

## **INSTRUCTION**

### **Wellness**

Student wellness, including good 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 the Healthy Hunger-Free Kids Act of 2010 (HHFKA). The Superintendent or designee will ensure each school building complies with this policy, the policy is available to the community on an annual basis on the District website and distributed to students and parents through the student handbook, and that the community is informed about the progress of this policy's implementation.

#### **Goals for Nutrition Education and Nutrition Promotion**

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

- Schools will support and promote good nutrition for students.
- Schools will foster the positive relationship between good 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.

#### **Goals for Physical Activity**

The goals for addressing physical activity include the following:

- 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 health habits and attitudes for a healthy lifestyle.
- Unless otherwise exempted, all students will be required to engage in a physical education course-a minimum of 3 days per 5-day week.
- The curriculum will be consistent with and incorporate relevant Illinois Learning Standards for Physical Development and health as established by the Illinois Board of Education.

#### **Goals for Other School-Based Activities**

The goals for school-based activities include the following:

- Schools will support and promote a healthy eating environment for students.
- Schools will promote and participate in wellness activities.
- Schools will offer other school-based activities to support student health and wellness, including coordinated events and clubs.

### Nutrition Guidelines for Foods Available in Schools During the School Day; Marketing Prohibited

Students will be offered and schools will promote nutritious food and beverage choices during the school day consistent with Board policy 3700, *Food Services* (requiring compliance with the nutrition standards specified in 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's Smart Snacks rules).

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, comply with all ISBE rules, and prohibit marketing during the school day of foods and beverages that do not meet the standards listed in Board policy 3700 *Food Services*, i.e. in-school marketing of food and beverage items must meet competitive foods standards.

*Competitive foods* standards do not apply to foods and beverages available, but not sold in school during the school day; e.g., brown bag lunches.

### 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.

ISBE rules prohibit EFDs for grades 8 and below in participating schools.

### 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.

### 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.

### Guidelines for Food Items at Birthday Celebrations, Holidays and Other Student Recognition

To promote overall wellness and the safety of students with health issues, only non-edible items will be used for birthday celebrations and other student recognition. In addition, only non-edible items may be used for rewards and incentives in the classroom. Options beyond food items are encouraged for holiday celebrations, or to support curricular purposes, and any food or beverage used for this purpose shall follow the intent of this wellness policy.

### Monitoring

At least every three years, 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. This report must include without limitation each of the following:

- An assessment of the District's implementation of the policy
- The extent to which schools in the District are in compliance with the policy
- The extent to which the policy compares to model local school wellness policies
- A description of the progress made in attaining the goals of the policy
- How the District will make the results of the assessment available to the public
- Where the District will retain records of the assessment

### Community Input

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, teachers of physical education, school health professionals, the school board, school administrators, and the community.

### Recordkeeping

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

### 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  
 41 U.S.C. Sec. 1779, as implemented by 7 C.F.R. §210.11  
 105 ILCS 5/2-3.139  
 23 Ill.Admin.Code Part 305, Food Program

Adopted: Board of Education  
 Woodridge School District 68  
 July 31, 2006

Reviewed: January ~~13, 2025~~ 12, 2026

Amended: January 22, 2024