

# Pearl City School District 200

## Wellness Policy Wellness Language Wellness Assessment and Annual Evaluation Tool 2020-2021

## **Instruction**

### **School Wellness**

Student wellness, including good nutrition and physical activity, shall be promoted in the District's educational program, school-based activities, and meal programs. This policy shall be interpreted consistently with Section 204 of the Child Nutrition and WIC Reauthorization Act of 2004 and the Healthy Hunger-Free Kids Act of 2010 (HHFKA).

The Superintendent will ensure:

1. Each school building complies with this policy;
2. The policy is available to the community on an annual basis through copies of or online access to the Board Policy Manual; and
3. The community is informed about the progress of this policy's implementation.

#### **Goals for Nutrition Education and Nutrition Promotion**

The goals for addressing nutrition education and nutrition promotion include the following:

- ☐ Schools will support and promote sound nutrition for students.
- ☐ Schools will foster the positive relationship between sound 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. See Board policy 6:60, *Curriculum Content*.

#### **Goals for Physical Activity**

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. See Board policy 6:60, *Curriculum Content* and Board policy 7:260, *Exemption from Physical Education*.
- ☐ During the school day, all students will be required to engage in a daily physical education course, unless otherwise exempted. See Board policy 6:60, *Curriculum Content* and Board policy 7:260, *Exemption from Physical Education*.
- ☐ 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 (ISBE).

#### **Nutrition Guidelines for Foods Available During the School Day; Marketing Prohibited**

Students will be offered and schools will promote nutritious food and beverage choices during the school day that are consistent with Board policy 4:120, *Food Services* (requiring compliance with the nutrition standards specified in the U.S. Dept. of Agriculture's (USDA) *Smart Snacks* rules)..

In addition, in order to promote student health and reduce childhood obesity, the Superintendent or designee shall:

1. Restrict the sale of *competitive foods*, as defined by the USDA, in the food service areas during meal periods;
2. Comply with all ISBE rules; and
3. Prohibit marketing during the school day of foods and beverages that do not meet the standards listed in Board policy 4:120, *Food Services*, i.e., in-school marketing of food and beverage items must meet *competitive foods* standards.

*Competitive foods* standards do not apply to foods and beverages available, but not sold in school during the school day; e.g., brown bag lunches, foods for classroom parties, school celebrations, and reward incentives.

#### Exempted Fundraising Day (EFD) Requests

All food and beverages sold to students on the school campuses of participating schools during the school day must comply with the "general nutrition standards for competitive foods" specified in federal law.

ISBE rules prohibit EFDs for grades 8 and below in participating schools.

The Superintendent or designee in a participating school may grant an EFD for grades 9 through 12 in participating schools. To request an EFD and learn more about the District's related procedure(s), contact the Superintendent or designee. The District's procedures are subject to change. The number of EFDs for grades 9 through 12 in participating schools is set by ISBE rule.

#### Guidelines for Reimbursable School Meals

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.

#### Monitoring

At least every three years, the Superintendent shall provide implementation data and/or reports to the Board concerning this policy's implementation sufficient to allow the Board to monitor and adjust the policy (a triennial report). This triennial report must include without limitation each of the following:

- ☐ An assessment of the District's implementation of the policy
- ☐ The extent to which schools in the District are in compliance with the policy
- ☐ The extent to which the policy compares to model local school wellness policies
- ☐ A description of the progress made in attaining the goals of the policy
- ☐ How the District will make the results of the assessment available to the public
- ☐ Where the District will retain records of the assessment

The Board will monitor and adjust the policy pursuant to policy 2:240, *Board Policy Development*.

#### Community Involvement

The Board and Superintendent will actively invite suggestions and comments concerning the development, implementation, periodic reviews, and updates of the school wellness policy from parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the community. Community involvement methods shall align their suggestions and comments to policy 2:140, *Communications To and From the Board* and/or the **Community Engagement** subhead in policy 8:10, *Connection with the Community*.

#### Recordkeeping

The Superintendent shall retain records to document compliance with this policy, the District's records retention protocols, and the Local Records Act.

LEGAL REF.: Child Nutrition and WIC Reauthorization Act of 2004, Pub. L. 108-265, Sec. 204.

Child Nutrition Act of 1966, 42 U.S.C. §1771 et seq.

