

NILES ELEMENTARY SCHOOL DISTRICT 71
WELLNESS PLAN
2014-2015

BELIEF STATEMENT

The Board of Education of Niles Elementary School District 71 is committed to providing a learning environment that supports and promotes wellness; good nutrition, and an active lifestyle and recognizes the positive relationship and balance between good nutrition, physical activity and the capacity of students to develop and learn. The entire school environment shall be aligned with healthy school goals to positively influence students' beliefs and habits and promote wellness, good nutrition and regular physical activity, mental, social emotional wellness. In addition, school staff shall be encouraged to model healthy eating and physical activity as a valuable part of daily life.

INTENT

The purpose of this policy is to ensure a total school environment that promotes and supports student health and wellness, helps to reduce childhood obesity and meets the requirements of the Child Nutrition and WIC Reauthorization Act of 2004 and the Illinois School Code, including, without limitation, goals for nutrition education, physical activity and other school-based activities designed to promote student wellness; nutrition guidelines for all foods available during the school day; a plan for measuring implementation including designating one or more persons charged with operational responsibility; and involving parents, students, school food service providers, the school board, school administrators, and the public in developing this policy.

RATIONALE

A disturbing number of children are inactive and do not eat well. The result is an alarming 16 percent of children and adolescents are overweight – a three-fold increase since 1980. Congress passed the Child Nutrition and WIC Reauthorization Act of 2004 on June 30, 2004. Recognizing the role schools can play in health promotion; this law requires local education agencies participating in a program authorized by the National School Lunch Act or the Child Nutrition Act of 1966 to develop a local wellness policy. The objective of the wellness policy is to improve the school's nutritional environment, promote student wellness and reduce childhood obesity. In addition, Public Act 094-0199 amends the Illinois School Code, requiring the Illinois State Board of Education to establish a state goal that all districts have a wellness policy. The link between nutrition and learning is well documented.

Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental and emotional growth and lifelong well-being. Healthy eating is linked to

reduced risk for mortality and development of many chronic diseases. The school and community has a responsibility to help students acquire the knowledge and skills necessary to establish and maintain lifelong healthy eating patterns. Well-planned and well-implemented wellness programs have been shown to positively influence children's nutritional health.

The Wellness Plan promotes physical fitness. According to the U.S. Surgeon General regular physical activity is one of the most important things people can do to maintain and improve their overall well-being. Regular physical activity reduces the risk of premature death in general and of heart disease, high blood pressure, colon cancer and diabetes.

Because people are not just physical entities, schools have the responsibility to help students establish and maintain health mental, emotional, social and spiritual well-being. Mental wellness is improved by engaging students in creative and stimulating activities to expand their knowledge and skills. Emotional wellness emphasizes an awareness and acceptance of one's feelings and expressing them appropriately. The school setting provides many opportunities that facilitate and support interactions with others on the continuum of social development. Finally, spiritual wellness refers to integrating our beliefs and values with our actions in order to gain a sense of who we are.

PHILOSOPHY

Niles Elementary School District #71 believes that maintaining a healthy lifestyle requires a combination of healthy food choices and an appropriate amount of physical activity. A healthy and physically active child is more likely to be academically successful. The school also believes that a healthy staff can more effectively perform and model appropriate wellness behavior for students. This policy encourages a holistic approach to staff and student wellness that is sensitive to individual and community needs.

GOALS FOR NUTRITIONAL EDUCATION

- Evaluate all items in ala carte section for nutritional value
 - Next step: look at all items. Based on nutritional value, make recommendations to remove items from ala carte section. - Complete
 - Based on nutritional value, make recommendations to add items to be served in the ala carte section: pretzels, yogurt covered items. (Using book *Eat this Not That for Kids!* as resource). - Complete
 - Visit other school District to determine other options for staffing, healthy options. Completed in 2011.
 - Exam food allergy concerns in the school (Refer Food Allergy Guidelines ISBE 2010). Ongoing
 - Staff Training regarding Food Allergies/Administering Epinephrine Injections
 - Exam current food options. Ongoing
 - Determine possible fiscal improvements to the program. Ongoing
 - Established school "No Food" policy. 2012
 - Notify teachers of U.S.D.A. website myplate.gov for use when teaching

