



School District U-46
Local Wellness Administrative Procedure
(Pursuant to Board Policy 6.500 –
Student Wellness)



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School District U-46 Wellness Administrative Procedure

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School District U-46 Student Wellness

Preamble

School District U-46 (hereto referred to as the District) 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.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks.^{1,2,3,4,5,6,7} Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students.^{8,9,10} In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities – do better academically.^{11,12,13,14} Finally, there is evidence that adequate hydration is associated with better cognitive performance.^{15,16}

¹References

- Bradley, B, Green, AC. Do Health and Education Agencies in the United States Share Responsibility for Academic Achievement and Health? A Review of 25 years of Evidence About the Relationship of Adolescents' Academic Achievement and Health Behaviors, *Journal of Adolescent Health*. 2013; 52(5):523–532.
- ² Meyers AF, Sampson AE, Weitzman M, Rogers BL, Kayne H. School breakfast program and school performance. *American Journal of Diseases of Children*. 1989;143(10):1234–1239.
- ³ Murphy JM. Breakfast and learning: an updated review. *Current Nutrition & Food Science*. 2007; 3:3–36.
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- ⁵ Pollitt E, Mathews R. Breakfast and cognition: an integrative summary. *American Journal of Clinical Nutrition*. 1998; 67(4), 804S–813S.
- ⁶ Rampersaud GC, Pereira MA, Girard BL, Adams J, Metz J. Breakfast habits, nutritional status, body weight, and academic performance in children and adolescents. *Journal of the American Dietetic Association*. 2005;105(5):743–760, quiz 761–762.
- ⁷ Taras, H. Nutrition and student performance at school. *Journal of School Health*. 2005;75(6):199–213.
- ⁸ MacLellan D, Taylor J, Wood K. Food intake and academic performance among adolescents. *Canadian Journal of Dietetic Practice and Research*. 2008;69(3):141–144.
- ⁹ Neumark-Sztainer D, Story M, Dixon LB, Resnick MD, Blum RW. Correlates of inadequate consumption of dairy products among adolescents. *Journal of Nutrition Education*. 1997;29(1):12–20.
- ¹⁰ Neumark-Sztainer D, Story M, Resnick MD, Blum RW. Correlates of inadequate fruit and vegetable consumption among adolescents. *Preventive Medicine*. 1996;25(5):497–505.
- ¹¹ Centers for Disease Control and Prevention. *The association between school-based physical activity, including physical education, and academic performance*. Atlanta, GA: US Department of Health and Human Services, 2010.
- ¹² Singh A, Uijtdewilligne L, Twisk J, van Mechelen W, Chinapaw M. *Physical activity and performance at school: A systematic review of the literature including a methodological quality assessment*. *Arch Pediatr Adolesc Med*, 2012; 166(1):49-55.
- ¹³ Haapala E, Poikkeus A-M, Kukkonen-Harjula K, Tompuri T, Lintu N, Väistö J, Leppänen P, Laaksonen D, Lindi V, Lakka T. *Association of physical activity and sedentary behavior with academic skills – A follow-up study among primary school children*. *PLoS ONE*, 2014; 9(9): e107031.
- ¹⁴ Hillman C, Pontifex M, Castelli D, Khan N, Raine L, Scudder M, Drollette E, Moore R, Wu C-T, Kamijo K. *Effects of the FITKids randomized control trial on executive control and brain function*. *Pediatrics* 2014; 134(4): e1063-1071.
- ¹⁵ Change Lab Solutions. (2014). *District Policy Restricting the Advertising of Food and Beverages Not Permitted to be Sold on School Grounds*. Retrieved from <http://changelabsolutions.org/publications/district-policy-school-food-ads>
- ¹⁶ Centers for Disease Control and Prevention. (2019) Nutrition education in U.S. schools. Retrieved from https://www.cdc.gov/healthyschools/nutrition/school_nutrition_education.htm
- ¹⁷ Brain Breaks ®: Research-based Classroom Activity Brain Breaks Retrieved from <https://brain-breaks.com/>

This document outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, it establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus– in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring its established goals and objectives.

This document applies to all students, staff and schools in the District. Specific, measurable goals and outcomes are identified within each section below.