National School Lunch Act, 42 U.S.C. §1751 et seq.

Healthy, Hunger-Free Kids Act of 2010, 42 U.S.C. §1758b, Pub. L. 111-296.

42 U.S.C. §1779, as implemented by 7 C.F.R. §§210.11 and 210.31.

Local Records Act, 50 ILCS 205/.

105 ILCS 5/2-3.139.

23 Ill.Admin.Code Part 305, Food Program.

ISBE's "School Wellness Policy" Goal, adopted Oct. 2007.

CROSS REF.: 2:140 (Communications To and From the Board), 2:150 (Committees), 2:240 (Board Policy Development), 4:120 (Food Services), 5:100 (Staff Development Program), 6:60 (Curriculum Content), 7:260 (Exemption from Physical Education), 8:10 (Connection with the Community)

## **WELLNESS PLAN LANGUAGE**

### **BELIEF STATEMENT**

The Board of Education of Pearl City School District is committed to providing a learning environment that supports and promotes wellness, good nutrition, and an active lifestyle and recognizes the positive relationship between good nutrition, physical activity and the capacity of students to develop and learn. 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. In addition, school staff shall be encouraged to model healthy eating and physical activity as a valuable 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, students, school food service providers, the school board, school administrators, and the public in developing this policy.<sup>2,3</sup>

### **RATIONALE**

A disturbing number of children are inactive and do not eat well. The result is an alarming 16 percent of children and adolescents are overweight – a three-fold increase since 1980.<sup>1</sup> Congress passed the Child Nutrition and WIC Reauthorization Act of 2004 on June 30, 2004.<sup>2</sup> Recognizing the role schools can play in health promotion; this law requires local education agencies participating in a program authorized by the National School Lunch Act or the Child Nutrition Act of 1966 to develop a local wellness policy. The objectives of the wellness policy are to improve the school nutrition environment, promote student health and reduce childhood obesity. In addition, Public Act 094-0199 amends the Illinois School Code, requiring the Illinois State Board of Education to establish a state goal that all districts have a wellness policy.<sup>3</sup>

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

- Students in preschool through grade 12 shall receive nutrition education as part of a sequential program that is coordinated within a comprehensive health education curriculum.<sup>4</sup> The program shall be designed to provide students with the knowledge and skills necessary to adopt healthy eating behaviors *and* aimed at influencing students' knowledge, attitudes and eating habits. Special emphasis should be placed on nutrition education in preschool through primary grades as eating habits are established at a young age. The curriculum shall be consistent with and incorporate relevant Illinois Learning Standards.<sup>5</sup>
- To maximize classroom time and to achieve positive changes in students' eating behaviors, nutrition education shall be integrated into the standards-based<sup>4</sup> lesson plans of other school subjects like math, science, language arts, physical education, health, family and consumer science and social sciences.
- To achieve positive changes in students' eating behaviors, it is recommended that a minimum of fifty contact hours of nutrition education opportunities be provided to students each year.<sup>6</sup> Contact hours may include a combination of classroom instruction; nutrition education provided in the cafeteria; or health fairs, field trips and assemblies providing nutrition education.
- The nutrition education program shall include enjoyable interactive activities such as contests, promotions, taste testing, field trips and school gardens.

## GOALS FOR PHYSICAL ACTIVITY

- Students in preschool through grade 12 shall participate in daily 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.<sup>4</sup> The curriculum shall be consistent with and incorporate relevant Illinois Learning Standards.<sup>5</sup>
- 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).<sup>7</sup> 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, 504 plans, and other limitations.
- Schools shall provide a daily supervised recess period to elementary students.
- Students shall be provided opportunities for physical activity through a range of before- and 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.<sup>8</sup>

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

### *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 and high 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, at a minimum, in accordance with state and federal standards and guidelines. The National Association of State Boards of Education recommends that students have adequate time to eat, relax and socialize: at least 10 minutes after sitting down for breakfast and 20 minutes after sitting down for lunch.<sup>9</sup>
- 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 practicable, 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 (MyPyramid) such as fruits, vegetables, low-fat dairy foods and whole grain products.<sup>8,10</sup>
- Nutrition education shall be provided by trained and well-supported staff with adequate pre-service and in-service training. It is recommended that staff involved in nutrition education complete a pre-service course in nutrition and a minimum of one hour of nutrition education in-service training per school year. Preparation and professional development shall provide basic knowledge of nutrition along with activities, instructional techniques and strategies designed to change students' attitudes and behavior.
- 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 and YMCA's to provide students with opportunities to be active.
- Schools are encouraged to provide student and community access to and promote use of the school's physical activity facilities outside of the normal school day.
- Physical activity facilities and equipment on school grounds shall be safe.
- Schools are encouraged to work with the community to create a community environment that is safe and supportive of students walking or biking to school.

