

Instruction

School Wellness 1

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 2

The goals for addressing nutrition education include the following:

- Schools will support and promote good nutrition for students.
- Schools will foster the positive relationship between good nutrition, physical activity, and the capacity of students to develop and learn.
- Nutrition education will be part of the District's comprehensive health education curriculum.³

Goals for Physical Activity 4

The goals for addressing physical activity include the following:

- Schools will support and promote an active lifestyle for students.
- 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, offers direct opportunities to learn how to work cooperatively in a group setting, and encourages healthy habits and attitudes for a healthy lifestyle. 5
- Unless otherwise exempted, all students will be required to engage daily (where offered) during the school day in a physical education course. . 6
- The curriculum will be consistent with and incorporate relevant Illinois Learning Standards for Physical Development and Health as established by the Illinois State Board of Education. 7

Nutrition Guidelines for Foods Available in Schools During the School Day 8

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

1 State or federal law controls this policy's content. The federal Child Nutrition and WIC Reauthorization Act of 2004 requires school districts participating in a program authorized by the National School Lunch Act or the Child Nutrition Act to establish a school wellness policy no later than the beginning of the 2006-07 school year (PL 108-265, Sec. 204).

2 Local board may determine what goals are appropriate (PL 108-265, Sec. 204(a)(1)).

3 105 ILCS 110/3 and 23 Ill.Admin.Code § 1.420(n). The ISBE rules for Comprehensive Health Education found at 23 Ill.Admin.Code Part 253 have been repealed effective 10/3/05.

4 This is a required topic, but the local board may determine what goals are appropriate (PL 108-265, Sec. 204(a)(1)).

5 105 ILCS 5/27-5 and 27-6.

6 Id.

7 Schools must "set student learning objectives which meet or exceed goals established by the State," (105 ILCS 5/2-3.63). The Learning Standards can be found on ISBE's website, www.isbe.state.il.us/ils.

8 The policy must include the nutrition guidelines selected by the board for "all foods available during the school day with the objective of promoting student health and reducing childhood obesity," (PL 108-265, Sec. 204(a)(2)).

addition, in order to promote student 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. 9

Guidelines for Reimbursable School Meals 10

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. 11

Monitoring 12

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 13

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.

9 Districts must prohibit the sale of foods of minimal nutritional value, as defined by federal rule, in the food service areas during the lunch periods (42 U.S.C. §1779, 7 C.F.R. §210.11). However, a board may ban the sale of minimally

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 Mg. 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.

nutritious foods during the entire day. The sale of other competitive foods may be allowed in the food service area during the lunch period *only* if all income from the sale of such foods accrues to the benefit of the nonprofit school food service or the school or student organizations approved by the school (d.).

10 Required inclusion in the policy (PL 108-265, Sec. 204(a)(3)).

11 Child Nutrition Act of 1966 (42 U.S.C. § 1771 et §M.) and National School Lunch Act (42 U.S.C. §1758).

12 The policy must establish "a plan for measuring implementation of the local wellness policy, including designation of 1 or more persons v. thin the local educational agency at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the local wellness policy," (PL 108-265, Sec. 204(a)(4)).

13 A board must establish a policy that "involves parents, students, and representatives of the school food authority, the school board, school administrators, and the public in the development of the school wellness policy," (PL 108-265, Sec. 204(a)(5)).