- ***The District will coordinate the wellness procedure document with other aspects of school management, including the Department Strategic Plan, when appropriate.***
- ***NOTE: Will also include any relevant data or statistics from state or local sources supporting the need for establishing and achieving the goals in this document.***

School Wellness Committee

Committee Role and Membership

The District will convene a representative district wellness committee (hereto referred to as the DWC that meets at least two times per year to establish goals for and oversee school health and safety procedures and programs, including development, implementation and periodic review and update of this district-level wellness document (heretofore referred as “wellness procedure”).

The DWC membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; health education teachers; school health professionals (e.g., health education teachers, school health services staff [e.g., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services], and mental health and social services staff [e.g., school counselors, psychologists, social workers, or psychiatrists]; school administrators (e.g., superintendent, principal, vice principal), school board members; health professionals (e.g., dietitians, doctors, nurses, dentists); and the general public. When possible, membership will also include the University of Illinois Extension's Illinois Nutrition Education Programs (SNAP-Education) To the extent possible, the DWC will include representatives that reflect the diversity of the community.

Leadership

The Superintendent or designee(s) will convene the DWC and facilitate development of and updates to the wellness procedure, and will ensure each school's compliance with the Board's policy on [Student Wellness \(Policy No. 6.500\)](#).

The designated official for oversight is the Director of Food and Nutrition Services.

Below are the names, titles, and contact information of those selected to serve on the District Wellness Committee.

District Wellness Committee Members

Name	Title / Relationship to the School or District	Email address	Role on Committee
SCHOOL PARTNERS			
Aaron Nowak	Food and Nutrition Director	aaronnowak@u-46.org	Assists in the evaluation of the wellness policy and procedure implementation
Daniella Beci	Food and Nutrition Assistant Director	daniellabeci@u-46.org	Assists in the evaluation of the wellness policy and procedure implementation
Judy Naughton	Registered Dietitian and Compliance Specialist	judythnaughton@u-46.org	Ensures that that each school is in compliance with wellness requirements; assists in evaluation of overall policy and procedures
Therese Desario	Glenbrook Elementary Food Service Lead	theresedesario@u-46.org	Represents Elementary Schools perspective
Marla Ravlin	Elementary Area Field Manager	marlaravlin@u-46.org	Represents Elementary Food and Nutrition Schools perspective
Jane Russo	Foodservice Manager at Kenyon Woods Middle School	janerusso@u-46.org	Represents Middle Schools Food and Nutrition perspective
Audrey Etheridge	Foodservice Manager at the Dream Academy	audreyetheridge@u-46.org	Represents High Schools Food and Nutrition perspective Assist with Food and Nutrition marketing/promotion efforts.
Tracey Jakaitis	Coord., Student Wellness & Physical Education	traceyjakaitis@u-46.org	Assists in the evaluation of Physical Education Wellness
Jason Svehla	Health Education Teacher at Abbott Middle School	jasonsvehla@u-46.org	Represents middle school health/physical education perspective

Jim Koeller	Physical Education Teacher at Larkin High School	jimkoeller@u-46.org	Represents high school physical education perspective
Krista McClellan	School Nurse, Education Service Center	kristamcclellan@u-46.org	Represents an Elementary and Middle School Nursing perspective
Leiann Neitzke	Certified School Nurse, Bartlett High School	leiannneitzke@u-46.org	Represents school nurses at high school level
Beth Berg	Coordinator, Benefits	bethberg@u-46.org	Represents Human Resources
COMMUNITY PARTNERS			
Monique Batteast	Representative from Greater Chicago Food Depository	mbatteast@gcfd.org	Representative from the Greater Chicago Food Depository
Santiago Cervantes	Representative, Elgin Park District- Health & Fitness Supervisory	cervantes_s@cityofelgin.org	Representative of Elgin Park District
Dr. Ashwani Garg	CHEF (Community Harvest Educational Foundation)	agargmd@sbcglobal.net	Board of Directors Representative for CHEF
Lela Fausze	Representative, Midwest Dairy Council	sking@midwestdairy.org	Representative from FUTP60 and Wellness
Sara Gonzalez	Kane County Representative from COFI (Community Organizing and Family Issues)	sgonzalez@cofionline.org	Representative from COFI (Community Organizing and Family Issues)- Kane County Lead Organizer
Julia Langlois	Community Engagement Librarian for Elementary Education at Gail Burden Public Library	langlois@gailborden.info	Representative from Gail Burden Library
Christine Birns	University of IL Extensions SNAP Ed	cbirns@illinois.edu	Represents University of Illinois Extension SNAP Ed clientele perspective
Nayaab Sattar	University of IL Extension Educator, SNAP-Ed	nsattar@illinois.edu	Represents University of Illinois Extension SNAP Ed clientele perspective
Venessa McConkey	Parent	vmilg824@gmail.com	Parent in School District U-46 with students at Sycamore Trails
OPEN	Student member		

Wellness Policy and Procedures Implementation, Monitoring, Accountability and Community Engagement

Implementation Plan

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness procedure. The plan delineates roles, responsibilities, actions and timelines specific to each school; and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness.

