



LOCAL SCHOOL WELLNESS POLICY

St. George Community Consolidated School District No. 258

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TRENDS IN CHILDREN'S HEALTH: CAUSES FOR CONCERN

- Currently one-third of children and youth nationwide are overweight or at risk of becoming overweight.
- Illinois children appear to be at greater risk for being overweight.
- Poor diet and physical inactivity are major factors contributing to the increase in childhood obesity.
- Even children of healthy weight are not making wise food choices or being sufficiently physically active.
- The cost of obesity is substantial.

OVERVIEW

The United States Congress passed the *Child Nutrition and WIC Reauthorization Act Of 2004* on June 30, 2004 in response to the staggering research concluding that 16% of children and adolescents are overweight. This number represents three times the number of obese children and adolescents since 1980. Schools have a genuine opportunity to affect this trend, therefore, this law requires local education agencies participating in a program authorized by the National School Lunch Act to develop a wellness policy with the objectives of improving the school nutrition environment, promoting student health and reducing childhood obesity (PL 108-265, Sec. 204). The State Board of Education in Illinois under Public Act 094-0199 established a goal that all districts have a wellness policy for their students.

BELIEF STATEMENT

The Board of Education of St. George Community Consolidated School District No. 258 is committed to providing a learning environment that supports and promotes holistic wellness for all students and community members. Good nutrition and an active lifestyle facilitate learning. The entire school environment shall be aligned with healthy school goals to positively influence students' beliefs and habits and promote health and wellness, good nutrition and regular physical activity. School staff recognizes the influence exerted upon students and accepts the responsibility, along with the help of parents, guardians, and families, of modeling healthy eating and physical activity as a vital part of daily life.

INTENT

The purpose of this policy is to ensure a total school environment that promotes and supports student health and wellness, helps to reduce childhood obesity and meets the requirements of the Child Nutrition and WIC Reauthorization Act of 2004 and the Illinois School Code, including, without limitation, goals for nutrition education, physical activity and other school-based activities designed to promote student wellness; nutrition guidelines for all foods available during the school day; a plan for measuring implementation including designating one or more persons charged with operational responsibility; and involving parents / guardians, students, staff members, school food service providers, the school board, school administrators, and the public in developing this policy.

RATIONALE

American children are less healthy and more overweight than at any time in recorded history. This trend is unhealthy and does not support learning. The United States Congress requires the attention to wellness in schools who participate in the National School Lunch Program. The State of Illinois mandated that all school districts have a wellness policy in place.

The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating is demonstrably linked to reduced risk for mortality and development of many chronic diseases. Schools and school communities have a responsibility to help students acquire the knowledge and skills necessary to establish and maintain lifelong healthy eating patterns. Well-planned and well-implemented wellness programs have been shown to positively influence children's health.

Schools also have a responsibility to help students establish and maintain lifelong habits of being physically active. According to the U.S. Surgeon General, regular physical activity is one of the most important things people can do to maintain and improve their physical health, mental health, and overall well-being. Regular physical activity reduces the risk of premature death in general and of heart disease, high blood pressure, colon cancer, and diabetes.

GOALS FOR NUTRITION EDUCATION

Nutrition education in St. George CCSD #258 shall be:

- Offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Include nutrition education activities that strive to be enjoyable, developmentally appropriate, culturally relevant, and engaging;
- Promote the consumption of fruits, vegetables, whole-grain products, low-fat and fat free dairy products, and healthy food preparation methods;
- Stress and explain the relationship between the number of food calories taken in and energy expenditure, with the goal being to emphasize a healthy balance between the two.

Classroom

1. Provide opportunities to teach and discuss the importance of maintaining a healthy lifestyle.
2. Create in-classroom projects or activities that may be shared with other classrooms via display or presentation.
3. Offer a newsletter to parents based on school wellness activities, parent/staff input, and local and online resources.

Education, Marketing, and Promotions Outside of the Classroom

1. When available, participate in community or state wide events that encourage nutrition education, physical activity, family participation, and overall healthy living.
2. Create challenges that involve students, families, and community members.

