

Greenfield CUSD #10 Wellness Policy

I. Nutrition Education

Goal: Nutrition education shall be integrated into the science and health curriculum taught in kindergarten through twelfth grade. Nutrition education incorporates national and state developed standards designed to promote and protect student health. Students can demonstrate their knowledge of nutrition concepts by applying the skills in a variety of settings.

A. Program components:

1. Classroom teaching:

Examples include: Benefits of nutrition on overall health and disease prevention as part of health, reading and writing about food and nutrition, Calculations of nutritional values of food in math, growing or components of food in science, presentation of food in art, etc.

2. Nutrition education instructional activities shall stress the appealing aspects of healthy eating and be participatory, developmentally appropriate, and enjoyable.

B. Professional development

1. Staff responsible for nutrition education shall be adequately prepared and regularly participate in professional development activities to effectively deliver the nutrition education program as planned. Preparation and professional development activities shall provide basic knowledge of nutrition, combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.

C. Coordination of Programs

1. The food service program shall be closely coordinated with nutrition instruction. The school cafeteria shall serve as a learning environment to allow students to apply critical thinking skills taught in the classroom. Food service staff shall also work closely with those responsible for other components of the school health program to achieve common goals.

D. Nutrition-Related Health Problems and Modified Diets

1. School support services and health services staff shall consistently promote healthy eating to students and other staff. These professionals shall be prepared to recognize conditions such as obesity, eating disorders, food allergies and other nutrition-related health problems among students and staff and be able to refer them to appropriate services.
2. The school food service program will comply with USDA's disability requirements for modified diets. The school food service program is strongly encouraged to meet ethnic dietary requests as recommended by USDA.

II. A Healthy School Environment

A. The School Environment

1. Recess
 - a. Careful consideration of the school lunch environment shall be taken into account when scheduling recess. For further standards on physical activity, please see Guidelines for Physical Activity section.
2. Commercial Advertising
 - a. Advertising messages should be consistent with and reinforce the objectives of the educational and nutrition environment goals of the school. Advertising of foods or beverages in the areas accessible to students during meal times must be consistent with established nutrition environment standards.

B. Nutritious Food Choices

1. Food provided as part of the National School Lunch and Breakfast Programs must meet USDA requirements and any Illinois regulations for those programs. All other food and beverage sales to students, during the regular school day will meet the National School Lunch and Breakfast Program guidelines.

III. Physical Activity and a Healthy School Environment

The need for Physical Activity for children of all ages and supervised playtime for younger children shall be duly acknowledged. Center for Disease Control defines physical activity as any bodily movements produced by skeletal muscles that result in an expenditure of energy.

A. For children in school for a full-day, the following is recommended:

1. Provide physical education courses where students learn, practice and are assessed on developmentally appropriate motor skills, social skills, and knowledge.
2. Ensure that state-certified physical education teachers teach all physical education classes.
3. Provide an adequate amount of time for physical education classes.
Physical education classes are offered at least twice per week for students in grades 1-8 and to meet state standards for high school students.
4. Implement a sequential physical education course of study consistent with national standards for physical education and with a focus on students' development of motor skills, movement forms, and health-related fitness.
5. Ensure that students are moderately to vigorously active at least 50% of the time while participating in physical education classes.
6. Provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.

B. Encouraging Lifetime Physical Activity

Goals for optimal daily physical activity in children include the following: Accumulating a daily total of at least 60 minutes of physical activity on all or most days of the week within and outside of school. This includes several bouts of physical activity lasting 15 minutes or more.

In addition schools will:

1. Provide daily recess periods of 15-30 minutes for all elementary school students.
2. Encourage physical activity as appropriate during the school day, including physical activity options for "indoor recess".

IV. Nutrition Standards for All Foods Available on School Campus during the School Day

To support the philosophy and goals outlined sections 1-3, it is recommended:

1. The food service provider will: Make available the Nutritional value and ingredients of all food and beverages sold. Provide standard portion sizes as appropriate for each population served.
2. All food and beverage contracts should be reviewed to assure they promote healthy choices for students, parents and staff.

V. Other School-Based Activities Designed to Promote Student Wellness

1. Regular and consistent health, wellness, nutrition and physical activity messages will be provided in all settings: classroom, cafeteria, newsletters, websites, bulletin boards, etc.
2. The School in coordination with the food service provider will: provide pleasant, comfortable cafeteria setting including adequate eating time. Train Food service staff in the following areas- food safety, presentation, and nutrition. Offer financial assistance for meals. Utilize staff and student feedback for ongoing quality improvement of the food service.
3. Wellness promotion: Staff members are encouraged and provided with support to model healthy lifestyles and eating behaviors. The school may offer staff, parents and students wellness programs and information related to physical activity and healthy eating (topics may include healthy snacks and lunch box ideas). Staff, parents and students will be encouraged to offer suggestions for other topics of interest.

VI. Implementation, Measurement and Evaluation of the School Wellness Policy

Implementation:

1. Establish a permanent “School Wellness Committee (SWC)”. Membership should include, but not limited to: representatives from the administration, physical education, school nurse, food service provider, teacher, parent, and student.
 - a. The SWC will establish goals and timelines for implementation and evaluation.
3. The Wellness policy and supporting documents will be available via the school website at www.greenfieldschools.org.

Measurement tools

The Wellness Committee will meet annually to facilitate implementation and develop measurement tools such as:

- Implementation Plans for Nutrition, Nutrition Education, and Physical Activity
- Wellness School Assessment Tool at www.wellsat.org

Evaluation of success

The School Wellness Committee will analyze data gathered from the above sources: Establish a system for communicating data and further revision of the policy between team members, administration, school staff members, parents and the community

Adopted: October 2011 by Greenfield Board of Education