#### *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 recess or physical education class as a punishment.

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

- 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).
- All foods and beverages sold individually (apart from the reimbursable school meal) on school campuses during the school day shall meet nutrition standards (Attachment A). This includes:
  - a la carte offerings in the food service program;
  - food and beverage choices in vending machines, snack bars, school stores; and
  - foods and beverages sold as part of school-sponsored fundraising activities.
- Nutritious and appealing foods and beverages, such as fruits, vegetables, low-fat dairy foods and whole grain products, shall be available wherever and whenever food is sold or otherwise offered at school.



## GUIDELINES FOR SCHOOL MEALS

- 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.<sup>11,12,13</sup>

## MEASURING IMPLEMENTATION & COMMUNITY INVOLVEMENT

- The district superintendent shall be charged with the operational responsibility for ensuring that each school meets the local wellness policy requirements.
- The district superintendent shall appoint a district wellness team/council that includes parents, students, representatives of the school food authority, the school board, school administrators, and the public to oversee development, implementation and evaluation of the wellness policy. In addition, it is recommended that the district superintendent also appoints teachers (including preschool – grade 12, family and consumer science, physical education and health educators) and health professionals (school nurse, physician, dietitian, etc.) as members of the team/council.
- The terms of district wellness team/council members shall be staggered for continuity.
- The appointed district wellness team/council shall be responsible for:
  - creating and maintaining bylaws for operation;
  - assessment of the current school environment;
  - development of a wellness policy;
  - presenting the wellness policy to the school board for approval;
  - measuring the implementation of the wellness policy; and
  - recommending revision of the policy, as necessary.
- The principal of each campus shall be responsible for implementation of the local wellness policy and shall appoint a school-based evaluation team to develop and implement an annual evaluation plan.
- The school-based evaluation team shall evaluate policy implementation and identify areas for improvement. The evaluation team shall report their findings to the campus principal and develop with him/her a plan of action for improvement, as needed.
- The wellness team/council shall hear reports from each campus group annually.
- Before the end of each school year the wellness team/council shall recommend to the district superintendent any revisions to the policy it deems necessary.
- The wellness team/council shall report to the superintendent and school board annually on the progress of the wellness team/council and the status of compliance by the campuses.

## Attachment A

<b>Food or Beverage</b>	<p><b><i>HealthierUS School Challenge Nutrition Standards*</i></b></p> <p>These criteria focus on decreasing fat and added sugar, increasing nutrient density, and moderating portion size.</p>
<b>Fruits and Non-fried Vegetables</b>	<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.  <a href="http://schoolmeals.nal.usda.gov/FBG/2003FBG/%20Section%202.pdf">http://schoolmeals.nal.usda.gov/FBG/2003FBG/%20Section%202.pdf</a></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"> <li>• Snack-type foods made from vegetables or fruits, such as potato chips, and banana chips;</li> <li>• Pickle relish, jam, jelly; and</li> <li>• Tomato catsup and chili sauce</li> </ul>
<b>Approved Beverages</b>	<ul style="list-style-type: none"> <li>• 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 beverages<sup>4</sup>;</li> <li>• 100% full-strength fruit and vegetable juices; and</li> <li>• Water (non-flavored, non-sweetened, <i>and</i> non-carbonated)</li> </ul>
<b>Any Other Individual Food Sales/Service</b>	<ul style="list-style-type: none"> <li>• <b>Calories from total fat</b> 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.</li> <li>• <b>Calories from saturated fat</b> 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.</li> <li>• <b>Total sugar</b> 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.</li> <li>• <b>Portion size</b> 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.</li> </ul>