FOOD WASTE REDUCTION

Food loss and waste are issues facing the nation's food supply. To prevent food waste, the District will:

- Make every effort to produce the precise amount of meals needed on any given day.
- Redistribution of surplus food within a school
- Menu planning and food preparation
- Preventing food waste at the serving line, including
- Offer versus Serve - Grades 5-8

GOALS FOR PHYSICAL ACTIVITY

- Students in preschool through grade eight shall participate in physical education that enables them to achieve and maintain a high level of personal fitness; emphasizes self- management skills including energy balance (calories in minus calories out); is consistent with state/district's standards/guidelines/framework; and is coordinated within a comprehensive health education curriculum. The curriculum shall be consistent with and incorporate relevant Illinois Learning Standards.
- It is recommended that elementary students participate in physical education for a minimum of 150 minutes per week, and middle and high school students participate for 225 minutes per week (National Association for Sport & Physical Education recommendations). Special emphasis should be placed on promoting an active lifestyle in preschool through primary grades as health habits are established at a young age. Accommodations shall be made for students with disabilities, IEPs, 504 plans, and other limitations.
- Schools shall provide a daily supervised recess period to primary students.
- Students shall be provided opportunities for physical activity through a range of after- school programs including intramurals, interscholastic athletics, and physical activity clubs.
- Because students should engage in a minimum of 60 minutes of physical activity a day, the physical education program shall actively engage families as partners in providing physical activity beyond the school day.

GOALS FOR OTHER SCHOOL-BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS

Extra-curricular activities that promote health and wellness will be offered to students after school. School property and play areas such as the playground and outdoor basketball court will be available to students for the use after school and on days when school is not in session.

Nutrition and physical activity information will be provided to families and the community to help them incorporate physical activity and healthy nutrition into their children's lives; partnerships with community groups to promote physical activity will be considered through the Building and Grounds Facility Use Agreement Policy.

The school will promote and encourage a healthy lifestyle for staff. Staff will be encouraged to be role models for the school community by adopting personal healthy habits. School personnel will model healthy eating and physical activity behaviors to students and reinforce positive health messages in the school environment.

Nutrition education will be integrated into health education or across the curricula and will be practiced in the entire school environment. St. George School will provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment, not just the classroom, shall be aligned with healthy school district goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition, tobacco prevention, and regular physical activity.

School administrators and the social worker shall consistently promote healthy eating strategies among students and staff members. These professionals shall be prepared to recognize conditions such as obesity, eating disorders, and other nutrition-related health problems among students and staff and be able to refer them to appropriate services.

Parent Partnerships

- Schools shall support parents' efforts to provide a healthy diet and daily physical activity for their children. This support shall begin in elementary school and continue through middle school.
- Parents shall be provided information to help them incorporate healthy eating and physical activity into their student's lives. This information may be provided in the form of handouts, postings on the school/district website, information provided in school/district newsletters, presentations that focus on nutrition and healthy lifestyles and any other appropriate means available for reaching parents.

Consistent School Activities and Environment – Healthy Eating

- It is recommended that food providers share information about the nutritional content of school meals and/or individually sold foods with students, family, and school staff.
- School meals shall be served in clean, safe and pleasant settings with adequate time provided for students to eat.
- 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; nutrition education strategies including coordination of classroom and cafeteria activities; and effective promotional techniques to encourage healthy eating habits.
- Food providers shall involve families, students, and other school personnel in choosing

nutritious food and beverage selections for their local schools through surveys, committees, taste-testing, and similar activities designed to provide input into the decision-making process.