Nutrition Education - Complete, 10/2013

- Letters will be sent home to remind parents of “No Food” policy - 2014

GOALS FOR PHYSICAL ACTIVITY

Short-term (6 months to 1 year)

- In self-contained classrooms, the implementation of movement breaks (give a refresher) – Tony and Ann presented at a PLC – 2011-2012
- Each year teachers are provided with resources.
- Extra-curricular committee - Implementation of 2-5 Extracurricular Activities - 9/2013
- Respiratory Health - T. Palazzolo will add a day to the 6-8 Health Curriculum. Other grades to be notified of available resources. - 2013-14

Long Term (1-3 years)

- Creating a wellness philosophy as a fundamental pillar of our school – Completed 2011-2012
- Collaborate with other organizations to provide support for afterschool non competitive activities. (In the bulletin)
- Utilizing movement breaks as a reward, perhaps for good behavior or outstanding achievement. (An integral part of learning) Extra recess, Preferred Activity Time (PAT) 2013-14 - Ongoing education
- Rewrite the Health and PE curriculum – P.E. Complete, Health - Complete

GOALS FOR SCHOOL BASED ACTIVITIES TO PROMOTE STUDENT WELLNESS

- Provide parent education on the link between nutrition/fitness to overall health and readiness to learn via the bulletin and school website. - Ongoing
- Provide parents with a calendar of indoor and outdoor family activities for the city and suburbs via bulletin and school website. - Ongoing
- Launch an all school run that involves students, staff, parents and community. - Ongoing
- Recruit parent volunteers for the all school run to get them involved with fitness training. - Ongoing
- Installation of Spin bikes in balcony area - Complete
- Offer a full size water option in vending machines/healthy options - Complete
- Ronald McDonald Mobile
- Dental Visit

GOALS FOR SCHOOL BASED ACTIVITIES TO PROMOTE STAFF WELLNESS

- Educational activities for school staff members on healthy lifestyle behaviors, eating, physical activity and injury prevention. - Ongoing
- Staff members ran the 2014 Chicago Half Marathon/5K

- Provide a wellness challenge type of activity for staff. - Kathy has resources
- Encourage run/walk participation in Culver Fun Run. - Ongoing
- Training ideas for Staff participation in Culver Fun Run. - Ongoing
- Incorporate the Social Club activities: Volleyball, Kickball, Spinning - Ongoing

Things we already do to promote Wellness

- Medical assessments in march
- Flu vaccinations
- Health risk appraisals
- Encourage staff to set medical appointments and screening for cancer, heart disease, diabetes and other diseases
- Encourage healthy foods. Prohibit birthday celebrations that include food in classroom. Prohibit Peanut/Nut in classroom
- Policies to prohibit all tobacco use on school grounds
- All school run
- Social Committee Activities
- EPA School Flag Program – Air quality warning flags - 2012
- EAP - 2014

Goals for Future

- Have a speaker come in to talk about nutrition/stress management – Websites have individual programs.
- Staff Spin Training
- Nutrition Program for staff

NUTRITION GUIDELINES FOR ALL FOODS AND BEVERAGES AVAILABLE ON SCHOOL CAMPUSES 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 Guidelines for Americans (e.g. provide a variety of fruits and vegetable choices; serve low-fat and fat-free dairy products; ensure that whole grain products are served.

All foods and beverages sold individually (apart from the reimbursable school meal) on school campuses during the school day shall meet nutrition standards (Attachment A). this includes:

- A la carte offerings in the food service program;
- Food and beverage choices in vending machines, snack bars, school stores; and
- Foods and beverages sold as part of school-sponsored fundraising activities.

- Nutritious and appealing foods and beverages, such as fruits, vegetables, low-fat dairy foods and whole grain products, shall be available wherever and whenever food is sold or otherwise offered at school.

GUIDELINES FOR SCHOOL MEALS

· School meals served shall be consistent with the recommendations of the Dietary Guidelines for Americans and/or shall meet, at a minimum, the nutrition requirements and regulations for the National School Lunch Program and/or School Breakfast Program and all applicable state and local laws and regulations.