<sup>4</sup> 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\*

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

*\*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.*

## **Attachment C**

### **Fundraising Ideas**

- Raffle
- Candles
- Book sale
- Cookbook
- \*Car wash
- \*Walkathons
- Student artwork
- Stuffed animals
- Stadium pillows
- School photo ID
- Educational games
- Holiday decorations
- Shopping donation programs
- School mascot temporary tattoos
- Faculty and/or student talent show
- Teacher/student sports competition
- Auction of donated goods and services
- Balloon bouquets for special occasions
- Bottled water with the schools own label
- Refillable water bottle with the school logo
- Glow in the dark novelties (popular at dances)
- Greeting cards, especially designed by students
- School calendars with all the important school dates on them
- Party bags for kids' birthday parties filled with non-food novelties
- Sale of flowers and balloons for the family to purchase for student graduates
- 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**

- A smile
- Going first
- Verbal praise
- Sit by friends
- Teaching the class
- Helping the teacher
- Enjoy class outdoors
- A field trip for the class
- 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.)

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  - b. Rules for Comprehensive Health Education – (23 Ill. Adm. Code 253) issued pursuant to the Critical Health Problems and Comprehensive Health Education Act [105 ILCS 110].
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9. Fit, Healthy and Ready to Learn, National Association of State Boards of Education, 2000.
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11. Minimum School Meals Requirements – section 9(f)(1), 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(f)(1), 1766(a)0
12. Minimum School Meals Requirements - subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779)
13. Illinois School Food Service – Ill. Adm. Code Section 305.

## **RESOURCES FOR POLICY DEVELOPMENT**

- Fit, Healthy and Ready to Learn, National Association of State Boards of Education. 2000. [www.nasbe.org/HealthSchools/index.html](http://www.nasbe.org/HealthSchools/index.html)
- HealthierUS School Challenge, United States Department of Agriculture. [www.fns.usda.gov/tn/HealthierUS/criteria\\_instructions.pdf](http://www.fns.usda.gov/tn/HealthierUS/criteria_instructions.pdf)
- Mercedes Independent School District Student Nutrition/Wellness Plan. 2004. [www.mercedes.k12.tx.us/menus/Nutrition%20PolicyR10-8-04.pdf](http://www.mercedes.k12.tx.us/menus/Nutrition%20PolicyR10-8-04.pdf)
- Model Local School Wellness Policies on Physical Activity and Nutrition, National Alliance for Nutrition and Activity, 2005. [www.schoolwellnesspolicies.org/WellnessPolicies.html](http://www.schoolwellnesspolicies.org/WellnessPolicies.html)
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*This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Services. The content of this document does not necessarily reflect the views or policies of the Department, nor does mention of trade names, commercial product, or organizations imply endorsement by the U.S. Government.*

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## Local Wellness Policy Triennial Assessment

Schools participating in the National School Lunch Program and/or School Breakfast Program are required to have a Local Wellness Policy. At a minimum, the Local Wellness Policy must be assessed once every three years; this is referred to as the Triennial Assessment. Triennial assessments must determine, for each participating school under its jurisdiction, 1) compliance with the wellness policy, 2) progress made in attaining the goals of the wellness policy, and 3) how the wellness policy compares to model wellness policies.

District Name: Pearl City Community School District

School Name: Pearl City School

Date Completed: February 8, 2021

Completed by: Wellness Committee

### Part I: Content Checklist

Below is a list of items that must be addressed in Local Wellness Policies, based on U.S. Department of Agriculture (USDA) guidance. Check the box for each item included in your Local Wellness Policy. For any box that is not checked, consider taking steps to add the item(s) to the policy in the future. For more information, see [ISBE's Local Wellness Policy Content Checklist](#).

<input checked="" type="checkbox"/> Goals for Nutrition Education	<input checked="" type="checkbox"/> Nutrition Standards for School Meals	<input checked="" type="checkbox"/> Wellness Leadership
<input checked="" type="checkbox"/> Goals for Nutrition Promotion	<input checked="" type="checkbox"/> Nutrition Standards for Competitive Foods	<input checked="" type="checkbox"/> Public Involvement
<input checked="" type="checkbox"/> Goals for Physical Activity	<input checked="" type="checkbox"/> Standards for All Foods/Beverages Provided, but Not Sold	<input checked="" type="checkbox"/> Triennial Assessments
<input checked="" type="checkbox"/> Goals for Other School-Based Wellness Activities	<input checked="" type="checkbox"/> Food & Beverage Marketing	<input checked="" type="checkbox"/> Reporting

## Part II: Goal Assessment

Input the goals of your Local Wellness Policy into the table below for the corresponding areas: Nutrition Education, Nutrition Promotion, Physical Activity, and Other School-Based Wellness Activities. Indicate if the school is meeting, partially meeting, or not meeting each goal listed. Include any next steps in attaining the goal(s), if applicable. Table rows may be added for additional goals.

