

Wellness Policy
Central Community Unit School District No. 4

BELIEF STATEMENT

The Central CUSD No. 4 Board of Education is committed to a coordinated school health program aimed at ensuring that all students are fit, healthy, and ready to learn. The Board recognizes its responsibility to promote healthy eating habits and fitness in students throughout their time at school, as well as educating them to develop lifelong awareness of all aspects of healthy living. The Board is concerned about the prevalence of childhood obesity and the consequent health implications during the remainder of their lives, and wants to reverse that trend in the District 4 learning community.

Therefore, the Central CUSD No. 4 schools will promote an environment supportive of healthy nutrition, physical fitness, and health education for our students. It is the intention of this policy to establish guidelines for implementation of a “Health and Wellness” policy that will be implemented for the 2013-14 school year and that will be evaluated and improved upon in each school year thereafter.

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 who are overweight – a threefold increase since 1980. Congress passed the Child Nutrition and WIC Reauthorization Act of 2004 on June 30, 2004. Recognizing the role school 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 objectives of the wellness policy are to improve the school nutrition environment, promote student health, 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.

GOALS FOR PHYSICAL ACTIVITY

Students in preschool through grade 12 shall participate in daily physical education as often as possible, enabling them to achieve and maintain a high level of personal fitness; emphasizing self-management skills including energy balance (calories in minus calories out); is consistent with state/district standards; and is coordinated within a comprehensive health education curriculum. The curriculum shall be consistent with and incorporate relevant Illinois Learning Standards.

It is recommended that elementary students participate in physical education for a minimum of 150 minutes per week, and middle and high school students participate for 400 minutes every two weeks as we are on a Block 8 schedule. Special emphasis should be placed on promoting an active lifestyle in preschool through primary grades as health habits are established at a young age. Accommodations shall be made for students with disabilities, 504 plans, and other limitations.

Nash Middle School and Central High School students have the opportunity to participate in physical education, focusing on games and activities that promote a healthy lifestyle or personal development, and that focus on individualized fitness, strength, and conditioning.

Schools shall provide a daily supervised recess period to elementary students.

Whenever possible, students shall be provided opportunities for physical activity through a range of before and after school programs including intramurals, interscholastic athletics, and physical activity clubs.

Because students should engage in a minimum of 60 minutes of physical activity a day, the physical education program shall actively engage families as partners in providing physical activity beyond the school day.

GOALS FOR OTHER SCHOOL-BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS

Parent Partnerships

Schools shall support parents' efforts to provide a healthy diet and daily physical activity for their children. This support shall begin in elementary school and continue through middle and high school.

Parents shall be provided information to help them incorporate healthy eating and physical activity into their students' lives. This information may be provided in the form of handouts, postings on the school/district website, information provided in school/district newsletters, presentations that focus on nutrition and healthy lifestyles, and any other means available for reaching parents.

Recommendations for the District Wellness Plan

The purpose of this implementation plan is to help control the amount of unhealthy food that comes into our schools as well as meet the needs of our students with food allergies.

- **Control the amount of unhealthy foods served in the classroom**
 - Eliminate food given as a reward
 - Institute a birthday lunch celebration for buildings where oatmeal raisin cookies will be served as part of the lunch and will be provided for all children once a month

- **Control the amount of unhealthy food served during classroom parties**
 - At any school function / party, healthful food options will be made available to promote student, staff, and community wellness. Examples of nutritious food and beverages that are consistent with the Dietary Guidelines for Americans are listed below.

- Raw vegetable sticks/slices with low-fat dressing or yogurt dip
- Fresh fruit wedges - cantaloupe, honey dew, watermelon, pineapple, oranges, tangelos, etc.
- Sliced fruit - nectarines, peaches, kiwi, star fruit, plums, pears, mangos, apples, etc.
- Fruit salad
- Cereal and low-fat / skim milk
- 100% fruit or vegetable juice
- Frozen fruit pops with fruit juice or fruit as the first ingredient
- Dried fruits - raisins, cranberries, apples, apricots
- Single serving applesauce or canned fruit in juice
- Peanut butter with apple wedges or celery sticks
- Fruit smoothies made with fat-free or low-fat / skim milk
- Trail mix (dried fruits and nuts)
- Dry roasted peanuts, tree nuts, and soy nuts (not coconut or palm nuts)
- Lean meats and reduced fat cheese sandwiches (use light or reduced fat mayonnaise in chicken/tuna salads)
- Party mix (variety of cereals, nuts, pretzels, etc.)
- Pretzels or reduced fat crackers
- Baked chips with salsa or low-fat dip (ranch, onion, bean, etc.)
- Low-fat muffins (small or mini), granola bars and cookies (graham crackers, fig bars)
- Mini bagels with whipped light or fat-free cream cheese
- Pasta salad
- Bread sticks with marinara
- Fat-free or low-fat flavored yogurt and fruit parfaits
- Fat-free or low-fat pudding cups