and promote good nutrition.
- All students in grades pre-K-8 will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
- Schools shall take efforts to promote nutritious food and beverage choices consistent with the current Dietary Guidelines for Americans and Food Guidance System (My Pyramid) such as fruits, vegetables, low-fat dairy foods and whole grain products.

Goals for Physical Activity

The goals for addressing physical activity include the following:

- All students in grades pre-K-8 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Physical education will be taught in all grades K-8 and shall include developmentally planned and sequential curriculum that fosters the development of movement skills, enhances health related fitness, increases student's knowledge, offers direct opportunities to learn how to work cooperatively in a group setting and encourages healthy habits and attitudes for a healthy lifestyle.
- Students are given opportunities for physical activity through a range of before-and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.
- Schools encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.

- Schools shall provide a daily supervised recess period to elementary students.
- Schools are encouraged to develop community partnerships with other child-serving organizations such as the local park districts, The George Werden Buck Boys and Girls Club of Joliet, and YMCA's to provide students with opportunities to be active.

Nutrition Guidelines for Foods Available in Schools During the School Day

Students and staff will be offered and schools will promote nutritious food and beverage choices consistent with the current Dietary Guidelines for Americans and Food Guidance System published jointly by the U.S. Department of Health and Human Services and the Department of Agriculture. In addition, in order to promote student health and reduce childhood obesity, 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. Food service practices shall restrict the sale of foods of minimal nutritional value as defined by the U.S. Department of Agriculture in the food service areas during the meal periods. 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; that are moderate in sodium, low in saturated fat, and have zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. Our 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 cultural food preferences and special dietary needs.

All school sites within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), & the Fresh Fruit and Vegetable Program (FFVP.) The District also operates additional nutrition-related programs and activities including , Breakfast in the Classroom and breakfast after the bell. All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- 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 local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet USDA nutrition standards.)
- Promote healthy food and beverage choices :

- Sliced or cut fruit is available daily.
 - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.

Meal Times and Scheduling

- Schools will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after being seated for lunch;
- Breakfast after the Bell Mandate will be followed
- should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.;
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- will schedule lunch periods to follow recess periods (in elementary schools) when possible.

Food and Beverage Marketing: Any Foods offered for sale to students, at the school, will meet the Smart Snacks in School nutrition standards.

Sharing of Foods and Beverages. Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions for some children's dietary needs.

Classroom/School Celebrations. School functions such as birthday and holiday celebrations should include nutritious foods and beverages that are consistent with the Dietary Guidelines for Americans. A list of suggested healthy snacks along with peanut free snacks for all school celebrations will be provided and posted on the school district's web page. Due to the prevalence of food allergies in our student population, a healthy snack that does not contain nuts, tree nuts or peanut butter should be provided.

Student celebrations for birthdays should be limited to their own classrooms and the office. This will allow us to maintain the instructional integrity of our day as much as possible.

Also, we encourage non-food alternatives when celebrating birthdays such as: stickers, bubbles, pencils, pencil toppers, balls, bookmark, etc.

All snacks/treats brought to school must be prepackaged. No homemade items are allowed.

School-Sponsored Events (such as, but not limited to, athletic events, dances or performances) Food and beverages offered or sold at school-sponsored events outside the school day will offer healthy options for meals or for foods and beverages sold individually. Students will not have access to vending machines from which candy and carbonated soft drinks are sold.

Physical Activity and Punishment. Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as a means of discipline.

Weather Guidelines

Due to the school buildings not being air conditioned, when the air temperature and/or heat index within the classrooms reach a level of concern students are encouraged to remain hydrated by bringing bottled water. Frequent breaks to the water fountain are encouraged. As needed frozen treats like popsicles and freeze pops are purchased by the district and given to the students. When the air temperature and/or heat index reaches unsafe levels within the school buildings the students and staff are excused early, or the school day is postponed all together.

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.

Monitoring

The Superintendent or designee 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.

Community Input & Public Involvement:

The Superintendent or designee will invite suggestions and comments concerning the development, implementation and improvement of the school wellness policy from community members, including parents, students and representatives of the school food authority, school administrators, and the public. Wellness Policy is posted to both our School Website, as well as the Food service website. Any and all questions or comments/suggestions regarding wellness are invited from the parents and public.

Policy Leadership:

Vice Principal Joe Pope is the designated Administrator in charge of School Wellness. He works collaboratively with the school athletic director, the school nurse, and the food service director.