This wellness document and minutes from meetings can be found at: <https://www.u-46.org/Page/17688> .

Recordkeeping

The District will retain records to document compliance with the requirements of the wellness policy and procedures at The Department of Food and Nutrition Services Wellness Center located at 1150 Bowes Road, Elgin Illinois 60123 and/or on District's central computer network. Documentation maintained in this location will include but will not be limited to:

- The Board of Education's wellness policy (No. 6.500) and copy of these procedures;
- Documentation demonstrating that the policy and procedures have been made available to the public;
- Documentation of efforts to review and update the Local Schools Wellness Policy and procedures; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the DWC;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy and procedures;
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy and procedures has been made available to the public.

Annual Notification of the Wellness Policy and Procedures

The District will actively inform families and the public each year of basic information about this document, including its content, any updates and implementation status. The District will make this information available via the district website and/or district-wide communications. The District will provide as much information as possible about the school nutrition environment. This will include a summary of the District's events or activities related to wellness policy implementation. Annually, the District will also publicize the name and contact information of the District/school officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

Triennial Progress Assessments

At least once every three years, the District will evaluate compliance with the wellness policy and procedures to assess their implementation and include:

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy and procedures;

- The extent to which the District’s wellness policy and procedures compare to the model wellness policies from the Alliance for a Healthier Generation and the Illinois State Board of Education; and
- A description of the progress made in attaining the goals of the District’s wellness policy and procedures.

The position/person responsible for managing the triennial assessment and contact information is the Director of Food and Nutrition Services.

Contact information for the Director of Food and Nutrition- (847)-888-5000 X 5036.

The DWC, in collaboration with individual schools, will monitor schools’ compliance with the District’s wellness policy and procedures.

Revisions and Updating this Administrative Procedure

Revisions will be made to the wellness procedures by the DWC as District priorities change; community needs change; wellness goals are met; new health, nutrition and wellness science, information, and technology emerges; and new Federal or state guidance or standards are issued. The wellness procedure will be assessed and updated as indicated at least every three years.

Community Involvement, Outreach and Communications

The District is committed to being responsive to community input, which begins with awareness of the wellness policy and procedures. The District will actively communicate ways in which representatives of DWC and others can participate in the development, implementation and periodic review and update of the wellness policy and procedures through a variety of means appropriate for that district. The District will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards.

Nutrition

School Meals

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, fat-free and low-fat milk and USDA approved plant-based milk alternative beverages; that are moderate in sodium, low in saturated fat, and have zero grams *trans*-fat per serving (nutrition label or manufacturer’s specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating religious, ethnic and cultural food preferences along with special dietary needs, such as food allergies or modified texture needs.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), Seamless Summer Option (SSO) and the Child and Adult Food Care Programs (CACFP), including Afterschool Snack and Supper Programs. The District also operates additional nutrition-related programs and activities including *School gardens, Mobile Breakfast carts, Breakfast in the Classroom, Universal Breakfast, Grab ‘n’ Go Breakfast* and *Second Chance Breakfast*. All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet USDA nutrition standards.)
- Promote healthy food and beverage choices using **several** of the following techniques and strategies.

- Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans).
 - Sliced, cut or whole fruit available daily.
 - Daily fruit options are displayed in a location in the line of sight and reach of students.
 - Give vegetable options creative or descriptive names, when able and makes sense.
 - Daily vegetable options are bundled into all grab-and-go meals available to students.
 - Food and Nutrition staff members, especially those serving, have been trained to politely prompt students to select and consume the daily fruit and vegetable options with their meal.
 - Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas.
 - A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.) in middle and high schools only.
 - Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas.
 - Student artwork is displayed in the service and/or dining areas.
 - Daily announcements are used to promote and market menu options.
- *Menus will be posted on the District website or individual school websites, and will include information on select nutrients and identify top nine allergens in menued items.*
 - *Menus will be created/reviewed by a Dietitian or other certified nutrition professional.*
 - *School meals are administered by a team of child nutrition professionals.*
 - *The District's Child Nutrition Programs will reasonably accommodate students with ethnic/cultural/religious and special dietary needs.*
 - *Students are served breakfast and lunch at a reasonable and appropriate times of day.*
 - *Participation in Federal Child Nutrition Programs will be promoted among students and families to help ensure that families know what programs are available in their children's school. Some promotion opportunities include in-person registration, mailings, district social media channels and lawn signs.*

