

Greenfield CUSD 10 Wellness Policy Implementation Plan for Nutrition Education

Instructions:

The Wellness Policy Implementation Plan should demonstrate continuous improvement efforts while focusing on objectives that are realistic and reachable. The plan is to be collaboratively developed by the Greenfield Wellness Committee/School Health Council, shared with all stakeholders and kept on file for review by Child Nutrition & Wellness departments, parents, board members, and community stakeholders.

The Wellness Policy Implementation Plan needs to include ONLY those guidelines that are either “In Progress” or “New Goals”. Delete the rows in the following tables for all of the guidelines that are NOT either in progress or new goals for the coming school year. For each of the remaining guidelines, explain what will be done (i.e. action steps or strategies), who is responsible and the beginning and ending dates of the action steps.

Sponsor Number and Name:

School Year: 2019-2020

A. General Guidelines & Classroom		What will be done?	Who is responsible?	Begin Date & End Date
1	All students in grades K-12, including those with disabilities, special health care needs and in alternative education settings, will have the opportunity to participate in a variety of learning experiences that support development of healthful eating habits. <i>(Basic)</i>	Health education through science curriculum at all grade levels. Specific health instruction in grades 6 to 9.	Regular classroom teacher	2019-20
2	The nutrition education curriculum will be sequential and consistent with the current Illinois State Board of Education approved health education teaching standards. <i>(Basic)</i>	Teachers will follow current health education standards.	Regular classroom teacher	2019-20
3	Nutrition education will be taught by a teacher licensed by the Illinois State Board of Education or under the direct supervision of such a teacher. <i>(Basic)</i>	Administration and Regional Office of Education #40 will monitor district compliance.	District Administration and ROE #40	2019-20
4	The licensed teacher will approve the instructional materials and method; and have ongoing, open communication with the individual providing instruction. <i>(Basic)</i>	Yes. District certified teachers will approve all instructional materials and the teaching methods used to deliver the information.	Regular classroom teacher	2019-20

A. General Guidelines & Classroom		What will be done?	Who is responsible?	Begin Date & End Date
5	Schools will be encouraged to use qualified personnel to provide nutrition education from organizations such as the Illinois State Board of Education, Greene County Extension Office, Farm Bureau, and other health and agriculture organizations, universities and consulting registered dietitians. <i>(Basic)</i>	Continue to utilize available resources and make new contacts when possible.	Administration and classroom teacher	2019-20
6	Nutrition education will be based on the most recent Dietary Guidelines for Americans. <i>(Basic)</i>	Continue to follow Dietary Guidelines for Americans	Regular classroom teacher	2019-20
7	Active learning experiences will be provided for students; and whenever feasible, the active learning will involve the students in food preparation. <i>(Basic)</i>	High school and middle school students work in the cafeteria.	Regular classroom teacher and food service personnel	2019-20
8	Annually, an updated list of nutrition resources will be provided to the food service personnel and this list will be available to the teachers. <i>(Basic)</i>	Food service director will keep the list.	Food Service Director	2019-20
9	Teachers will be able to secure recommended nutrition education resources in adequate quantities for their students. <i>(Basic)</i>	Any district teacher needing nutrition information will be directed to the school nurse, health teacher, and food service coordinator.	Regular classroom teacher	2019-20
10	School administrators will inform teachers about opportunities to attend training on nutrition and the importance of role modeling healthful habits for students. <i>(Advanced)</i>	School administrators will continue to look for professional development opportunities for staff.	Administration	2019-20
11	School administrators will encourage teachers to attend nutrition-related training at least once a year and will support their participation. <i>(Advanced)</i>	N/A	N/A	N/A

