

Wellness & Food Allergy Management Plan for Morton Grove School District 70

Introduction

In order for the students of Park View School to become successful and productive students, it is essential that they are in good health. Good health allows all of us to perform at our best and cannot be separated from healthy nutrition and daily physical activity.

Morton Grove School District 70 is committed to “maximizing learning by challenging, guiding and inspiring individuals.” With this rationale, it is crucial that we recommend guidelines to promote physical activity and healthy food choices in order to improve the overall health and academic performance of Park View School students. Additionally, in regards to food, it is important that we implement practices with an awareness of allergies and cultural practices.

5 Components of a Healthy School Environment

- A commitment to healthy food choices and physical activity
- Highest possible quality school lunches
- Healthy ala carte items and bag lunches
- Pleasant eating environment, including enough time and a clean place
- Education in the classroom and PE related to nutrition and mental health

NUTRITION EDUCATION AND NUTRITION PROMOTION

Goals for Nutrition Education & Promotion

- Improve the nutritional quality of school meals
 - Increase the intake of vegetables, fruits, lean protein, low-fat dairy and whole grains
 - Limit foods with artificial ingredients and low nutrient value
 - Eliminate high fat, high sugar and high sodium items
- Teach basic nutritional concepts and their relationship to health to all grades
 - Encourage kids and parents to eat a healthy breakfast everyday and pack a healthy school lunch
 - Ensure students learn about food groups, digestion & reading nutrition labels in health class
 - Reinforce healthy eating habits through informal education in the cafeteria, such as occasional tasting tables, nutrition-themed lunch days and signage promoting healthy food choices
 - Implement strategies such as promoting healthy food choices through signage, food placement and creative naming to encourage students to make nutritious choices while preserving their autonomy
- Provide a healthy food break period
- Increase water consumption of all students and allow them to carry water bottles
- Create a safe environment for students with food allergies and other dietary restrictions

The above goals will:

- Improve overall health of our school community
- Increase attendance in school
- Improve the behavior and learning ability of students
- Reduce feelings of hunger
- Strengthen nutrition and health education
- Eliminate junk food at school
- Increase practice of good nutrition and exercise inside and outside of school
- Create safer and happier students, teachers, and parents!

PHYSICAL ACTIVITY

Physical Activity Goals

- Provide quality physical education for all students
 - Ensure daily physical education (Board Policy 6:60)
 - PE classes taught only by certified physical education teachers
 - Include activities in class that build strength, endurance, flexibility and social skills
- Incorporate physical activity throughout the school day
 - Supervised recess every day during which, students will be encouraged to participate in moderate to vigorous physical activity
 - Incorporating movement and movement breaks into classroom activities on a daily basis
- Promote restorative sleep and hygiene/disease prevention throughout the school
 - Signage related to hand washing in the nurse's office and the cafeteria
- Offer Before- and After-School Physical Activity Opportunities
 - Encourage walking and biking to school when safe through initiatives like walk to school days, bike racks, and safe route programs.
 - Provide extracurricular opportunities that involve physical activity (e.g. running clubs, intramural sports, girls that run, fitness challenges).
 - Promote family fitness events, fun runs, dances, and wellness challenges.

EMOTIONAL WELLNESS AND MENTAL HEALTH

As part of our commitment to the whole-child approach to education, the District recognizes that emotional and mental health are vital to students' academic achievement, physical health, and overall well-being. The local school wellness policy will include goals and practices that promote positive mental health and emotional resilience across the school community.

