

## Instruction

### School Wellness

Student wellness, including good nutrition and physical activity, shall be promoted in the District's educational program, school activities, and meal programs. This policy shall be interpreted consistently with Section 204 of the Child Nutrition and WIC Reauthorization Act of 2004.

#### Goals for Nutrition Education

The goals for addressing nutrition education include the following:

- Schools will promote good nutrition through cross-curricular education designed to facilitate behaviors conducive to student health and well-being.
- Nutrition education and learning experiences will be part of the District's comprehensive health education curriculum and will be in alignment with current best practice.
- The District will collaborate with community agencies to provide healthy lifestyle information to families.
- The District will offer in-service and training opportunities to support and facilitate promotion of School Wellness goals.

#### Goals for Physical Activity

The goals for addressing physical activity include the following:

- Physical education will be taught in all grades and shall include a developmentally planned and sequential curriculum that fosters the development of movement skills, enhances health-related fitness, increases students' knowledge, and encourages healthy habits and attitudes for a healthy lifestyle.
- The curriculum will be consistent with and incorporate the District's Local Standards and relevant Illinois Learning Standards for Physical Development and Health as established by the Illinois State Board of Education.
- Unless otherwise exempted, all students will engage in daily physical activity during the school day.

#### Goals for Other School-Based Activities

The goals for addressing other school-based activities include the following:

- Schools will provide activities that create a school environment consistent with wellness and conducive to healthy eating and being physically active.
- School fundraising programs and vendors will provide healthy choices through controlled sales of foods of minimal nutritional value.
- All students will be provided opportunities for daily participation in physical activity.

#### Goals for Employee Wellness

The goals for employee wellness include the following:

- All employees will have opportunities to participate in ongoing, voluntary health awareness activities and will have access to wellness information.

### Nutrition Guidelines for Foods Available in Schools During the School Day

- Students will be offered and schools will promote nutritious food and beverage choices consistent with the current Dietary Guidelines for Americans and Food Guidance System published jointly by the U.S. Department of Health and Human Services and the Department of Agriculture.
- In order to promote student health and reduce childhood obesity, procedures will be established to control all foods available during the school day that compete with the District's non-profit food service in compliance with the Child Nutrition Act.

### Guidelines for Reimbursable School Meals

Reimbursable school meals served shall meet, at a minimum, the nutrition requirements and regulations for the National School Lunch Program and/or School Breakfast Program.

### Monitoring

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

### Community Input

The Superintendent or designee will invite suggestions and comments concerning the development, implementation, and improvement of the school wellness policy from community members, including parents, students, and representatives of the school food authority, school administrators, and the public.

LEGAL REF.: Child Nutrition and WIC Reauthorization Act of 2004, PL 108-265, Sec. 204.  
Child Nutrition Act of 1966, 42 U.S.C. §1771 et seq.  
National School Lunch Act, 42 U.S.C. §1758.  
42 U.S.C. §1779, as implemented by 7 C.F.R. §210.11.  
105 ILCS 5/2-3.137.  
23.Ill.Admin.Code Part 305, Food Program.

CROSS REF.: 4:120 (Food Services)

ADOPTED: September 12, 2006