

Document Status: Draft Update

INSTRUCTION

6:50 School Wellness

West Chicago School District 33 is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year. The Coordinator of Partnerships will oversee the implementation of the District's Wellness Policy.

Research shows that two components, healthy nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. Student wellness, including healthy nutrition and physical activity, shall be promoted in the District's educational program, school 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 or designee will ensure each school building complies with this policy.

This policy applies to all students, staff, and schools in the District.

District Wellness Committee and Community Input

The District will convene a representative district wellness committee (hereto referred to as the DWC) that meets at least four times per year to establish goals for and oversee school health, policies, and programs, including development, implementation, and periodic review and update of this district-level wellness policy. A notice will be sent to the school community via District 33 communication inviting members of the community to join the wellness committee. Parents, students, representatives of the school food authority, physical education staff, school health professionals, members of the Board of Education, school administrators and the general public will be included in the development, implementation, review and update of the wellness policy.

The Superintendent or designee will actively invite suggestions and comments concerning the development, implementation, and improvement 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 community A3. The wellness policy and wellness related work products will be posted on District 33's website (<http://www.wego33.org/>).

Progress, Evaluation, Reporting & Record Keeping

The District will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the schools within the district in meeting wellness goals A4. This annual report will be published around the same time each year and will include information from each school within the District.

The Wellness Policy will be assessed by the Wellness Committee, at a minimum, triennially using the most recent version of the Wellness School Assessment Tool (WellSAT) and other assessment tools provided by the Illinois State Board of Education. Results of the assessment will be made public via District 33's website and presented to the Board of Education.

Policy Implementation & Monitoring

The Superintendent or designee shall annually 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.

Nutrition

Nutrition Standards for All Foods and Beverages Available at Schools

Students will be offered and schools will promote nutritious food and beverage choices consistent with the current Dietary Guidelines for Americans published jointly by the U.S. Departments of Health and Human Services and Agriculture (USDA). Nutrition lessons are integrated into the social and emotional learning curriculum and the health education program.

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout the school. In addition, in order to promote student health and reduce childhood obesity, the Superintendent or designee shall restrict the sale of competitive foods A6, as defined by the USDA, in the food service areas during meal periods and comply with all Illinois State Board of Education (ISBE) rules.

The district's contracted food service entity will ensure all school food service professionals comply with the school meal program as outlined by ISBE, and meet hiring and annual continuing education/training requirements.

School meals will include fresh, locally-grown foods in school meals from farms engaged in sustainable practices whenever possible and these foods will be promoted in the lunchrooms.

After obtaining food, students will receive an ample amount of time to eat lunch.

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 A8 and follow guidelines from USDA's Final Rule: Nutrition Standards for All Food Sold in Schools standards for any food available for sale.

Celebrations and Reward

All foods offered on the school campus will meet or exceed USDA Smart Snacks in School nutrition standards. Schools will not use food or beverages as a reward for academic, classroom, or sports performances. It is strongly recommended for staff to use physical activity as a reward when feasible. Physical activity may not be assigned to students as a consequence of poor behavior or punishment for any reason.

Fundraising

All food and beverages sold to students at schools during the school day must comply with the USDA Smart Snacks "general nutrition standards for competitive foods" specified in federal law, unless the Superintendent or designee in a participating school has granted an exempted fundraising day (EFD).

Fundraising outside of the school day that is District-sponsored or run by District-groups (such as Student Council, athletic events) will encourage healthy options and will not include the sale or distribution of sugar sweetened beverages. Fundraising that occurs outside of the school day that is not District-sponsored will encourage healthy options and try to avoid offering sugar sweetened

beverages.

Food and Beverage Marketing

Any foods and beverages marketed or promoted to students in the school during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards A11.

Nutrition Promotion and Education

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

- Schools will support and promote healthy nutrition for students.
- Schools will foster the positive relationship between healthy 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 School Board policy 6:60, *Curriculum Content*.
- Classroom celebrations will focus on activities, rather than food. No food will be served.

Physical Activity

Physical Activity Promotion

The goals for addressing physical activity include the following:

- Schools will support and promote an active lifestyle for students throughout the day.
- Students will not lose physical activity opportunities due to discipline issues or academic issues.
- All elementary schools will offer at least 30 minutes on all schools days that have more than five clock hours in length. For any school day less than five clock hours in length, the total time allocated for play will be at least one-tenth of a day of attendance.
 - All playtime will be divided into play periods of at least 15 consecutive minutes in length.
- Students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week.
- Schools will utilize learning structures that encourage students to stand up and move around the classroom or building.

Guidelines for Outside-of-School District Programs

The District offers opportunities for students to participate in physical activity either through their before and after school programs A18, as well as family programs, that are district supported and/or sponsored. These programs will follow the nutrition guidelines for foods available during the school day.

Active Transport

The District will support and promote active transport to and from school, such as walking or biking.

Physical Education

The goals for addressing physical education include the following:

- Physical education will be taught in all grades and shall include developmentally planned and sequential curriculum that fosters the development of movement skills, enhances health-related fitness, increases student knowledge, offers direct opportunities to learn working cooperatively

in a group, and encourages healthy habits and attitudes for a healthy lifestyle A21. 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 physical education course at a minimum of three times per week, unless otherwise exempted due to a quarter allocated towards Health Education. 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).
- Physical Education may act as a substitute for physical activity, however physical activity may not act as a substitute for physical education. There will be no substitutions allowed for the physical education time requirement.

The expectations for teaching physical education include the following:

- Physical education for grades K-8 is required to be taught by a certified/licensed teacher who is endorsed to teach physical education.
- The school district shall provide all physical education teachers with annual professional development opportunities that are focused on physical education/physical activity topics and competencies specifically for physical education teachers.

Other School-based Activities that Promote Student Wellness

Community Partnership

The District will enhance relationships with community partners in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals. All schools will develop joint-use agreements, when appropriate, with community partners in order to provide expanded physical activity opportunities for all students and community members.

Staff Wellness and Health Promotion

The DWC will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources, and performs other functions that support staff wellness in coordination with human resources staff. The staff meetings that are district hosted and/or sponsored will follow the nutritional standards as before and after school programs, family programs, and community events.

Schools will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors while at school.

Unused Food Sharing Plan

In collaboration with the District's local health department, the Superintendent or designee will:

1. Develop and support a food sharing plan (Plan) for unused food that is focused on needy students.
2. Implement the Plan throughout the District.
3. Ensure the Plan complies with the Richard B. Russell National School Lunch Act, as well as accompanying guidance from the U.S. Department of Agriculture on the Food Donation Program.
4. Ensure that any leftover food items are properly donated to combat potential food insecurity in

the District's community. *Properly* means in accordance with all federal regulations and State and local health and sanitation codes.

Recordkeeping

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

LEGAL REF.:

[Pub. L. 108-265](#), Sec. 204, Child Nutrition and WIC Reauthorization Act of 2004.

[42 U.S.C. §1771](#) *et seq.*, Child Nutrition Act of 1966.

[42 U.S.C. §1751](#) *et seq.*, National School Lunch Act.

[42 U.S.C. §1758b](#), [Pub. L. 111-296](#), Healthy, Hunger-Free Kids Act of 2010.

[42 U.S.C. §1779](#), as implemented by [7 C.F.R. §§210.11](#) and [210.31](#).

50 ILCS 205/1, Local Records Act.

105 ILCS 5/2-3.139 and 5/2-3.189. [PRESSPlus1](#)

[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)

Adopted: February 24, 2022

PRESSPlus Comments

PRESSPlus 1. The Legal References are updated. **Issue 110, October 2022**