Goals for Promoting Emotional and Mental Wellness Education

- Integration of Social-Emotional Learning (SEL)
 - The District incorporates age-appropriate SEL curriculum and activities into classrooms to build emotional literacy, empathy, resilience, and healthy relationships
- Staff Training and Support

- Staff receive regular professional development on recognizing signs of emotional distress, implementing trauma-informed practices, and support student mental health in the classroom
- Access to Support Services
 - Administration ensures students have access to trained professionals such as school social workers and psychologists. Clear referral systems are in place to connect students and families to community-based mental health services when needed.
- Positive School Climate and Culture
 - The District promotes a safe, inclusive, and respectful learning environment through the use of restorative practices, buddy programs, and anti-bullying education.
- Mindfulness and Stress-Reduction Programs
 - The District implements age-appropriate activities, such as mindfulness exercises, movement breaks, or wellness clubs, to help students manage stress and improve their focus.
- Family Engagement and Resources
 - The District shares mental health and wellness resources with families and partners with various organizations to offer workshops or information sessions on supporting student emotional well-being at home.

OTHER SCHOOL-BASED ACTIVITIES THAT PROMOTE STUDENT WELLNESS

Goal - Implement rules and regulations surrounding food & beverages brought from home

Beverages preferred in the cafeteria:

- Water
- Vegetable Juices
- Milk
- Unsweetened Milk Alternatives (Soy, Rice, Cashew, Almond)
- 100% Fruit Juice

Beverages not allowed in the cafeteria:

- Caffeinated beverages
- Energy drinks

The following items are not considered to be a meal according to the USDA and are not suitable for lunch/meals:

- Candy as a meal (Candy is defined as any item that lists sugar as one of the first two ingredients). Candy can be included with lunch as a small treat.
- Large sized bag of chips (such as Doritos, Takis, Cheetos) is not a meal

Daily Snacks:

- Teachers have the option to determine if and when there will be snacks allowed during class.

- If snacks are allowed, students may bring snacks that [meet the USDA's Smart Snacks in School nutrition standards](#).
 - Examples of nutritious foods that are consistent with these dietary guidelines include the following:
 - Sliced fruit
 - Raw vegetable sticks/slices with low-fat dressing or yogurt dip
 - Dried fruits
 - Pretzels or crackers
 - Baked chips with salsa or low-fat dip
 - Granola bars
 - Yogurt
- Water will be allowed in all classrooms.
- Snacks must be peanut or tree nut free if a student with a peanut or tree nut allergy is in that classroom.

Goal - Communication with parents

- The school district recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children’s health and well-being.
- The school district and wellness committee will support parents’ efforts to provide a healthy diet and daily physical activity for their children.
- The school district and wellness committee will encourage and help educate parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.

NUTRITION STANDARDS FOR SCHOOL MEALS

Reimbursable school meals served shall meet, at a minimum, the nutrition requirements and regulations for the National School Lunch Program. The requirements are outlined in the chart below:

Daily Amount Based on the Average for a 5-Day Week

Dietary Specifications	Grades K-5	Grades 6-8
Minimum-Maximum Calories	550-650	600-700
Saturated fat (% of total calories)	<10	<10
Added Sugars (% of total calories)	<10	<10
Sodium limit – in place through June 30, 2027	<1,110 mg	<1,225 mg
Sodium limit – implemented by July 1, 2027	<935 mg	<1,035 mg

NUTRITION STANDARDS FOR COMPETITIVE FOODS

The district is committed to ensuring that all foods and beverages available to students on the school campus during the school day will support healthy eating. The foods and beverages sold

outside of the reimbursable school meals program will meet or exceed the [USDA Smart Snacks in school nutrition standards](#) at a minimum. These Standards will apply to all services where foods and beverages are sold to improve student health and well-being.

STANDARDS FOR ALL FOOD AND BEVERAGES PROVIDED, BUT NOT SOLD

Food in the Classroom

Food is a source of nourishment. Park View School and school-sponsored events will limit the use of food items for rewards, incentives or classroom celebrations.