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Nutrition Education</b>				
<b>SEE Attached Assessment</b>				
<b>Goals</b>	<b>Meeting</b>	<b>Partially Meeting</b>	<b>Not Meeting</b>	<b>Next Steps (If Applicable)</b>
<b>Nutrition Promotion</b>				



Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Physical Activity				

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Other School-Based Wellness Activities				

### Part III: Model Policy Comparison

Indicate the Model Wellness Policy used for comparison against your Local Wellness Policy. Provide a narrative for each prompt below based on the findings.

☒ Alliance for a Healthier Generation's Model Wellness Policy

☐ Rudd Center's WellSAT 3.0

☐ Other: \_\_\_\_\_

1. What strengths does your current Local Wellness Policy possess?

Specific guidelines and ideas that fit the needs of the community and students of Pearl City

Do a great job of providing nutritious meals for the students on a daily basis

2. What improvements could be made to your Local Wellness Policy?

More interaction with the community. Promotion of the Wellness Plan and Language

Continue to make sure that we are up to date with plan changes.

Trying to get more people to come on remote learning days.

3. List any next steps that can be taken to make the changes discussed above.

Ensure the annual evaluation of the Plan with the Wellness Committee.

Continue to monitor the types of food that are provided during Breakfast and Lunch

*Needs Assessment & Annual Evaluation Tool*  
*Pearl City School District 200*

**Goals for Nutrition Education**

<b>Policy Goals</b>		<b>Ok</b>	<b>Needs Improvement/Actions</b>
Students in grades PreK-12 receive nutrition education as part of a sequential, standards-based program coordinated within a comprehensive health education curriculum.		X	PreK through high school students are provided with approximately three weeks of health related lessons reaching an approximate 645 minutes of contact time discussing topics :from the health pyramid to healthy and non-healthy diets.
Nutrition education is integrated into the standards-based lesson plans of other subjects.		X	Nutrition is presented through health classes in accordance with state guidelines.
A combination of classroom instruction, nutrition education in the cafeteria, health fairs, field trips or assemblies provide up to 50 contact hours each year for each student.		X	Students are given approximately 50 hours of instruction in this area. Mainly through PE/Health Class
The nutrition education program includes enjoyable interactive activities.		X	Students are asked to complete posters, food logs, and the material is presented in a discussion format hoping to provide a more relaxed atmosphere.

## Goals for Physical Activity

Policy Goals	Ok	Needs Improvement/Actions
Students in grades PreK-12 participate in daily standards based physical education which is consistent with state/district standards/guidelines/framework and is coordinated within a comprehensive health education curriculum.	X	All of the physical education goals are met at the PreK through 12 grade level. Unless the students are able to be exempt from PE
Elementary students participate in physical education for a minimum of 150 minutes per week. Middle and high school students participate in physical education for a minimum of 225 minutes per week.	X	Elementary students are given PE everyday for a total of 125 minutes per week. 7-12 receive PE everyday for a total of 215 minutes
Elementary students have daily supervised recess.	X	PreK through 5- grade are provided with a recess per day.
Physical activities are available to students through a range of before and afterschool programs.	X	Various park district activities are available to students throughout the school year. High school students are provided with a variety of extracurricular sports and the fitness room is open
The physical education program actively engages families as partners in providing physical activity beyond the school day.	X	Students are given assignments to complete and parents are engaged during parent teacher conferences.

## Goals For Other School-Based Activities Designed To Promote Student Wellness

### Parent Partnerships

Policy Goals	Ok	Needs Improvement/Actions
Schools shall support parents' efforts to provide a healthy diet and daily physical activity for their children in elementary through high school.	X	Through encouragement during parent meetings, PTO meetings, and parent teacher conferences.
Parents shall be provided information to help them incorporate healthy eating and physical activity into their students' lives.	X	Through encouragement during parent meetings, PTO meetings, and parent teacher conferences.