Staff Qualifications and Professional Development

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day* and throughout every school campus* ("school campus" and "school day" are defined in the glossary). The District will make drinking water available where school meals are served during mealtimes.

- Water cups will be available in the cafeteria if a drinking fountain is not present.
- All water sources and containers will be maintained on a regular basis to ensure good hygiene and health safety standards. Such sources and containers may include drinking fountains, hydration stations, or other methods for delivering drinking water.
- Students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

Competitive Foods and Beverages

The District is committed to ensuring that all foods and beverages available to students on the school campus* during the school day* support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well

as a Guide to Smart Snacks in Schools are available at:

<https://www.fns.usda.gov/tn/guide-smart-snacks-school>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at <https://www.healthiergeneration.org/take-action/schools/wellness-topics/smart-snacks>.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, student accessible vending machines, school stores and snack or food carts.

Celebrations and Rewards

As a District, we encourage students to make good choices around healthy eating and physical activity to promote positive outcomes. For celebrations throughout the school year, U-46 will continue this practice by promoting celebrations with non-food items. To stay aligned with the USDA's Smart Snacks requirements, food-related celebrations or distribution of snacks to students to eat in the classroom during the school day will not be permitted. The USDA defines school day hours are from midnight to 30 minutes after the end of the school day. All foods offered on the school campus are to meet or exceed the USDA Smart Snacks in School nutrition standards including through:

- **Celebrations and parties.** The District can provide a list of healthful party ideas to parents and teachers, including non-food celebration ideas, as requested. Healthy party ideas are available from the Alliance for a Healthier Generation and from Action for Healthy Kids.
- **Classroom snacks brought by parents.** The District can provide a list of foods and beverages that meet Smart Snacks nutrition standards to parents upon request. The Smart Snack requirement does not extend to snacks brought from home. The District encourages parents to use the smart snack calculator for snacks at home: <https://foodplanner.healthiergeneration.org/calculator>.
- **Rewards and incentives.** As requested, the District can provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

Fundraising

- Elementary and Middle schools: Fundraisers that include food are not permitted during the school day. Only fundraisers that include non-food items are allowed during the school day, which is defined as midnight to 30 minutes after the end of school.
- High Schools: Fundraising during school hours will sell only non-food items or foods and beverages that meet or exceed the USDA Smart snacks nutrition standards. Each high school is allotted nine (9) exempt fundraising days per year. This allows classes, clubs, sports teams, etc., to sell food and beverages noncompliant with USDA Smart Snack guidelines as long as they meet the following procedure outlined below.

The guidelines only apply to food-related fundraisers during the school day, from 12:00AM to 30 minutes after the last class period is released. Food-related fundraisers on the weekends, off campus, after the 30 minutes, or ones meant for staff only are not subject to the guidelines.

High schools interested in hosting a fundraiser must submit a fundraising exemption form to Food & Nutrition Administrators at least three weeks before the fundraising day. Once approved, a signed copy of the form will be returned. Participating high schools must retain a copy of the form for their records. There are no restrictions on the number of organizations or food items sold on the fundraising day. Each participating club must submit its own form. Forms are located on the U46 Food & Nutrition Services District Intranet.

Fundraisers are not allowed to take place in food service areas, or areas on campus where school-provided meals are served and/or eaten between 10am-2pm. This includes classrooms, multi-purpose rooms, and outdoor common areas. All revenue from the sale of any food and beverage sold to students in the food service areas from 10am-2pm shall accrue to the school lunch program account. **For South Elgin, the hours are 9am-2pm.**

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing several healthy food promotion techniques noted in the *School Meals* section above during each of the school meal programs; and
- Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards. Use the Smart Snack Calculator to ensure foods and beverages sold meet the Smart Snack requirements.

