

Carlinville Community Unit School
District #1

District Wellness Policy

Adopted

April 13, 2015

I. District Wellness Committee

Pursuant to federal law, this school wellness policy has been developed by a committee consisting of the following individuals:

Dr. Becky Schuchman	District Superintendent of Schools
Pat Drew	Principal, Carlinville High School
Roy Kulenkamp	Principal, Carlinville Middle School and Intermediate
Elise Schwartz	Principal, Carlinville Primary School
Michelle Owsley	P.E. Teacher, Carlinville Primary School
Tim Johnson	P.E. Teacher, Carlinville Intermediate School
Renee Young	P.E. Teacher, Carlinville Middle School
Alan Cooper	P.E. Teacher, Carlinville Middle School
Ken Garrison	P.E. Teacher, Carlinville High School
Jenna Tate	P.E. Teacher, Carlinville High School
Kim Maguire	Food Service Director, Carlinville School District
Karen Smith	Nurse, Carlinville Middle and High Schools
Dalton Pruitt	Parent/Community Member
Tracey Smith	Parent/Community Member
Paula Campbell	Parent/Community Member

II. Preamble

The Carlinville Community Unit School District #1 Board of Education promotes healthy schools by support student wellness, good nutrition, and regular physical activity as a part of the total learning environment. District schools contribute to the basic health status of students by facilitating learning through the support and promotion of good nutrition and physical activity. The Board understands that improved health optimizes student performance potential, as children who eat well-balanced meals and are healthy are more likely to learn in the classroom.

Each school will form their own wellness committee and will report to the District committee on a bi-annual basis. The school wellness committees will include input from interested students on menu planning, cafeteria offerings, etc. Secondary schools currently offer wellness curriculum through their coursework in grades sixth to twelve.

The District Wellness committee will be established and maintained with the purpose of developing and monitoring the implementation of the policy, evaluating the district's progress on policy goals, serving as an information resource to the district's schools, and recommending revisions to the policy as needed or as deemed necessary.

III. Goals and Objectives

To further promote its commitment to school wellness, the Board will adopt the following goals as well as the objectives to implement them:

Goal #1

The District will provide a comprehensive learning environment for developing and practicing lifelong wellness behavior.

Goal #2

The District will support and promote proper dietary habits contributing to students' health status and academic performance.

Goal #3

The District will provide opportunities for students to engage in physical activity.

Goal #1

The District will provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.

The following objectives will be used to implement Goal #1:

- ❖ To adopt a district content standard for health and nutrition education that teaches students about the effects of nutrition and physical fitness on their health and social-emotional well-being. Education that will encourage lifelong healthy eating habits, physical activity habits and nurtures social emotional health.
- ❖ To make available nutrition education in the school cafeteria as well as the classroom, including posters with nutritional information and My Plate guidance, developed by the District's food service staff and teachers.
- ❖ To make available staff educational opportunities to inform them about nutrition and physical activity, including how to integrate these topics into their core instruction.
- ❖ To make available information for parents to inform them about nutrition and physical activity, including information about healthful foods and beverages. Principals will share with their students and parents, nutrition newsletters that are provided by the Public Health Department or another wellness resource.

Goal #2

The District will support and promote proper dietary habits contributing to students' health status and academic performance.

The following objectives will be used to implement Goal #2:

- ❖ To adopt district nutrition standards that meet, at a minimum, nutrition requirements established by local, state, and federal statutes, including those set forth by the U.S. Dietary Guidelines for Americans. (Attachment A)
- ❖ To provide students with access to fresh fruits and vegetables
- ❖ To provide appealing meals served in clean and pleasant environments.
- ❖ To provide low-fat (1%) and fat free milk and nutritional equivalent non-dairy alternatives (to be defined by the USDA).
- ❖ Follow Smart Snacks guidelines to manage student access to vending machines and school stores that contain foods of minimal nutritional value. (Attachment B)
- ❖ To discourage the use of food as a reward for students.
- ❖ To provide students and their parents or guardians with information concerning the nutritional content of foods and beverages sold to or available to students as well as nutritional content of competitive foods sold or available on district property.
- ❖ To adopt rules as to when and where competitive foods may be sold on school property and to encourage the selection of healthful food choices by students. (Attachment C).
- ❖ To encourage that at any school functions (i.e. parties, celebrates, receptions, festivals, etc.) healthy food choice options be made available to students.
- ❖ To encourage potential alternatives to food fundraisers. (Attachment D)

Goal #3

The District will provide opportunities for students to engage in physical activity.

The following objectives will be used to implement Goal #3:

- ❖ To encourage that periods of physical activity be at least 150 minutes per week for elementary students and at least 225 minutes per week for secondary students.
- ❖ To require that all students have access to age appropriate physical activity and prohibit the withholding of physical activity as punishment.
- ❖ To provide opportunities for physical activity through a range of after-school programs such as interscholastic athletics and physical activity clubs.
- ❖ To provide opportunities for physical activity during the school day through daily recess periods, elective or required physical education classes, walking programs, and the integration of physical activity into academic curriculum.
- ❖ To develop and administer at the elementary level, developmentally appropriate health-related fitness assessment (i.e. Fitnessgram, Presidential Youth Fitness Program, Physical Best curriculum) to students.
- ❖ To encourage the secondary schools administer a health-related fitness assessment to students to help students determine their level of fitness and create their own fitness goals and plans.
- ❖ To assess and to the extent possible, working with other agencies, promote and provide improvements to make it safer and easier for students to walk or bike to school.

IV. Free/Reduced Meal Program and Food Service Program

Carlinville CUSD #1 will make every effort to eliminate any social stigma attached to, and prevent the overt identification of students who are eligible for free and reduced-priced school meals.

V. Guidelines for Reimbursable School Meals

Carlinville CUSD #1 will follow all guidelines for reimbursable school meals. Which shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act of 1966 (42 U.S.C. 1779) and sections 9 (f)(1) and 17 (a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758 (f)(1), 1766(a), and the Health Hunger-Free Kids Act of 2010 (Attachment E), as those regulations and guidance apply to schools.

VI. Monitoring and Policy Review

Monitoring -

The Superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee.

School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent (or if done at the school level, to the school principal). In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and resulting changes. If the district has not received a SMI review form from the state agency within the past five years, the district will request form the state agency that a SMI review will be scheduled as soon as possible.

The Superintendent or designee will develop a summary report every three years on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district. That report will be provided to the school board and also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the district.

Policy Review -

To help with the initial development of the district's wellness policies, each school in the district will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of those school-by-school assessments will be compiled at the district level to identify and prioritize needs.

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