MEASURING IMPLEMENTATION & COMMUNITY INVOLVEMENT

- The district superintendent shall be charged with the operational responsibility for ensuring that each school meets the local wellness policy requirements.
- The district superintendent shall appoint a district wellness team/council that includes parents, students, and representatives of the school food authority, the school board, school administrators, and the public to oversee development, implementation and evaluation of the wellness policy. In addition, it is recommended that the district superintendent also appoints teachers (including kindergarten – grade 8, physical education and health educators) and health professionals (school nurse, physician, dietitian, etc.) as members of the team/council.
- The terms of district wellness team/council members shall be staggered for continuity. The appointed district wellness team/council shall be responsible for:
 - o creating and maintaining bylaws for operation;
 - o assessment of the current school environment;
 - o development of a wellness policy;
 - o presenting the wellness policy to the school board for approval;
 - o measuring the implementation of the wellness policy; and
 - o recommending revision of the policy, as necessary.
- The principals shall be responsible for implementation of the local wellness policy and shall appoint a school-based evaluation team to develop and implement an annual evaluation plan.
- The school-based evaluation team shall evaluate policy implementation and identify areas for improvement. The evaluation team shall report their findings to the principals and develop with him/her a plan of action for improvement, as needed.
- The wellness team/council shall hear reports from the group annually.
- Before the end of each school year the wellness team/council shall recommend to the district superintendent any revisions to the policy it deems necessary.
- The wellness team/council shall report to the superintendent and school board annually on the progress of the wellness team/council and the status of compliance.

Attachment A

<p>Food or Beverage</p>	<p>HealthierUS School Challenge Nutrition Standards*</p> <p>These criteria focus on decreasing fat and added sugar, increasing nutrient density, and moderating portion size.</p>
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Fruits and Non-fried Vegetables

Fruits and vegetables may be fresh, frozen, canned or dried, and they must be found in the Food Buying Guide for Child Nutrition Programs.

<http://schoolmeals.nal.usda.gov/FBG/2003FBG/%20Section%202.pdf>

<p>Examples of products that <i>cannot</i> be sold/served as a fruit or vegetable include:</p>	<ul style="list-style-type: none"> • Snack-type foods made from vegetables or fruits, such as potato chips, and banana chips; • Pickle relish, jam, jelly; and • Tomato catsup and chili sauce
<p>Approved Beverages</p>	<ul style="list-style-type: none"> • Flavored or plain reduced fat (2%), low-fat (1%), skim/nonfat fluid milk meeting State and local standards for pasteurized fluid milk and/or USDA approved alternative dairy beverages4; • 100% full-strength fruit and vegetable juices; and • Water (non-flavored, non-sweetened, <i>and</i> non-carbonated)
<p>Any Other Individual Food Sales/Service</p>	<ul style="list-style-type: none"> • Calories from total fat must be at or below 35%** , <i>excluding nuts, seeds, and nut butters</i>. This is determined by dividing the calories from total fat by the total calories and multiplying by 100. If calories from fat are not available, multiply the grams of fat by 9 to equal calories from fat.

	<ul style="list-style-type: none"> • Calories from saturated fat must be at or below 10%. This is determined by dividing the calories from saturated fat by the total calories and multiplying by 100. If calories from saturated fat are not available, multiply grams of saturated fat by 9 to equal calories from saturated fat. • Total sugar must be at or below 35% by weight. This is determined by dividing the grams of total sugar by the gram weight of the product and multiplying by 100. This includes both naturally occurring and added sugars. This limit does not include fruits and vegetables or flavored milk as defined above. • Portion size for a la carte sales in the school cafeteria are not to exceed the serving size of the food served in the National School Lunch Program/School Breakfast Program; for vending sales the item package or container is not to exceed 200 calories.
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There are no USDA approved alternative dairy beverages at this time. Public Law 108-265 (Child Nutrition Program Reauthorization) authorizes the Secretary of Agriculture to establish nutritionally equivalent non-dairy beverages by July 1, 2005. Please check with the Illinois State Board of Education for clarification.

*The above *Nutrition Standards* are criteria for sales/service of a la carte and/or vended items from the United States Department of Agriculture's *HealthierUS School Challenge*. Please be aware that these criteria are only meant to apply to individually sold foods and that foods sold as part of a reimbursable school meal may not necessarily meet these criteria although menus meet the nutrition standards set by the U.S. Department of Agriculture for school meals. Local policy makers may wish to modify the standards but should be aware that this may make schools ineligible to meet the criteria for the *HealthierUS School Challenge*.

**The *Dietary Guidelines for Americans 2005* recommend a total fat intake of 20 to 35% for school-age children.