- Food providers shall work with suppliers to obtain foods and beverages that meet the nutrition requirements of school meals and nutrition standards for those sold individually.
- Food providers shall work closely with school instructional staff to reinforce nutrition instruction and foster an environment where students can learn about and practice healthy eating.
- Food providers shall take every measure to ensure that student access to foods and beverages on school campuses meets federal, state, and local laws and guidelines.
- 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 B).
- School-based organizations shall be encouraged to raise funds through the sale of items other than food (Attachment C).
- To reduce competition with nutritionally balanced school meals and enhance student safety, it is recommended that, to the extent possible, students are not permitted to leave school grounds to purchase foods or beverages.
- Partnerships between schools and businesses are encouraged and many commercial advertising relationships involve foods or beverages. To meet wellness objectives, it is recommended that commercial advertising relationships involve only foods and beverages that meet nutrition standards (Attachment A).
- Schools shall take efforts to promote nutritious food and beverage choices consistent with the current Dietary Guidelines for Americans and Food Guidance System (www.MyPyramid.gov) such as fruits, vegetables, low-fat dairy foods and whole grain products.
- All foods and beverages made available on campus shall comply with the federal, state and local food safety and sanitation regulations.
- 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.

Consistent School Activities and Environment – Physical Activity

- Physical education shall be provided by trained and well-supported staff that is certified by the state to teach physical education. All physical education teachers shall regularly participate in continuing education activities that impart the knowledge and skills needed to effectively promote enjoyable lifelong healthy eating and physical activity among students.
- Physical education classes shall have a student to teacher ratio comparable to those in other curricular areas.
- The physical education program shall be closely coordinated with the other components of the overall school health program. Physical education topics shall be integrated within other curricular areas. In particular, the benefits of being physically active shall be linked with instruction about human growth, development, and physiology in science classes and with instruction about personal health behaviors in health education class.
- Schools are encouraged to limit extended periods of inactivity. When activities such as mandatory testing make it necessary for students to be inactive for long periods of time, it is recommended that schools give students periodic breaks during which they are encouraged to stand and be moderately active.
- Schools are encouraged to develop community partnerships with other child-serving organizations such as park districts, the YMCA, and other local youth organizations to provide students with opportunities to be active.
- Physical activity facilities and equipment on school grounds shall be safe.

Food or Physical Activity as a Reward or Punishment

- School personnel shall be encouraged to use nonfood incentives or rewards with students (Attachment D) and shall not withhold food from students as punishment.
- School personnel shall not use physical activity as a punishment or withhold participation in physical education class as a punishment.

NUTRITION GUIDELINES FOR ALL FOODS AND BEVERAGES AVAILABLE ON SCHOOL CAMPUSES DURING THE SCHOOL DAY

Foods of minimal nutritional value will be restricted for sale during the meal periods. In addition, in order to promote health and reduce childhood obesity, the Superintendent or designee shall establish such administrative procedures to control food sales that compete with the District's non-profit food service in compliance with the Child Nutrition Act. Food service rules shall restrict the sale of foods of minimal nutritional value as defined by the U. S. Department of Agriculture in the food service areas during the meal periods. Students and staff will be offered Dietary Guidelines for Americans and Food Guidance System published jointly by the U.S. Department of Agriculture.

St. George CCSD #258 will disseminate a list of healthy food items suggested for any school-sponsored event or as a snack, healthy fundraising ideas, and healthy classroom rewards (See Attachments). Encouragement to serve foods that meet dietary guidelines at school-sponsored events where food is provided will occur.

Healthy alternatives should be available and served during classroom celebrations. Students, parents/guardians, community members, and staff will be asked to serve healthy items at school events and to use healthy school fundraising and classroom celebration ideas.

Food used as reward is not the optimum choice. Food and/or physical activity is not to be used as a punishment. Intrinsic rewards or small motivators are encouraged.

Fundraising activities that promote physical activity will be encouraged.

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 (e.g. provide a variety of fruits and vegetable choices; serve low-fat and fat-free dairy products; ensure that whole grain products are served).

GUIDELINES FOR SCHOOL MEALS

It is the goal of the food services staff at St. George School to increase the number of students participating in school lunch program. Identification of all eligible students in the Federal and State benefit programs will be pursued. The school social worker will assist in connecting school families to state and community resources that will benefit the health and well-being of all family members.

