

District #327 Wellness Plan
School Organization and Instruction

A. School Wellness

Dallas E.S.D. #327 will promote student wellness, including good nutrition and physical activity, in its educational program, school activities, and meal programs consistent with Section 204 of the Child Nutrition and WIC Reauthorization Act of 2004.

B. District #327 Goals for Nutrition Education

1. Support and promote good nutrition for students.
2. Foster the positive relationship between good nutrition, physical activity, and the capacity of students to develop and learn.
3. Include developmentally appropriate nutrition education as part of the District's education curriculum in grades K-8.

C. District #327 Goals for Physical Activity

1. Support and promote an active lifestyle for students.
2. Provide Physical Education instruction in grades K-8 that includes a curriculum that incorporates relevant Illinois Learning Standards for Physical Development and Health as established by the Illinois State Board of Education that:
 - a. Fosters the development of movement skills
 - b. Enhances health-related fitness
 - c. Offers direct opportunities to learn how to work cooperatively in a group setting
 - d. Encourages health habits for a healthy lifestyle
3. Unless otherwise exempted, all students, during the school day, will be required to participate daily in a physical education course.
4. Promote community partnerships with other organizations such as park districts and YMCA's to provide students with opportunities to be active.

D. Nutrition Guidelines for Foods Available on School Campuses

1. District #327 will offer and 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 Agriculture and the Department of Health and Human Services.
2. Food sold or offered in District #327 on School Campuses will meet the nutritional guidelines established in Attachment A of the District #327 Wellness Policy Procedure Manual including:
 - a. Food Service a la carte program
 - b. Fundraising Activities
 - c. Snacks
 - d. Rewards
 - e. School-sponsored events

3. The sale of foods of minimal nutritional value as defined by the U.S. Department of Agriculture will be restricted in accordance with federal regulations (See Attachment A of the District #327 Wellness Policy Procedure Manual).

E. Guidelines for Reimbursable School Meals

Reimbursable school meals served will meet the nutrition requirements and regulations for the National School Lunch Program and School Breakfast Program.

F. Implementation and Monitoring

1. In order to promote health and reduce childhood obesity, the Principal or designee will establish administrative procedures to control food sales that compete with the District's non-profit food service in compliance with the Child Nutrition Act.
2. The Principal or designee, in collaboration with the individual school-based wellness teams, will provide periodic reports to the Board of Education to enable the Board to monitor and ensure the implementation of the District Wellness Policy.

G. Community Input

The Principal or designee will invite suggestions and comments concerning the implementation and improvement of the District Wellness Policy from parents, teachers, school administrators, students, representatives of the school food authority, school health personnel, community members and the public.

Dallas E.S.D. #327 Wellness Policy Procedure Manual

BELIEF STATEMENT

The Board of Education of Dallas E.S.D. #327 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 will be aligned with healthy school goals to positively influence students' and their families' beliefs and habits and promote health and wellness, good nutrition and regular physical activity. In addition, school staff will 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 the incidence of 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 families, students, school food service providers, the school board, school administrators, and the public in developing this policy.

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. Congress passed the Child Nutrition and WIC Reauthorization Act of 2004 on June 30, 2004. 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 overweight. 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.

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 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.

I. GOALS FOR NUTRITION EDUCATION

- A. Students in grades K-8 will receive nutrition education as part of a sequential program that is coordinated within a comprehensive health education curriculum. The program will 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 will be consistent with and incorporate relevant Illinois Learning Standards and be developed in collaboration with a food service director and a certified P.E. teacher.
- B. To maximize classroom time and to achieve positive changes in students' eating behaviors, nutrition will be integrated into the standards-based lesson plans of other school subjects like math, science, language arts, social sciences, physical education, and allied arts.
- C. 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. 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.
- D. The nutrition education program will include enjoyable interactive activities such as contests, promotions taste testing, field trips and school gardens.

H. GOALS FOR PHYSICAL ACTIVITY

- A. Students in grades K-8 will participate in daily physical education that enables them to achieve and maintain a high level of personal fitness; emphasize self-management skills including energy balance (calories in minus calories out); and is consistent with state/district's framework. The curriculum will be consistent with and incorporate relevant Illinois Learning Standards.
- B. It is recommended that elementary students participate in physical education for a minimum of 100 minutes per week, and middle school students participate for 200 minutes per week (Note: National Association for Sport & Physical Education recommends 150 minutes per week and 200 minutes per week respectively). 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 will be made for students with disabilities, 504 plans, and other limitations.
- C. Schools will provide a daily supervised recess period for all students.
- D. Students will be provided opportunities for physical activity through our after-school programs including, interscholastic athletics, and physical activity clubs (boxing club, YMCA opportunities).

