

**WILLIAMSVILLE-SHERMAN CUSD #15
WELLNESS POLICY GOALS**

Mission/Brief Statement

Williamsville-Sherman CUSD #15 recognizes the positive relationship between good nutrition and physical activity on our students' ability to reach their maximum potential in learning and life. Through the implementation of a coordinated approach to school health, we believe that we can promote lifelong wellness to our students through classroom, extracurricular activities, family events, the lunch room, and the school environment as a whole.

Decisions made regarding school programming in the school district will reflect and encourage a message of wellness.

Goals for Nutrition Education

- ❖ Students will receive nutrition education instruction as part of a sequential program that is coordinated within a comprehensive health education curriculum (2). The program curriculum will:
 - Be consistent with Illinois State Learning Standards for Health and Physical Education (5).
 - Provide students with the knowledge and skills necessary to adopt healthy eating behaviors.
 - Influence students' knowledge, attitudes and eating habits.
 - Be integrated into the standards-based (2) lesson plans of other school subjects like math, science, language arts, physical education, and social sciences.
- ❖ Classroom teachers will be encouraged to participate in professional development opportunities for nutrition education instruction through a variety of options (e.g. on-line, workshops, conferences) and sources (e.g. Regional Office of Education, Partners in Health, Illinois State Board of Education).
- ❖ Students will participate in enjoyable, interactive lessons and activities such as contests, promotions, taste testing, field trips, and community service learning as a part of promoting nutrition education.

Nutrition Food Service Goals

School meals shall be served in a clean, safe, and pleasant setting with adequate time provided for students to eat, in accordance with state and federal standards and guidelines. The National Association of State Boards of Education recommends that students have adequate time to eat, relax, and socialize: at least 20 minutes after sitting down for lunch (6).

- ❖ All food service personnel shall have adequate pre-service training and regularly participate in professional development activities that:
 - Provide strategies for providing tasty, appealing, and healthy school meals.
 - Provide effective promotional techniques to encourage healthy eating habits.
 - Provide information on safety issues and emergency preparedness (e.g. choking, food allergies, diabetic reactions).
 - Prepare for natural disasters, bioterrorism issues, and situations requiring students or others to shelter at the school.
- ❖ Food providers shall work with suppliers to obtain foods and beverages that meet the nutrition

requirements of school meals and foods sold a la carte.

- ❖ A variety of foods including fruits and vegetables, low-fat dairy, and whole grain options will be promoted and served to students (1).
- ❖ Milk options available to students will include low-fat and fat-free milk with a variety of flavors, as available.
- ❖ Salads will be offered daily to students and include options for low-fat salad dressings.
- ❖ Informational displays to provide education and promote healthy food choices will be posted in the lunchroom area.
- ❖ For the safety and security of food, access to any area involved in storage, preparation, or service of food on the school campus shall be limited to authorized personnel.
- ❖ Free potable water will be available to all students in the lunchroom.

School Wide Efforts

- ❖ School personnel shall be encouraged to use nonfood incentives or rewards (Attachment C) with students and shall not withhold food from students as punishment.
- ❖ Students, parents, school staff, and community members bringing foods and beverages to school for parties/celebrations/meetings shall be encouraged to provide healthful options and shall be provided with a list of recommended food and beverage options (Attachment A).
- ❖ School-based organizations shall be encouraged to raise funds through the sale of items other than food (Attachment B).

Goals for Physical Activity

- ❖ Students will participate in physical education (4) taught by a credentialed physical education teacher that meets the Illinois State Learning Standards for Physical Education and Health, promotes activities that build skills for lifelong wellness activities, and integrates technology where age-appropriate. Accommodations shall be made for students with disabilities, 504 plans, and other limitations.
- ❖ Students will participate in physical education that encourages lifelong wellness through a curriculum that integrates technology and provides numerous interactive opportunities to try a variety of activities in a safe environment.
- ❖ Students will participate in fitness assessments that measure their success in achieving milestones for cardiovascular fitness, muscular endurance, and flexibility. This will help to increase the use of individualized fitness plans on an on-going basis.
- ❖ Students will participate in daily physical education that enables them to achieve and maintain a high level of personal fitness.
- ❖ Physical education classes will have a student-to-teacher ratio that is comparable to those in other curricular areas.
- ❖ Students will engage in activity that is moderate to vigorous during 50 percent of physical education class time. This will be periodically evaluated.
- ❖ Students will find physical education class enjoyable, while learning a variety of activities to use at home and options for activities in the community.

