

Instruction

School Wellness and Food Services

BELIEF STATEMENT

The Board of Education of School District 64 is committed to providing a learning environment which promotes good nutrition, physical activity, and physical fitness. The District shall promote a healthy and active lifestyle in its educational programs and school activities for all students.

INTENT

The purpose of School Wellness is to ensure a total school environment that promotes and supports student health and wellness, and helps to reduce childhood obesity.

RATIONALE

The fact that good health promotes good learning is well documented. It is recognized that there is a positive relationship between good nutrition, physical activity and the capacity of students to develop and learn.

Park Ridge Niles School District 64 is committed to promoting and enhancing children's health, well being, and ability to learn by supporting healthy eating and physical activity. The following administrative procedures are designed to foster that commitment.

1. Physical Activity

- Students in grades K-8 participate in daily standards-based physical activity, along with teacher-directed physical education, that is consistent with state/district standards/guidelines/framework and is coordinated within a comprehensive health education curriculum.
- Physical education shall include a developmentally planned and sequential curriculum that fosters the development of movement skills, increases students' knowledge, offers direct opportunities to learn how to work cooperatively in a group setting, and encourages healthy habits and attitudes for a healthy lifestyle.

2. Nutrition Education Goals

- Students in grades K-8 shall receive nutrition education as part of a standards-based program that is coordinated within a comprehensive health

education curriculum. The integration of nutrition education into other school subjects is encouraged.

- Students receive nutrition messages throughout the school that are consistent and reinforce each other.

3. Nutrition Guidelines for All Foods Available in School during the School Day

- Food providers shall offer a variety of age-appropriate, appealing foods and beverage choices and employ food preparation, purchasing, and meal planning practices consistent with the current Dietary Guide-lines for Americans.

- Nutritious and appealing foods and beverages shall be available wherever and whenever food is sold or offered at school.

- Students, parents, school staff, and community members bringing foods/beverages to school for parties, celebrations/PTO-sponsored lunches shall be encouraged to provide healthy eating options.

- Schools will assess if, when, and how to allow snacks based on timing of school meals, children's nutritional needs, children's medical needs in relation to any food allergies/intolerances, children's ages, and other considerations.

4. School Meals Program Goals

- School meals served to students shall be consistent with the requirements set forth by the USDA and follow the principles of the Dietary Guidelines for Americans.

- School foodservice staff use food preparation techniques to provide school meals that are lower in saturated fat, sodium, and sugar. They offer healthy food choices that include lean meats, fruits, vegetables, whole grains, and low-fat or non-fat milk.

- The elementary school lunch program is administered with a focus on good hygiene and a safe eating environment, which includes time for socialization and physical activity.

5. Goals for Other School-Based Activities Designed to Promote Student Wellness

Parent Partnerships

- Parents shall be provided information and encouraged to incorporate healthy eating and physical activity into their students' lives.
- Schools shall support parents' efforts to provide a healthy diet and physical activity for their children.

School Activities and Environment: Healthy Eating

- School meals shall be served in clean, safe and pleasant settings with ample time to eat.
- Hand-washing equipment and supplies are available for student use.
- Drinking fountains are available.
- Foods/beverages consistent with the current Dietary Guidelines for Americans and My Pyramid are promoted.
- Food providers share information about the nutritional content of school meals and individually sold foods with students, staff, and family.
- All foods/beverages made available shall comply with federal, state, and local food safety and sanitation regulations.
- School based organizations shall be encouraged to raise funds with non-food items.
- School staff are encouraged to use non-food incentives or rewards.

School Activities and Environment: Physical Activity

- Physical activity facilities and equipment on school grounds shall be safe.
- The school district works with the community to create a safe and supportive environment for students to walk or bike to school.

6. Goals for Development, Measurement, and Evaluation

- The district superintendent appoints a District Wellness Team that includes an administrator, a parent, staff, and a school board member.

- The District Wellness Team will meet annually to review the District Wellness Plan, and to recommend areas for improvement and revision to the Superintendent and the School Board.

DATED: August, 2008

