

DIXON PUBLIC SCHOOLS 170



WELLNESS POLICY




HEALTHY MINDS

HEALTHY BODIES

HEALTHY HABITS

Dixon Public School District #170 Wellness Committee

Name	Title/Relationship to the School or District	Email address	Role on Committee
Matt Magnafici	Reagan Middle School-Principal	mmagnafici@dps170.org	Designated Official for Oversight
Marcia Cruse	Community Member	mar.cru1@hotmail.com	Member and Assists in the evaluation of the wellness policy
Lupita Serrano	Lee Co. Health Dept. Emergency Response and Community Health Plan Coordinator	lserrano@lchd.com	Member and assists in the evaluation of the wellness policy implementation
Linda Wegner	Board of Education President	lwegner@dps170.org	
Marc Campbell	Business Manager	mcampbell@dps170.org	
Megan Bus	Washington Elementary School AP	mbus@dps170.org	
Brandy Farris	TJD School Secretary	bfarris@dps170.org	
Janine Huffman	TJD School Principal	jhuffman@dps170.org	
Lani Rogers	RMS PE Teacher	lrogers@dps170.org	
Shana Engelkes	Jefferson School 3 rd Grade Teacher	sengelkes@dps170.org	
Sara Faley	Jefferson School Nurse	sfaley@dps170.org	
Mandy Dallas	Washington School 1 st Grade Teacher	mdallas@dps170.org	
Aaron Fox	OSF Hospital	aaron.w.fox@osfhealthcare.org	
Maggie Curry	DHS PE/Health Teacher	mcurry@dps170.org	
John Tate	DHS Asst. Principal	jtate@dps170.org	
Joey Sagel	Madison Principal	jsagel@dps170.org	
Jenny Morse	Social Worker - LCSEA	jmorse@dps170.org	

Dixon Public School District #170 Wellness Policy

1. Purpose and Commitment Dixon Public Schools (DPS) is committed to creating a school environment that promotes the health, well-being, and ability to learn by supporting mental health, healthy eating, and physical activity. This policy outlines goals and guidelines aligned with Section 204 of the Healthy, Hunger-Free Kids Act of 2010.

2. Wellness Committee (WC)

- Composed of school administrators, teachers, health professionals, parents, students, and community members.
- Meets at least three times annually.
- Responsibilities include policy development, implementation, monitoring, and updates.

3. Mental Health

- Access to school counselors/social workers
- Access to Smississippi counselors and crisis intervention
- Small group and individual counseling
- Mentoring Program (K-12)
- Partnered with Florissa
- Social Emotional Learning Curriculum
- SAEBRS Screening Tool and Data

4. Nutrition Promotion and Education

- Nutrition education is part of the health curriculum from pre-K to 12th grade.
- Instruction is consistent with the [Dietary Guidelines for Americans](#)
- Promotes fruits, vegetables, whole grains, and low-fat dairy products.
- Emphasizes caloric balance between food intake and energy expenditure.
- School cafeterias promote healthy messages and offer nutrition signage.

5. Standards for School Meals

- All schools participate in USDA school meal programs.
- Meals meet or exceed USDA nutrition guidelines.
- Free potable water is available during meals and throughout the day.
- Adequate time to eat meals: at least 10 minutes for breakfast and 20 minutes for lunch.
- Meal periods are scheduled near midday; this avoids scheduling conflicts.

6. Competitive Foods and Beverages

- All foods sold outside the school meal programs during the school day meet [USDA Smart Snacks](#) standards.
- Applies to vending machines, school stores, a la carte lines, concession stands, and fundraisers.
- Marketing of food and beverages on campus must meet Smart Snacks standards.
- [Alliance For A Healthier Generation - Food & Beverage Marketing](#)

7. Guidelines for Foods Provided but Not Sold

- Applies to class parties, celebrations, and food rewards.
- Schools are encouraged to use non-food rewards or healthy food options.
- Food brought from home for events must meet allergy and safety guidelines.

8. Physical Activity

- Students receive physical education aligned with state standards.
- Daily recess for elementary students (at least 30 minutes).
- Classroom physical activity breaks are encouraged.
- [Alliance For A Healthier Generation - Physical Activity Breaks](#)
- Extracurricular physical activity opportunities offered (e.g., clubs, intramurals).
- Use of physical activity as punishment or withholding is prohibited, i.e., no recess. (PreK-5)
- [Presidential Fitness Program](#)

9. Other School-Based Wellness Activities

- Schools promote consistent wellness messaging throughout the campus.
- Each school will establish and maintain a cell phone policy.
- Encourage staff wellness initiatives and professional development.
- Community and family engagement in wellness is promoted.
- Buddy Bags are distributed to students in need (K-12)
- [Safe Routes To School](#) are encouraged.

10. Fundraising

- School-sponsored fundraisers during school hours must comply with Smart Snacks standards.
- Encouraged to use non-food or healthy food [Fundraising Alternatives](#)

11. Policy Implementation and Evaluation

- Superintendent designates one or more officials for oversight.
- Each school has a wellness committee representative.
- Triennial assessments are conducted to measure compliance and progress.
- Assessment results are made available to the public.
- The policy is reviewed and updated at least once every three years.

[DPS 170 Wellness Policy](#)

12. Recordkeeping and Public Involvement

- Maintains records of meetings, assessments, and communications.
- The public is invited to participate in wellness policy development via the website and school communications.

13. Policy Accessibility and Transparency

- The policy is available to the public via the district website. [DPS 170 Wellness Policy](#)
- Annual public updates include policy content, implementation status, and contact information.

14. Monitoring and Compliance

- Building principals ensure compliance at the school level.
- WC monitors district-wide implementation.
- Annual progress reports are presented to the Board.

Conclusion: DPS is committed to cultivating a school culture that promotes student health and academic achievement. This wellness policy reflects a commitment to continuous improvement through collaboration, transparency, and community involvement.

REFERENCE LINKS

MENTAL HEALTH / SOCIAL-EMOTIONAL LEARNING

- [Mental Health / Social-Emotional Learning Resources \(DPS 170\)](#)
- [Illinois Youth Survey](#)

HEALTHY EATING & NUTRITION

- [School Nutrition Standards](#)
- [Smart Snacks in Schools](#)
- [Professional Standards for School Nutrition Programs](#)
- [School Celebrations \(Healthy Celebration Ideas\)](#)
- [MyPlate](#)
- [Food Planner \(Healthier Generation\)](#)
- [Reducing Food Waste at K-12 Schools](#)
- [Sauk Valley Food Bank](#)
- [Food Resource, Food Resources by County, Fighting Food Insecurity](#)

PHYSICAL HEALTH & HYGIENE

- [Hand Hygiene – CDC](#)
- [Essential Hygiene Habits](#)
- [Personal Hygiene for Kids – Northwestern Medicine](#)

GENERAL HEALTH / SCHOOL WELLNESS

- [USDA Local Wellness Policies](#)