

6:50 - School Wellness

As required by law, the Board of Education establishes the following wellness policy for Illinois Public School District 97. 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). District 97 is committed to creating a healthy school environment that enhances the development of lifelong wellness practices and to promote healthy eating and physical activities that support student achievement. The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the District's students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools meal programs, by supporting the development of healthy eating habits, and by promoting increased physical activity both in and out of school.

The Board, however, believes this effort to support the student's development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the school alone. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

A. Nutrition education shall be included in the Health curriculum and other areas of study as appropriate, so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.

B. Parent and teacher nutrition education, based in healthy eating, sound wellness practices and physical activity should be provided at regular intervals throughout the school year.

C. A sequential, comprehensive physical education curriculum shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes and skills necessary to engage in lifelong health-enhancing physical activity. 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).

D. In accordance with policy [4:120](#), *Food Services*, the food service program shall comply with Federal and State regulations consistent with the current *Dietary Guidelines for Americans* published jointly by the U.S. Departments of Health and Human Services and Agriculture, pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as to the fiscal management of the program. In addition, in order to promote student health and reduce childhood obesity, the Superintendent or designee shall restrict the sale of competitive foods, as defined by the USDA, in the food service areas during meal periods and comply with all ISBE rules.

E. 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, unless the Superintendent or designee in a participating school has granted an *exempted fundraising day (EFD)*. 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 is set by ISBE rule.

F. As set forth in policy [4:130](#), *Free and Reduced-Price Food Services*, the guidelines for reimbursable school meals shall meet, at a minimum, the nutrition requirements and regulations for the National School Lunch Program and/or School Breakfast Program.

F. With regard to other school based activities, District 97 shall strive to create a healthy school culture that reinforces and supports the nutrition and physical education instruction provided.

The Board designates the Superintendent as the individual charged with operational responsibility for measuring and evaluating the Districts implementation and progress under this 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. The Superintendent shall develop administrative guidelines necessary to implement this policy.

The Superintendent shall report on the Districts compliance with this policy and the progress toward achieving the goals set forth herein when requested to do so by the Board.

Review of this policy shall occur annually by the Wellness Council appointed by Administration consisting of a representative of the Board, the administration, the food service provider, parents, teachers, students, and the public. The Wellness Council shall provide the Board with any recommended changes to this policy.

LEGAL REF.:

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

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

National School Lunch Act, [42 U.S.C. §1758](#).

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

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