

Centralia City Schools District #135



Local Wellness Policy

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Preface

In accordance with 7 CFR 210.31(c), a Local Education Agency that participates in the National School Lunch Program (NSLP) and/or School Breakfast Program (SBP) must establish a Local School Wellness Policy for all schools under its jurisdiction. As of June 30, 2017, Local Wellness Policies must meet the minimum requirements set forth in the Final Rule: Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010.

Local Wellness Policies are a valuable tool in the promotion of student health and wellness through the NSLP and SBP. Schools play an essential role in preparing students for successful futures, and proper nutrition and physical activity are key to creating constructive learning environments. Local Wellness Policies provide guidance to further support schools efforts to provide students with a successful and healthy future.

Wellness Policy Committee

Wellness Policy Leadership

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Wellness Policy Committee Responsibilities

Public Involvement

The Local Education Agency permits and encourages public involvement in Local Wellness Policy development, implementation, updates, and reviews. Therefore, the LEA shall invite a variety of stakeholders within the general public to participate in Local Wellness Policy processes. The following methods of communication will be utilized to notify the general public of the opportunity to participate in these processes:

- School Website
- Letters asking individuals to serve on the committee
- School Newsletters

Assessments

Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three years. Centralia City School District 135 shall conduct assessments of the Local Wellness Policy every three years, beginning in 2021 and occurring every three years thereafter. These assessments will:

- Ensure the wellness policy is in compliance with USDA, State, and Local rules and regulations
- Compare the LEA's wellness policy to model wellness policies
- Measure the progress made in achieving the goals as outlined in the LEA's wellness policy

Updates

The Wellness Policy Committee must update the Local Wellness Policy as appropriate in order to fit the needs and goals of the Local Education Agency. The LEA shall make the following available to the public:

- The Local Wellness Policy, including any updates to the policy, on a yearly basis
- The triennial assessment, including progress toward meeting the goals outlined in the wellness policy

Through the following channels:

- School Website
- School Newsletters
- School Bulletin Boards

Records

The Local Education Agency shall maintain record of the Local Wellness Policy. This includes keeping a copy of the current wellness policy on file and maintaining documentation of the following actions:

- The most recent assessment of the policy
- Availability of the wellness policy and assessments to the public
- Reviews and revisions of the policy, including the individuals involved and the efforts made to notify stakeholders of their ability to participate in the process

Nutrition

The Local Education Agency recognizes the important role nutrition plays in academic performance as well as overall quality of life. The National Education Association references numerous articles supporting the effects of nutrition in the classroom, for example, hunger often has a negative impact on students' success, attendance, and behavior.

According to the Centers for Disease Control and Prevention, approximately 18.5 percent of the nation's youth was considered obese in 2015-16. This percentage increased 1.3 percent when compared to the previous year. Conversely, 15.7 percent of American families experienced food hardship in 2017. Through participation in the U.S. Department of Agriculture's School Nutrition Programs, the LEA commits to serving nutritious meals to students in order to prevent both overconsumption of nutrient-poor foods and food insecurity to give students the best chance to succeed inside and outside the classroom.

Nutrition Standards

Meals

All reimbursable meals served for the purposes of the National School Lunch Program (NSLP) and School Breakfast Program (SBP) must meet or exceed USDA nutrition standards and regulations. This includes meeting standards for each of the meal pattern components (i.e. Grains, Meat/Meat Alternates, Fruits, Vegetables, and Milk) as well as meeting or exceeding the limitations set for calories, sodium, saturated fat, and trans fat.

Competitive Foods

All competitive foods and beverages sold must comply with the USDA Smart Snacks in Schools nutrition standards (7 CFR 210.31(c)(3)(iii)). Competitive foods and beverages refer to those that are sold to students outside the reimbursable meal on the school campus

(i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day). This includes, but is not limited to, vending machine and à la carte items.

Other Foods and Beverages

The following policy refers to all foods and beverages provided, but not sold to students. The Local Education Agency will prohibit food and beverage items that do not meet Smart Snacks nutrition standards for reward and celebration purposes. More than 25 percent of children's daily calories may come from snacks, therefore, providing Smart Snacks allows for a more nutrient-dense calorie intake.

Fundraisers

Fundraisers promoting food and/or beverage items that are held on school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day) must meet Smart Snacks nutrition standards. However, the LEA may participate in infrequent exempted fundraising days, in which food and beverage items do not meet Smart Snacks standards, as the LEA sees fit. These exempted fundraising days shall not exceed nine days within one year. The LEA shall comply with the following procedures when managing exempted fundraising days:

- Exempted fundraising days must be approved by the Food Service Director

Nutrition Education

In accordance with the Illinois Learning Standards, the Local Education Agency shall meet all Illinois requirements and standards for Health Education. The Local Education Agency shall include nutrition education within the health education curriculum and integrate nutrition education into other core subjects, as appropriate. Various grade levels and curriculums shall use nutrition education information, research, and materials from the following resources:

- MyPlate
- Scholastic News
- Choices Magazine
- Ag in the Classroom
- Kidshealth.org
- Healthy-kids.com
- Mystery Science

- You Tube
- Physical Education Class
- Health Curriculum
- Go Noodle Brain Breaks
- Adopt-a-Cow Program
- Progressive Ag Safety Day
- Fresh Fruit & Vegetable Program
- Girls on the Run
- U of I Extension Office
- Math at Work Video
- PE Teacher Handouts & Videos
- Non-Fiction Text and Themes (dental week with good nutrition choices)

The Local Education Agency shall incorporate nutrition education into the following curriculums for the following grade levels:

- Each building shall provide for an interdisciplinary, sequential skill-based health education program based upon state standards and our district's curriculum map.
- Nutrition education will be integrated into other areas of the curriculum such as science, language arts, and social studies.
- Students shall be taught communication, goal setting and decision making skills that enhance personal and family health.
- School staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned.
- Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.
- The school district will provide information to families that encourage them to teach their children about health and nutrition.