St. George School administrators will plan for and implement the following: Scheduling lunch periods as near to the middle of the school day as possible and avoiding conflicts between lunch and other activities, unless students have the opportunity to eat during those activities. Providing

a school environment that is safe, comfortable, pleasing, sanitary, and allows for ample time and space in which to eat meals is vital.

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.

EXEMPT FUNDRAISING DAYS

There is no provision in this policy for Exempt Fundraising Days, beginning in School Year 2014-2015.

MEASURING IMPLEMENTATION & COMMUNITY INVOLVEMENT

The District's nutrition and food services operation should be financially self-supporting; however, the nutritional program is an essential educational and support activity. Therefore, budget neutrality or profit generation must not take precedence over the nutrition needs of its students. In compliance with Federal Law, the District's National School Lunch Program, (NSLP) shall be nonprofit.

The district Superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies and will charge school administrators, the food services staff, and other school entities to oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy. Likewise, provisions for the annual review of the St. George School District Wellness Policy will be established and a triennial review will be completed following ISBE guidelines. The Board of Education will be provided with any recommended changes to this policy.

Board Action – Reviewed/Revised: March 18, 2021
Board Action – Reviewed/Revised: January 18, 2018
Board Action – Reviewed/Revised: February 24, 2015
Board Action – Reviewed/Revised: April 2011
Reviewed: May 2010
Board Action: July 1, 2009
Revised: June 2009
Created: August 2007

A copy of this plan can be found on the St. George CCSD No. 258 website <http://www.sg258.org/>.

ATTACHMENT A

Illinois Food and Beverage Standards

The table below provides food and beverage standards for all foods sold to students *outside of the USDA School Lunch and School Breakfast programs during the school day*, including a la carte sales, vending, school stores and fundraising.

Food/Beverage	Nutrition Standards	Pre-K–Grade 5	Grades 6–12
1. *Water, unflavored	Unsweetened, noncarbonated	Any size	
2. Water, flavored	Any	Not allowed	Not to exceed 25 calories per unit
3. Milk	Flavored or plain reduced fat (2 percent), low-fat (1 percent) and nonfat (0 percent), including lactose-free or lactose-reduced milk <i>Recommend schools move toward offering only low-fat (1 percent) and nonfat milk (0 percent)</i>	Not to exceed 8 ounces per unit	Not to exceed 16 ounces per unit
4. Dairy Alternative	Reduced fat, low-fat, and nonfat enriched alternative dairy beverages (i.e. rice, soy, or other alternative beverages approved by USDA)	Not to exceed 8 ounces per unit	Not to exceed 16 ounces per unit
5. Smoothie	Made with low-fat yogurt or other low-fat dairy alternatives	Not allowed	Not to exceed 200 calories per unit
6. Juice	100 percent fruit and vegetable juice	Not to exceed 4 ounces per unit	Not to exceed 12 ounces per unit
7. All other beverages	Noncarbonated beverages except for those exempted from the USDA Foods of Minimal Nutritional Value list under the Competitive Foods Regulation ¹	Not allowed	Not to exceed 200 calories and 12 ounces
8. A la carte entrees	All entrees for individual sale	<ul style="list-style-type: none"> ▪ Not to exceed serving size in the school meals programs for entrees served in the USDA National School Lunch or Breakfast Programs ▪ Not to exceed 400 calories per serving for entrees not served as part of the USDA National School Lunch and Breakfast Programs 	<ul style="list-style-type: none"> ▪ Not to exceed serving size in the school meals programs for entrees served in the USDA National School Lunch or Breakfast Programs ▪ Not to exceed 450 calories per serving for entrees not served as part of the USDA National School Lunch and Breakfast Programs
9. Nutrient-dense foods	All nuts, seeds, nut butters, eggs, fresh fruits and vegetables, 100 percent dried fruits and vegetables, yogurt, and cheese	<ul style="list-style-type: none"> ▪ Recommend offering part-skim or reduced-fat cheese ▪ Recommend offering low-fat or nonfat yogurt 	
10. Any other individual food sales except those listed separately in this table	<ul style="list-style-type: none"> ▪ 35 percent or less fat calories per serving <u>OR</u> 8 grams or less fat per serving ▪ 10 percent or less saturated fat calories per serving ▪ Not to exceed 200 calories per serving 	Not allowed	All other foods sold (except those listed separately in table) <i>during the school day</i> must meet nutrition standards

*Children who consume mostly bottled water should consult their dentist or physician and may need to use supplemental fluoride.