Classroom Parties and Birthdays

- Birthdays are important milestones in the lives of children and should be celebrated and acknowledged. Classroom birthday celebrations shall not include food.
- Elementary students may bring a small gift to fellow classmates on their birthday if they choose. Pencils, pencil tops, or any creative gift may be brought to celebrate their special day. No goody bags or individually wrapped goods will be allowed in the classroom.
- Class Parties are not exempt from the food policy. Class parties for Winter Break, Halloween, and Valentine’s Day will not include any food or drink items. In lieu of snacks, students can participate in appropriate games and activities as part of their celebration.
- Class picnics are a tradition at Park View School. However, shared food for the entire class will no longer be allowed. Instead, each student shall bring their own lunch.
- “Pizza Parties” or any other celebrations that include food as a reward before, during or after the school day will be limited to once per year per class/club/sport etc. These celebrations will require a permission slip that must be signed and returned before the student is able to participate.

FOOD AND BEVERAGE MARKETING

It is the intent of the District to protect and promote student’s health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy. 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](#).

Fundraising Activities

To support children’s health and school nutrition-education efforts, school fundraising activities during the school day are required to meet or exceed the [USDA Smart Snacks in school nutrition standards](#). Fundraisers that occur at least 30 minutes after the school day are not governed by the Smart Snacks requirements. However, both the District and the PTO will encourage fundraising activities that promote physical activity. The school district will approve all fundraising activities.

WELLNESS LEADERSHIP

The Food Service Director and Director of Business Services are responsible for the Local Wellness Policy oversight.

Qualifications of School Food Service Staff

Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all food service staff. (School nutrition staff development programs are available through the USDA, School Nutrition Association, and the National Food Service Management Institute. The Food Service Director must hold a Food Service Manager Certification and all food service staff must have a food service handler certification.

PUBLIC INVOLVEMENT

The Superintendent or designee shall appoint a District 70 wellness team that should encourage the involvement of parents, school food authority, the School Board, school administrators, teachers and members of the community to oversee the development, implementation and evaluation of this Student Health and Wellness Policy.

TRIENNIAL ASSESSMENTS

The Local Wellness Policy will be assessed at a minimum of every three years and updated or modified as appropriate and will be posted on our District website when completed.

REPORTING

The superintendent or designee shall provide periodic implementation data and/or reports to the school board concerning this policy's implementation sufficient to allow the Board to monitor and adjust the policy.

UNUSED FOOD SHARING PLAN

Any whole and unopened packaged leftover food items that cannot be used, will be properly donated to a local food pantry in order to combat any food insecurities in the community.

ALLERGY MANAGEMENT

All classrooms will be peanut and tree-nut free.

Sharing of Foods and Beverages

Students may not share their foods or beverages with one another during meal or snack times, given concerns about allergies, illness, and other restrictions on some children's diets.

Allergen Free Table

A designated allergen free table is available in the lunchroom. Parents may request their child sit at this table.

Staff Training

Annually, all staff are to complete the food allergy presentation as part of their global compliance requirements

Field Trips

Prior to planning a class field trip, the trip organizer must complete a field trip request form and receive administrative approval. If approval is granted, the organizer shall notify the school

nurse of the pending trip and work collaboratively with the nurse to consider students with medical concerns. Prior to the trip, organizer must communicate with parents to determine necessary precautions such as: providing alternative meals, eating in a different location, close supervision and monitoring of the student, providing an extra chaperone, carrying and administering medications etc.

Nurse's Office

The nurse's office puts together a healthcare plan for students and shares with all relevant staff annually.

There are EPI pens in the nurse's office at all times for emergency use.

Legal Reference Child Nutrition and WIC Reauthorization Act of 2004, PL 108-265.

Board Policy 7:285

Board Policy 6:50

Resource Sites

American School Health Association

www.ashaweb.org

Action for Healthy Kids of Illinois

www.actionforhealthykids.org

Illinois State Board of Education Guidelines for Nutrition and Wellness

[Illinois State Board of Education Guidelines](#)

Illinois State Board of Education Guidelines for Managing Life-threatening Food Allergies

www.isbe.net/Documents/food_allergy_guidelines.pdf

Model School Wellness Policies

www.schoolwellnesspolicies.org

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