Nutrition Promotion

The District shall implement nutrition promotion techniques through multiple channels, including the cafeteria, classroom, and home.

The District shall make cafeteria menus and nutrition information available through the following platforms:

- School Website
- Menus are sent home with the students
- Bulletin Boards
- Daily Announcements

The Smarter Lunchrooms Movement uses behavioral economics to positively influence food choices made by children. The evidence-based techniques implemented through the Movement have been proven to increase children's consumption of nutritious foods. The

District shall participate in the Smarter Lunchrooms Movement by utilizing the Smarter Lunchrooms 60-point Scorecard and other educational and promotional tools. The District shall implement the following Smarter Lunchrooms techniques:

- Sliced or cut fruit is offered
- Vegetables are offered on all service lines
- When cut raw vegetables are offered, they are paired with a low fat Ranch dip
- A service of vegetables are incorporated into an entrée item at least once a month
- Milk cases/coolers are kept full throughout meal service
- White milk is offered in all milk coolers
- White milk is displayed in front of other beverages in all coolers
- Cafeteria staff politely prompt students who do not have a full reimbursable meal to select a fruit or a vegetable
- Signs show students how to make a reimbursable meal on all service lines
- Cafeteria staff smile and greet students upon entering the service line and throughout meal service
- Attractive, healthful food posters are displayed in dining and service areas
- The lunch room is decorated in a way that reflects the student body
- Cleaning supplies or broken/unused equipment are not visible during meal service
- All lights in the dining and meal service areas work and are turned on
- Compost/recycling and trash cans are at least 5 feet away from dining students
- There is a clear traffic pattern. Signs, floor decals, or rope lines are used when appropriate
- Trash cans are emptied when full
- Students, teachers, or administrators announce today's menu in daily announcements
- Students have the opportunity to volunteer in the lunch room
- A monthly menu is posted in the main office
- A monthly menu is provided to students, families and administrators
- Nutrition education is incorporated into the school day
- Smarter lunchroom strategies are included in our Local Wellness Policy

Farm to School efforts positively impact School Nutrition Programs by serving fresh and nutritious food items. Additionally, Farm to School programs have been linked to increased consumption of fruits and vegetables. The District shall participate in the following Farm to School activities:

- Harvest of the Month programs
- Agricultural education with farm-based field trips
- Ag in the Classroom

Marketing

The Local Education Agency will prohibit the marketing and advertising of all foods and beverages that do not meet Smart Snacks nutrition standards on the school campus (i.e.

locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day). The marketing standards described above apply, but are not limited to, oral, written, and graphic statements made for promotional purposes. Items subject to marketing requirements include, but are not limited to, posters, menu boards, vending machines, coolers, trash cans, scoreboards, and other equipment. This policy does not require schools to immediately replace equipment that does not meet this requirement; however, the District shall implement these standards as equipment needs replaced in the future.

Physical Activity

Physical activity is a key component of the health and well-being of all students. Physical activity lowers the risk for certain diseases, including obesity, heart disease, and diabetes. Physical activity also helps improve brain function, allowing students to perform better in school.

The Centers for Disease Control and Prevention recommends adolescents get at least 60 minutes of physical activity five days per week. Nearly 79 percent of school-age children fall short of meeting this requirement. The Local Education Agency recognizes this connection and commits to promoting and providing opportunities for physical activity during and outside the school day.

Physical Education

In accordance with the Illinois Learning Standards, the Local Education Agency shall meet all Illinois requirements and standards for Physical Education. The LEA shall offer Physical Education class as follows:

- Students in the elementary grades shall participate in physical education for at least 150 minutes during each school week and students in the middle school shall participate for at least 225 minutes per week.

Other Opportunities for Physical Activity

The District shall include additional physical activity opportunities, outside of Physical Education class, during the school day through the following:

- The district will provide daily recess periods
- Information will be provided to families to help them incorporate physical activity in their child's lives
- Faculty and staff are offered and encouraged to participate in a free membership at the local recreation complex each year
- Physical activity will be integrated across curricula and throughout the school day. Movement can be made a part of science, social studies, and language arts.
- The district will encourage students and community members to use the school's physical activity facilities outside the normal school day.

The following opportunities for participation in school-based sports shall be offered to students each year:

- Basketball
- Volleyball
- Cheerleading
- Baseball
- Softball
- Cross Country
- Track

Physical Activity Promotion

The District shall promote physical activity through the participation in the following initiative(s):

- Girls on the Run
- Fuel Up to Play 60

Other School-Based Activities

Just as it takes a comprehensive curriculum to provide education to support students' futures, the Local Education Agency's wellness approach must also be comprehensive in its intent to provide students with the tools they need to live a healthy lifestyle. In order to further establish positive behaviors related to nutrition, physical activity, and health, the LEA commits to making additional wellness-based activities available to all students beyond the cafeteria and gymnasium.

The Local Education Agency shall offer other school-based activities to support student health and wellness, including coordinated events and clubs. The following events shall be organized and promoted each year:

- Health Fairs
- Cafeteria "Try" Days
- FFVP Fruit-A-Palooza

The following health, wellness, and/or nutrition clubs shall be offered to students each year:

- Girls on the Run