



February 14, 2018

Annual Nutrition and Wellness Report

Pursuant to Board Policy 6:50

Goals for Nutrition Education and Nutrition Promotion

- 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

Nutrition education is part of SPEED's comprehensive health education curriculum wherein students are taught about healthy eating and food choices. Health units of instruction are developed by the PE teachers using Understanding by Design templates which include identified essential understandings, plans for assessment, vocabulary development and engaging activities. Units on nutrition and fitness are included in our Discovery Science and Unique Learning curricula.

SPEED Early Learning Center and Family Enrichment Program have partnered with the Illinois Nutrition Education Program (INEP) to provide a series of lessons in the classroom and at the Academy's instruction kitchen for students and their families which have been well attended. Independence High School has developed a culinary arts class in which students are taught how to prepare healthy meals along with food sanitation. The Academy for Lifelong Learning uses its new instructional kitchen for students to learn how to shop for, store and cook simple meals. An emphasis on nutrition is included in each lesson. Curriculum has been developed so that each student participates daily for at least one quarter per school year.

The monthly nutrition class is conducted by the University of Illinois Extension Nutrition program. Each month the parents learn a new healthy recipe and assist in preparing it. Other topics discussed are: reading labels, generic vs. name brand foods, grocery costs, how to decrease salt and sugar intakes, how to use seasoning in food, calorie counting, portion control, and making healthy sacks for children.

Goals for Physical Activity

- 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.
- During the school day, all students will be required to engage in a daily physical education course, unless otherwise exempted.
- The curriculum will be consistent with and incorporate relevant *Illinois Learning Standards for Physical Development and Health* as established by the Illinois State Board of Education (ISBE).

SPEED PE Teachers are licensed to teach adapted PE. Independence students have PE daily, ELC and PAL students have PE twice per week and open gym and recess on days when not scheduled for PE. Physical Education Units are developed for each 4-6 week units of instruction and are aligned with IL Learning Standards. Independence primary and intermediate students are also provided recess/playground time almost daily dependent upon weather conditions. Student fitness is assessed using the Fitness Gram or the Brockport alternative fitness assessment.

All PAL students participate in Walking Club each morning. Students at the Academy go to the Jones Center for adult fitness activities regularly. Fitness exercise equipment is available for their use as well. Additionally, SPEED students are invited to participate in Special Olympics, Young Athletes and Chicago Area Alternative Education League sports.