### Consistent School Activities and Environment *Healthy Eating*

Policy Goals	Ok	Needs Improvement/Actions
Food providers share information about the nutritional content of school meals and/or individually sold foods with students, family and school staff.	X	Cafeteria Director has posters and signage promoting healthy eating habits.

*Consistent School Activities and Environment* **Healthy Eating - cont'd**

Policy Goals	Ok	Needs Improvement/Actions
School meals are served in a clean, safe and pleasant setting with adequate time to eat. The National Association of State Boards recommends that students have at least 10 minutes after sitting down for breakfast and 20 minutes for lunch to eat.	X	Students, depending on the arrival of buses are given ten minutes to eat breakfast and the assigned lunch period is thirty minutes.
Food service personnel have preservice training and regularly participate in professional development activities.	X	All of the kitchen staff members are food service certified.
Food providers involve families, students and other school personnel in food and beverage selections for their local school.	X	Students and staff are randomly surveyed for suggestions for additions to the menu.

*Consistent School Activities and Environment **HealthyEating** - cont'd*

Policy Goals	Ok	Needs Improvement/Actions
Food providers work with suppliers to obtain foods and beverages that meet nutrition requirements of school meals and nutrition standards for those sold individually.	X	Suppliers are providing CN labeled products.
Food providers reinforce school nutrition instruction and foster an environment where students can learn about and practice healthy eating.	X	Cafeteria Director has posters and signage promoting healthy eating habits.
Food providers take every measure to ensure that student access to foods and beverages on school campuses meets federal, state and local laws and guidelines.	X	Students are monitored and supervised during both breakfast and lunch and access to vending machines is restricted.
Foods and beverages brought into school for parties/celebrations/meetings are encouraged to be healthful options. Attachment B.	X	Teachers make parents aware of this option through weekly reminders in home notes.

Consistent School Activities and Environment. *Healthy Eating - cont'd*

Policy Goals	Ok	Needs Improvement/Actions
School-based organizations are encouraged to raise funds with nonfood items. Attachment C.	X	School fund raisers typically involve raffles, the inclusion of nonfood items in a fund raiser but does include some food related items.
Students are not permitted to leave school grounds to purchase foods or beverages.	X	Pearl City has a closed campus policy for all students.
Commercial advertising involves only foods and beverages that meet nutrition standards, Attachment A.	X	Pearl City hosts two soda machines that advertises Pepsi, however they are <del>ok</del> filled with approved items.
Foods and beverages consistent with the current Dietary Guidelines for Americans and Food Guidance System (MyPyramid) are promoted.	X	These items are promoted through health class, physical education, and by the presence of stickers and posters in and around the cafeteria.





*Consistent School Activities and Environment***Healthy Eating - cont'd**

<b>Policy Goals</b>	<b>Ok</b>	<b>Needs Improvement/Actions</b>
All foods and beverages on campus comply with the federal, state and local food safety and sanitation regulations.	X	Pearl City complies with these standards as fully as possible in any and all moments of food distribution.
Access to any area involved in storage, preparation or service of food is limited to authorized personnel.	X	All areas are secured and locked with only a select group of employees having access.

*Consistent School Activities and Environment***Physical Activity**

<b>Policy Goals</b>	<b>Ok</b>	<b>Needs Improvement/Actions</b>
Physical education is provided by state certified staff that regularly participates in continuing education.	X	Staff members are all highly qualified and are given the appropriate amount of staff development opportunities.
Physical education classes have a student to teacher ratio comparable to those in other curricular areas.	X	PE classes maintain an approximate 20 to 1 ratio.

*Consistent School Activities and Environment Physical Activity - cont'd*

Policy Goals	Ok	Needs Improvement/Actions
The physical education program is coordinated with the overall school health program. Physical education topics are integrated within other curricular areas.	X	Cross curricular activities are completed in science, health, and physical education.
Extended periods of inactivity are limited and students are provided activity breaks during long periods of inactivity.	X	Elementary are provided with opportunities to become active during the day in the forms of recess
Community partnerships provide students with additional opportunities to be active.	X	Park district activities including football, baseball/softball, and basketball are offered throughout the year
The schools physical activity facility is available to the community and students outside the normal school day.	X	The fitness room and outdoor facilities are available to community members.
The physical activity facilities on school grounds is safe.	X	A school employed supervisor is available at the open times on a daily basis.
The school works with the community to create a safe and supportive environment for students to walk or bike to school.	X	Yes and hazardous streets and intersections are approved and the school district provides transportation.