¹The *Competitive Foods Exemption List* can be accessed at www.isbe.net/nutrition/pdf/exemptions.pdf.

ATTACHMENT A
(Continued)

Food or Beverage	<p>HealthierUS School Challenge Nutrition Standards*</p> <p>These criteria focus on decreasing fat and added sugar, increasing nutrient density, and moderating portion size.</p>
Fruits and Non-fried Vegetables	<p>Fruits and vegetables may be fresh, frozen, canned or dried, and they must be found in the Food Buying Guide for Child Nutrition Programs.</p> <p>Examples of products that <i>cannot</i> be sold/served as a fruit or vegetable include:</p> <ul style="list-style-type: none"> • Snack-type foods made from vegetables or fruits, such as potato chips, and banana chips; • Pickle relish, jam, jelly; and • Tomato catsup and chili sauce
Approved Beverages	<ul style="list-style-type: none"> • Flavored or plain reduced fat (2%), low-fat (1%), skim/nonfat fluid milk meeting State and local standards for pasteurized fluid milk and/or USDA approved alternative dairy beverages¹; • 100% full-strength fruit and vegetable juices; and • Water (non-flavored, non-sweetened, <i>and</i> non-carbonated)
Any Other Individual Food Sales/Service	<ul style="list-style-type: none"> • Calories from total fat must be at or below 35%**<i>, excluding nuts, seeds, and nut butters</i>. This is determined by dividing the calories from total fat by the total calories and multiplying by 100. If calories from fat are not available, multiply the grams of fat by 9 to equal calories from fat. • Calories from saturated fat must be at or below 10%. This is determined by dividing the calories from saturated fat by the total calories and multiplying by 100. If calories from saturated fat are not available, multiply grams of saturated fat by 9 to equal calories from saturated fat. • Total sugar must be at or below 35% by weight. This is determined by dividing the grams of total sugar by the gram weight of the product and multiplying by 100. This includes both naturally occurring and added sugars. This limit does not include fruits and vegetables or flavored milk as defined above. • Portion size for a la carte sales in the school cafeteria are not to exceed the serving size of the food served in the National School Lunch Program/School Breakfast Program; for vending sales the item package or container is not to exceed 200 calories.

¹ There are no USDA approved alternative dairy beverages at this time. Public Law 108-265 (Child Nutrition Program Reauthorization) authorizes the Secretary of Agriculture to establish nutritionally equivalent non-dairy beverages by July 1, 2005. Please check with the Illinois State Board of Education for clarification.

*The above *Nutrition Standards* are criteria for sales/service of a la carte and/or vended items from the United States Department of Agriculture's *HealthierUS School Challenge*. Please be aware that these criteria are only meant to apply to individually sold foods and that foods sold as part of a reimbursable school meal may not necessarily meet these criteria although menus meet the nutrition standards set by the U.S. Department of Agriculture for school meals. Local policy makers may wish to modify the standards but should be aware that this may make schools ineligible to meet the criteria for the *HealthierUS School Challenge*.

**The *Dietary Guidelines for Americans 2005* recommend a total fat intake of 20 to 35% for school-age children.

ATTACHMENT B

Healthful Food and Beverage Options for School Functions*

Healthy Alternatives: At any school function (parties, celebrations, meetings, etc.) healthful food options should be made available to promote student, staff and community wellness. Examples of nutritious food and beverages that are consistent with the Dietary Guidelines for Americans are listed below.