A. General Guidelines & Classroom	What will be done?	Who is responsible?	Begin Date & End Date
12 Classroom nutrition education will be provided each year for all students: <ul style="list-style-type: none"> • as part of a comprehensive health education curriculum that focuses on understanding the relationship between personal behavior and health AND/OR • as learning experiences integrated throughout the curriculum in subject areas such as math, science, language arts and social studies. 			
a. At least 5 hours of classroom nutrition education will be provided each year for all students. <i>(Basic)</i>	X	Regular classroom teacher	2019-20
b. At least 10 hours of classroom nutrition education will be provided each year for all students. <i>(Advanced)</i>			2019-20
c. At least 15 hours of classroom nutrition education will be provided each year for all students. <i>(Exemplary)</i>			2019-20
13 Nutrition education instruction will be comprised of hands-on activities that engage students in enjoyable, developmentally-appropriate, culturally relevant, participatory learning.			
a. Hands-on activities as described above will comprise at least 25 percent of nutrition education instruction. <i>(Basic)</i>	X	Regular Classroom teacher	2019-20
b. Hands-on activities as described above will comprise at least 50 percent of nutrition education instruction. <i>(Advanced)</i>			2019-20
14 Check all of the topics that will be included in classroom nutrition education:			
a. Proper hand washing	X	Regular classroom teacher	2019-20
b. Importance of drinking adequate water	X	Regular classroom teacher	2019-20
c. Food groups	X	Regular classroom teacher	2019-20
d. Trying new foods / importance of eating a variety of foods	N/A	N/A	N/A
e. Feeling full and chewing thoroughly	N/A	N/A	N/A

A. General Guidelines & Classroom	What will be done?	Who is responsible?	Begin Date & End Date
f. Serving sizes	Health Education grades 7-9	Health teacher	2019-20
g. Relationship of food intake (energy input) and physical activity (energy output)	Health Education grades 7-9	Health teacher	2019-20
h. Nutrition Facts Label reading	Health Education grades 7-9	Health teacher	2019-20
i. Choosing healthful foods using cafeteria meals, vended items and a la carte items as examples	Health Education grades 7-9	Health teacher	2019-20
j. Foods that help keep the body healthy and foods that may contribute to poor health, including oral health	Health Education grades 7-9	Health teacher	2019-20
k. Healthy body image	Health Education grades 7-9	Health teacher	2019-20
l. Agricultural origins of common foods	Health Education grades 7-9	Health teacher	2019-20
m. Basic food preparation skills	Health Education grades 7-9; HS FACS classes	Health teacher	2019-20
n. Basic food safety (e.g. storing, cleaning)	Health Education grades 7-9; HS FACS classes	Health teacher	2019-20
o. Basic food safety (preparing, cooking, cooling, reheating)	Health Education grades 7-9; HS FACS classes	Health teacher	2019-20
p. Basic nutrient requirements	Health Education grades 7-9; HS FACS classes	Health teacher	2019-20
q. Relationship of nutrients in food to good health and long-term risks of unhealthful food selections	Health Education grades 7-9	Health teacher	2019-20
r. Dietary guidelines and personal eating plans	Health Education grades 7-9; HS FACS classes	Health teacher	2019-20
s. Importance of meals and how meal time contributes to family life	Health Education grades 7-9; HS FACS classes	Health teacher	2019-20
t. Eating patterns in various cultures	Health Education grades 7-9	Health teacher	2019-20

A. General Guidelines & Classroom		What will be done?	Who is responsible?	Begin Date & End Date
	u. Balanced and unbalanced meals in the student's own eating pattern	Health Education grades 7-9	Health teacher	2019-20
	v. Evaluating fad diets and healthful ways to lose/gain weight	Health Education grades 7-9	Health teacher	2019-20
	w. Eating disorders	Health Education grades 7-9	Health teacher	2019-20
	x. Evaluating health claims on food labels	Health Education grades 7-9	Health teacher	2019-20