# *Food or Physical Activity as a Reward or Punishment*

Policy Goals	Ok	Needs Improvement/Actions
School personnel are encouraged to use nonfood incentives or rewards with students, Attachment D, and do not withhold food from students as punishment.	X	Teachers utilize a variety of incentives for all students

## Nutrition Guidelines For An Foods And Beverages Available On School Campuses During The School Day

Policy Goals	Ok	Needs Improvement/Actions
Food providers 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.	X	Food Service works with vendors and suppliers
All foods and beverages sold individually (apart from the reimbursable school meal) on school campuses during the school day meet the nutrition standards of Attachment A.	X	Vending machines available have approved items
Nutritious and appealing foods and beverages are available wherever and whenever food is sold or offered at school.	X	We have provided this opportunity for our students.

## Guidelines For School Meals

Policy Goals	Ok	Needs Improvement/Actions
School meals served are consistent with the recommendations of the Dietary Guidelines and/or 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.	X	The head cook reviews these guidelines and laws to ensure this goal is met.

## Measuring Implementation & Community Involvement

Policy Goals	Ok	Needs Improvement/Actions
The district superintendent ensures that each school meets the local wellness policy requirements.	X	The superintendent reviews this plan, presents his vision to the members of the committee and facilitates the presentation of the plan to the school board.

## Measuring Implementation & Community Involvement cont'd

Policy Goals	Ok	Needs Improvement/Actions
The district superintendent appoints a district wellness team/council.	X	The team consists of building level administrators, teachers, nurse and the head of the cafeteria staff or her designee.
The district wellness team/council members are staggered.	X	The input provided by the teachers while encompassing all of the physical education and health teachers will be altered to be based on a rotational basis per year.
<p>The district wellness team/council is responsible for:</p> <ul style="list-style-type: none"> <li>- creating and maintaining bylaws for operation.</li> <li>- assessing the current school environment.</li> <li>- development of a local wellness policy.</li> <li>- presenting the local wellness policy to the school board for approval.</li> <li>- measuring the implementation of the local wellness policy, and</li> <li>- recommending revision of the policy.</li> </ul>	X	This plan is the product of a multigrade and cross curricular effort.

## Measuring Implementation & Community Involvement cont'd

Policy Goals	Ok	Needs Improvement/Actions
<p>The principal of each campus is responsible for:</p> <ul style="list-style-type: none"> <li>- implementation of the local wellness policy, and</li> <li>- appointing a schoolbased evaluation team to develop and implement an annual evaluation plan.</li> </ul>	X	This plan is a product of that effort.
<p>The schoolbased evaluation team is responsible for:</p> <ul style="list-style-type: none"> <li>- evaluating policy implementation,</li> <li>- identifying areas for improvement,</li> <li>- reporting their findings to the campus principal, and</li> <li>- developing an action plan for improvement.</li> </ul>	X	This will be done with the current team and completed on a yearly basis.
<p>The district wellness team/council hears reports from each schoolbased evaluation team annually.</p>	X	This will be conducted throughout the school year.

## Measuring Implementation & Community Involvement cont'd

Policy Goals	Ok	Needs Improvement/Actions
The district wellness team/council recommends any revisions to the policy it deems necessary to the district superintendent before the end of each school year.	X	This will be completed on a yearly basis at the discretion of the superintendent.
The district wellness team/council reports to the district superintendent and school board annually on the progress of the district wellness team/council and the status of compliance by the campuses.	X	The plan was presented and approved at the March, school board meeting.





Approval Statement

The undersigned agree that they have read and approve of the plan listed in the Pearl City Health Plan. This approval also is defined as providing support and agreement to the implementation of the plan and of notifying all necessary parties of changes in the plan and of the required number of evaluative reviews as stated by the State of Illinois.

SEE ATTACHED

Superintendent	Cafeteria Director
JH/HS Principal	Elementary, Principal
School Nurse	Health Teacher
Elementary Physical Education Teacher	JH/HS School Physical Education Teacher