- Raw vegetable sticks/slices with low-fat dressing or yogurt dip
- Fresh fruit wedges – cantaloupe, honey dew, watermelon, pineapple, oranges, tangelos, etc.
- Sliced fruit – nectarines, peaches, kiwi, star fruit, plums, pears, mangos, apples, etc.
- Fruit salad
- Cereal and low-fat milk
- 100% fruit or vegetable juice
- Frozen fruit pops with fruit juice or fruit as the first ingredient
- Dried fruits – raisins, cranberries, apples, apricots
- Single serving applesauce or canned fruit in juice
- Peanut butter with apple wedges or celery sticks**
- Fruit smoothies made with fat-free or low-fat milk
- Trail mix (dried fruits and nuts)**
- Dry roasted peanuts, tree nuts and soy nuts (not coconut or palm nuts)**
- Lean meats and reduced fat cheese sandwiches (use light or reduced fat mayonnaise in chicken/tuna salads)
- Party mix (variety of cereals, nuts, pretzels, etc.)
- Pretzels or reduced fat crackers
- Baked chips with salsa or low-fat dip (Ranch, onion, bean, etc.)
- Low-fat muffins (small or mini), granola bars and cookies (graham crackers, fig bars)
- Mini bagels with whipped light or fat-free cream cheese
- Pasta salad
- Bread sticks with marinara
- Fat-free or low-fat flavored yogurt & fruit parfaits
- Fat-free or low-fat pudding cups
- Fat-free or low-fat milk and milk products (string cheese, single-serving cottage cheese, cheese cubes)
- Flavored soy milk fortified with calcium
- Pure ice cold water
- Other non-food items such as stickers, temporary tattoos, pencils, pens highlighters, sidewalk chalk, notepads, erasers, bookmarks, etc.

** This list is not all inclusive and is meant only to provide parents and school staff with guidance for healthier food and beverage choices. Not all food and beverage items on this list will necessarily meet district nutrient standards (Attachment A) as items vary in sugar, fat and calorie content from brand to brand. However, all of the items in the list are believed to be consistent with the intent of the wellness policy to promote student health and reduce childhood obesity.*

** Not to be distributed in Peanut-Free Zones or classrooms.

ATTACHMENT C

Fundraising Ideas

- Raffle
- Candles
- Book sale
- Cookbook
- Magazines
- *Car wash
- *Walkathons
- Student artwork
- Stuffed animals
- Educational games
- Holiday decorations
- School mascot items
- Glow in the dark novelties
- Shopping donation programs
- Faculty and/or student talent show
- Teacher/student sports competition
- Auction of donated goods and services
- Balloon bouquets for special occasions
- Bottled water with personalized label / logo
- Refillable water bottle with the school label / logo
- Greeting cards, especially designed by students
- Party bags for kids' birthday parties filled with non-food novelties
- School spirit items — tee-shirts, sweatshirts, sweatpants, lanyards, pennants, bracelets and caps
- Growing and/or selling flowers and plants for holidays such as Valentine's Day and Mother's Day

* These fundraisers have the added benefit of promoting physical activity for students.

ATTACHMENT D

Classroom Rewards: *non-food items*

- A smile
- Going first
- Verbal praise
- Sit by friends
- Teaching the class
- Helping the teacher
- Enjoy class outdoors
- Choosing a class activity
- Walk with a teacher during lunch
- Eat lunch outdoors with the class
- Eat lunch with a teacher or principal
- Extra credit or class participation points
- Taking care of the class animal for a day
- Have lunch or breakfast in the classroom
- A photo recognition board in a prominent location in the school
- A note from the teacher to the student commending his or her achievement
- A phone call, email, or letter sent home to parents or guardians commending a child's accomplishment
- Recognition of a child's achievement on the school-wide morning announcements or school website
- Ribbon, certificate in recognition of achievement or a sticker with an affirming message (e.g. "Great job")
- Take a trip to the treasure box (filled with: stickers, temporary tattoos, pencils, pens, highlighters, sidewalk chalk, notepads, erasers, bookmarks, etc.)