Food loss and waste continue to be an issue facing the nation's food supply. In order to prevent food waste, the District will make every effort to produce the precise number of meals needed on any given day by using production records and resources such as the USDA's Food Buying Guide. However, in the event excess food remains, the District will continue to provide food to students in need beyond the meals provided through the USDA School Nutrition Programs. Therefore, schools within the District shall choose to consider to follow the following food sharing plan guidance tips, in accordance with [Public Act 102-0359](#), and federal and local regulations and sanitation code.

- Local health departments will monitor foods left on a share table. Unopened, temperature sensitive and shelf-stable items are allowed in their designated share table bins.
- If a student does not want an item, s/he can place it on the designated share table in the cafeteria.
- Share tables are managed by foodservice staff and are responsible for removing all products from the bins at the end of each meal session. Product will be used for future meals.
- Students cannot put items from home on the share table bins.

Nutrition Education

The District will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy foods and healthy food preparation methods;
- Emphasizes balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;
- Teaches media literacy with an emphasis on food and beverage marketing; and

- Includes nutrition education training for teachers and other staff.
 - *In elementary schools, nutrition education will be offered as part of a sequential, comprehensive, standards-based physical education curriculum that meets state and national standards.*
 - *Health education teachers will provide opportunities for students to practice or rehearse the skills taught through the health education curricula.*
 - *Food and Nutrition staff will assist in providing nutrition education to students throughout the school year, including during Youth Advisory Council (YAC) meetings and National School Lunch and Breakfast Weeks.*

Essential Healthy Eating Topics in Health Education

Nutrition education is a vital part of a comprehensive health education program. It helps to empower students with the knowledge and skills to make healthful food and beverage selections.¹⁶ The District will integrate the following essential topics on healthy eating throughout the K-12 health education curriculum, aligning also with the Illinois State Standards. Additional essential healthy eating topics can be included as able.

- Food groups (fruits, vegetables, whole grains, meat/meat alternates, dairy/dairy alternatives)
- Creating a healthy plate (MyPlate)
- Making balanced foods choices at home, school and when out to eat
- Importance of choosing healthful foods more often (how they have a positive influence on body)
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Eating healthy at every size (eating disorders/body size)
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers and culture
- Identifying valid information related to nutrition and dietary behavior
- How to develop a nutrition/wellness plan and track progress toward achieving a personal goal to eat healthfully (SMART goals)
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

Food and Beverage Marketing in Schools

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. The District strives to teach students how to make informed choices about nutrition, health and physical activity.

Any foods and beverages marketed or promoted to students on the school campus* during the school day* will meet or exceed the USDA Smart Snacks in School nutrition standards such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students. These opportunities may include, but are not limited to, à la carte options in cafeterias, student accessible vending machines, school stores and snack or food carts.

Physical Activity

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after

school; staff involvement and family and community engagement and the district is committed to providing these opportunities. Schools will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education (addressed in “Physical Education” subsection).

Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) will not be withheld as a form of punishment or discipline for any reason.

Physical Education

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed in the “*Essential Physical Activity Topics in Health Education*” subsection). The curriculum will support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All District elementary students in each grade will receive physical education for at least 40 minutes per week throughout the school year in grades 1st - 6th. And 60 minutes for kindergarten students.

All District U-46 middle school students (Grades 7 and 8) are required to take at least three semesters of physical education.

All District U-46 high school students (Grades 9-12) are required to take at least seven semesters of physical education.

All District U-46 secondary students (middle school) aim to take 225 minutes per week and the secondary students (high school) aim to take 250 minutes per week.

The District physical education program will promote student physical fitness through individualized fitness and activity assessments (via the Presidential Youth Fitness Program or other appropriate assessment tool) and will use criterion-based reporting for each student.

- *Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions (meets Healthy Schools Program Silver-level criteria).*
- *All physical education teachers in the District will be required to participate in at least a once a year professional development in education (meets Healthy Schools Program Silver-level criteria).*
- *All physical education classes in the District are taught by licensed teachers who are certified or endorsed to teach physical education (meets Healthy Schools Program Gold-level criteria).*
- *The District remains committed to providing physical education for our students. We recognize that these classes can form the foundation for lifelong healthy habits and participation in individual and team sports. At the same time, our parents and students have sought flexibility in recent years to better support students’ academic interests and career paths. The District sought and received a PE waiver through the Illinois State Board of Education. This has allowed U46 to re-evaluate the current exemptions we have in place and develop exemptions that balance the importance of physical education while striving to meet the physical, social, emotional and academic needs of all students.*

Essential Physical Activity Topics in Either Health or Physical Education

School District U-46 has recently updated its curriculum, which integrates nutrition and fitness education into the elementary physical education curriculum. The district requires middle and high school students to take and pass at least one health education course. The District’s health education curriculum integrates a wide variety of skills that help students with accessing valid and reliable nutrition and fitness

information as well as decision making and creating SMART goals. All of the following essential topics are integrated within the physical education and/or health education experience students receive in grades K-12.