School Wide Efforts

- ❖ The physical education program will be closely coordinated with the other components of the overall school health program. Physical education topics will be integrated within other curricular

areas. The importance of physical activity and other information being provided in physical education class will be reinforced in the classroom and school environment.

- ❖ Professional development opportunities will be encouraged for physical education staff.
- ❖ All teachers and staff are encouraged to limit extended amounts of inactivity for students (i.e. during mandatory testing).
- ❖ School staff and teachers will not withhold opportunities for physical education/activity as punishment or use physical activity as a punishment.
- ❖ Students shall be encouraged to participate in physical activity through a range of before- and after-school programs including intramurals, interscholastic athletics, and physical activity clubs.
- ❖ Continuous evaluation will be done on the indoor and outdoor facilities where physical education/activities are held and provide improvements or repairs as appropriate.
- ❖ Continuous evaluation of the physical education curriculum will be done to assess needed changes for the teachers and students.
- ❖ Information on classroom activities that integrate physical activity throughout the school day will be provided to teachers.

Parent Partnerships

- ❖ Because students should engage in a minimum of 60 minutes of physical activity a day, Williamsville-Sherman CUSD #15 shall actively engage families as partners in providing physical activity beyond the school day (5).
- ❖ Parents will be provided information to help them incorporate healthy eating and physical activity into their child's life. This information may be provided in the form of handouts, postings on the school district's website, information provided in the school's newsletter, school events, and family events.

Guidelines for All Food/Beverages Available on School Campuses During the School Day

- ❖ Williamsville-Sherman CUSD #15 shall take efforts to promote nutritious food and beverage choices consistent with the current Dietary Guidelines for Americans and Food Guidance System, such as fruits, vegetables, low-fat dairy foods, and whole grain products (5).
- ❖ 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.
- ❖ Items sold to students during lunch that are not sold as part of the school lunch, as well as beverages in school vending machines, will provide food and beverages consistent with the USDA Smart Snacks regulations (1).
- ❖ Williamsville High School fundraising activities for foods sold to students during the school day will be reported and tracked yearly. The number of food fundraising activity dates will be limited to no more than nine per school year when the food items for sale do not meet Smart Snack guidelines. Sherman Elementary, Williamsville Middle School, and Williamsville Junior High students will not be allowed to participate in food fundraising during the school day when the food does not meet the Smart Snack guidelines (1). See Attachment D.

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, including the Healthy, Hunger-Free Kids Act (HHFKA) of 2010. (1)

Measuring Implementation

- ❖ The district superintendent shall appoint a district wellness team/council that may include parents, students, and representatives of the school food authority, the school board, school administration, teachers, health professionals, and the public to oversee development, implementation, and evaluation of the Local Wellness Policy.
- ❖ The representatives of the wellness team/council shall evaluate policy implementation and identify areas for improvement. The evaluation team will report their findings to the school administration and develop an action plan for improvement, as needed.
- ❖ The representatives of the wellness team/council shall report to the district superintendent on an annual basis on the progress of the wellness team/council and the status of compliance of the Local Wellness Policy.

References

1. Healthy, Hunger-Free Kids Act (HHFKA) of 2010 (Public Law 111-296).
2. Illinois School Code (www.ilga.gov/legislation).
 - a. Daily Physical Education Requirements, Section 27-6 of the School Code (105 ILCS 5/27-6).
 - b. Rules for Comprehensive Health Education (23 Illinois Adm. Code 253) issued pursuant to the Critical Health Problems and Comprehensive Health Education Act (105 ILCS 110).
3. Illinois Learning Standards, Illinois State Board of Education, 1997.
4. Executive Summary, Shape of the Nation, National Association of Sports and Physical Education (NASPE), 2001.
5. Dietary Guidelines for Americans, Office of Disease Prevention and Health Promotion, Department of Agriculture, 2010 (www.health.gov/dietaryguidelines)
6. Fit, Healthy and Ready to Learn, National Association of State Boards of Education, 2000.