B. Cafeteria		What will be done?	Who is responsible?	Begin Date & End Date
1	Attractive, current nutrition education materials will be prominently displayed in dining areas and changed at least every 9 weeks. <i>(Basic)</i>	Nutrition Education materials will be displayed and replaced as they become available	Head Cook	2019-20
2	Teachers will discuss with students the nutrition education materials displayed in the dining areas. <i>(Advanced)</i>	N/A		
3	Teachers will collaborate with the school nutrition staff to use the cafeteria as a learning laboratory that allows students to apply critical thinking skills. <i>(Exemplary)</i>	N/A		
4	Students will be encouraged to start each day with a healthful breakfast and to choose nutritious foods throughout the day. <i>(Basic)</i>	Yes		2019-20
5	Students will participate in taste tests and/or surveys to obtain their input on foods offered in the cafeteria. <i>(Advanced)</i>	N/A		
6	Students will learn about the nutrition requirements for school meals and some students will be involved in helping plan menus. <i>(Exemplary)</i>	Head cook will work with classroom teachers in teaching students requirements for school meals	Head cook and teaching staff	2019-20

C. Events During the School Day		What will be done?	Who is responsible?	Begin Date & End Date
1	Each year, some individual classrooms will participate in one or more events that are either centered on nutrition or include nutrition as a main component. <i>(Basic)</i>	Yes. Special classroom projects.	Classroom teacher	2019-20
2	Each year, at least one school-wide interactive event will be conducted that is either centered on nutrition or contains nutrition as a main component. After the event, related lessons will be used to reinforce learning of the information presented at the event. <i>(Advanced)</i>	N/A	N/A	N/A
3	A community or media partner will be involved in at least one school-wide event by helping with planning or actively participating in the event. Both before and after the event, related lessons will be used to reinforce learning of the information presented at the event. <i>(Exemplary)</i>	N/A	N/A	N/A

D. After School Programs		What will be done?	Who is responsible?	Begin Date & End Date
1	At least twice a week, the after school educator will explain why the snack served is a healthful choice. <i>(Basic)</i>	N/A	N/A	N/A
2	After school programs will reinforce classroom learning by providing interactive nutrition education activities (e.g., making healthful snacks, measuring serving sizes, etc.). <i>(Advanced)</i>	N/A	N/A	N/A
3	Classroom teachers will collaborate with after school program staff to reinforce and expand the lessons learned in the classroom. <i>(Exemplary)</i>	N/A	N/A	N/A

E. Family & Community		What will be done?	Who is responsible?	Begin Date & End Date
1	Parents will be invited to join students for school meals. <i>(Basic)</i>	School will look closely at how to involve parents and extended family to be included in school meals (example: family day, grandparents day, etc...)	Administration, classroom teachers, and food service personnel	2019-20
2	Family members will be encouraged to become actively involved in programs that provide nutrition education. <i>(Advanced)</i>	School will look for local resources to help encourage family members to become actively involved in nutrition education.(Example: handouts, newsletters, Wellness Fairs, etc...)	Administration, classroom teachers, and food service personnel	2019-20
3	Community members will be encouraged to become actively involved in school programs that provide nutrition education. <i>(Exemplary)</i>	See #2 above	See #2 above	2019-20
4	Families will be provided with information that encourages them to teach their children about health and nutrition, and to provide nutritious meals for their families. <i>(Basic)</i>	School will provide nutrition information through newsletters to parents.	Administration, school nurse, food service personnel	2019-20
5	Opportunities will be provided for parents to share their healthful food practices with the school and community. <i>(Advanced)</i>	N/A	N/A	N/A
6	Nutrition information will be provided to the broader community. <i>(Exemplary)</i>	N/A	N/A	N/A

F. Staff Wellness		What will be done?	Who is responsible?	Begin Date & End Date
1	The school will encourage each member of the staff (both certified and non-certified) to serve as a healthy role model for students. <i>(Basic)</i>	Copies of health brochures will be distributed by the school nurse from the Health Alliance health insurance program.	Administration, school nurse	2019-20
2	The school will have a staff wellness committee to plan and implement ongoing activities for school staff that promote health and wellness. <i>(Advanced)</i>	N/A	N/A	N/A
3	The school's staff wellness committee will develop, promote and oversee a multi-faceted plan to promote staff health and wellness including healthful eating, physical activity and other elements of a healthful lifestyle. <i>(Exemplary)</i>	N/A	N/A	N/A
4	At least one school-wide activity will be conducted each year that promotes staff wellness. <i>(Exemplary)</i>	N/A	N/A	N/A