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise and fitness
- Phases of an exercise session, that is, warm up, workout and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity.

Recess (Elementary)

All elementary schools will offer at least 20 minutes of recess on all days during the school year. *This may be waived on early dismissal or late arrival days*). If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built in to the recess transition period/timeframe before students enter the cafeteria. Outdoor recess will be offered when weather is feasible for outdoor play.

In the event that the school or district must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

Classroom Physical Activity Breaks (Elementary and Secondary)

The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered periodic opportunities, such as Brain Boosters or Brain Breaks ®¹⁷, to be active or to stretch throughout the day on all or most days during a typical school week.

The District recommends teachers provide short (3-5-minute), structured physical activity breaks to students during key times of day at least three days per week. Key times include before quizzes and tests, before fatigue or boredom sets in, after long periods of inactivity, when switching between classroom subjects or tasks, etc. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

The District will provide resources and links to resources, tools, and technology with ideas for classroom physical activity breaks. Resources and ideas are available through USDA and the Alliance for a Healthier Generation.

Active Academics

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.

The District will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

Before and After School Activities

The District offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. The District will encourage students to be physically active before and after school.

Active Transport

The District will support active transport to and from school, such as walking or biking. The District will encourage this behavior by engaging in *six or more* of the activities below; including but not limited to:

- Designate safe or preferred routes to school
- Promote activities such as participation in International Walk to School Week, National Walk and Bike to School Week
- Secure storage facilities for bicycles and helmets (e.g., shed, cage, fenced area)
- Use crossing guards
- Use crosswalks on streets leading to schools
- Create and distribute maps of school environment (e.g., sidewalks, crosswalks, roads, pathways, bike racks, etc.)

Other Activities that Promote Student Wellness

The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

Schools in the District are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the District’s curriculum experts.

All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy and procedures, including but not limited to ensuring the involvement of the DWC/SWC.

Community Partnerships

The District will continue to enhance relationships with community partners (e.g., hospitals, universities/colleges, local businesses, local park district, library system, the University of Illinois Extension’s Illinois Nutrition Education Programs (SNAP-Education) in support of this wellness document’s implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy, procedures and goals.

Community Health Promotion and Family Engagement

The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

As described in the “Community Involvement, Outreach, and Communications” subsection, the District will use electronic mechanisms (e.g., email or displaying notices on the district’s website),

Staff Wellness and Health Promotion

The District has a chartered Health Care Committee that focuses on the management of the District's health care and insurance program. As part of the District's health plan, there is a wellness program which provides incentives to plan participants for completing certain preventive health activities, such as routine physicals, biometric screenings and health surveys. There is a health and wellness portal available to all health plan participants from the health plan administrator called Rally, where a wide variety of free wellness information and tools, and the District's wellness incentive program is tracked through game-like activities. Onsite biometric screenings and flu, pneumonia and Tdap vaccination programs for employees and their spouses are held at multiple sites throughout the District. A healthy weight management program called Real Appeal is offered at no cost to all health plan participants who meet program guidelines.

The District's Human Resources Department provides monthly Benefit Newsletters, which focus on staff wellness issues and disseminates wellness resources from the health plan administrator and other health-related organizations such as the American Cancer Society and the American Heart Association. The District offers a robust Employee Assistance Program (EAP), which is available to all staff members and provides 24-hour telephonic and web-based behavioral health support, as well as 8 free face-to-face counseling sessions per year for the staff member and all family members residing with the staff member as well as non-electronic mechanisms, (e.g., newsletters, presentations to parents or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

Professional Learning

When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help District staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

Glossary:

Extended School Day – the time during, before and after school that includes activities such as clubs, intramural sports, band and choir practice, drama rehearsals and more.

School Campus - areas that are owned or leased by the school and used at any time for school-related activities, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields and stadiums (e.g., on scoreboards, coolers, cups, and water bottles), or parking lots.

School Day – the time between midnight the night before to 30 minutes after the end of the instructional day.

Triennial – recurring every three years.