- E. Because students should engage in a minimum of 60 minutes of physical activity a day, the physical education program will actively engage families as partners in providing physical activity beyond the school day.

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

A. Family Partnerships

- 1. Schools will support families' efforts to provide a healthy diet and daily physical activity for their children. This support will begin in elementary school and continue through middle school.
- 2. Families will be provided information to help them incorporate health 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.

B. Consistent School Activities and Environment – Healthy Eating

1. Food Services

- a) It is recommended that The Department of Food and Nutrition Services and food providers share information about the nutritional content of school meals and/or individually sold foods with students, family, and school staff.
- b) School meals will be served in clean, safe, orderly, and pleasant settings with adequate time provided for students to eat, and 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.
- c) It is recommended that lunch room supervisors and volunteers receive minimum pre-service training that supports clean, safe, orderly, and pleasant eating environment.
- d) All food service personnel will have adequate pre-service training and regularly participate in professional development activities. The appropriate food service personnel will 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.
- e) Food Service Director in conjunction with the Nutrition Wellness Committee at each school will involve families, students, and other school personnel in choosing nutritious food and beverage selections for their local schools through surveys, taste-testing and similar activities designed to provide input into the decision-making process.
- f) Food Service Director will work with suppliers to obtain foods and beverages that meet the nutrition requirements of school meals, as established by the USDA, and nutrition standards for those sold individually, including items sold in vending machines.

- g) Food Service Director will work closely with school instructional staff to reinforce nutrition instruction and foster an environment where students can learn about and practice healthy eating.
- h) Food Service Director will take every measure to ensure that student access to foods and beverages on school campuses meets federal, state and local laws and guidelines.
- i) 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).
- j) Schools will 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.
- k) Any District approved, wellness based curricula will include inservice training and support. Preparation and professional development will provide basic knowledge of nutrition along with activities, instructional techniques and strategies designed to move students' attitudes and behavior towards wellness.
- l) All foods and beverages made available on campus will comply with the federal, state and local food safety and sanitation regulations.
- m) For the safety and security of food, access to any area involved in storage, preparation or service of food on the school campus will be limited to authorized personnel.
- n) Hand washing or sanitizing will be encouraged before food consumption.

2. Fundraising Activities

- a) Schools will encourage fundraising activities that promote physical activity. The school district will make available a list of ideas for acceptable fundraising activities (Attachment C).
- b) School-based organizations will be encouraged to raise funds through the sale of items other than food (Attachment C).

3. Snacks

- a) Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage that meet the guidelines in Attachment A. School Wellness Committees will make recommendations when to offer snacks so as not to interfere with a child's appetite before meals, and taking into consideration children's nutritional needs, children's ages, and other considerations. The district will disseminate a list of healthful snacks items to teachers, after-school program personnel, and parents (Attachment B).
- b) Students, parents/guardian(s), school staff and community members bringing foods and beverages to school for parties/celebrations/meeting will be encouraged to provide healthful options and will be provided with a list of recommended food and beverage options (Attachment B).

- c) If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

4. Rewards

- a) School personnel will encourage non food items as rewards or incentives (Attachment B) for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.
- b) School personnel will be encouraged to use foods that meet the nutritional guidelines in Attachment A; see suggestions in Attachment B.

C. Consistent School Activities and Environment – Physical Activity

1. Physical Education and Activity

- a) Physical education will be provided by trained and well-supported staff that is certified by the state to teach physical education. All physical education teachers will 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.
- b) The physical education program will be closely coordinated with the other components of the overall school health program. Physical education topics will be integrated within other curricular areas. In particular, the benefits of being physically active will be linked with curriculum on human growth, development, physiology and instruction about personal health behaviors.
- c) 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 period breaks during which they are encouraged to stand and be moderately active.
- d) 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.
- e) 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.
- f) Physical activity facilities and equipment on school grounds will be safe.

IV. NUTRITION GUIDELINES FOR ALL FOODS AND BEVERAGES AVAILABLE ON SCHOOL CAMPUS

- A. Food providers will 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).
- B. Nutritious and appealing foods and beverages, such as fruits, vegetables, low-fat dairy foods and whole grain products, will be available, if possible, wherever and whenever food is sold or otherwise offered at school.

V. GUIDELINES FOR SCHOOL MEALS

- A. School meals served will be consistent with the recommendations of the Dietary Guidelines for Americans and/or will meet 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.

VI. MEASURING IMPLEMENTATION & COMMUNITY INVOLVEMENT

- A. The district principal will be charged with the operational responsibility for ensuring that each school meets the local wellness policy requirements.
- B. The district principal will appoint a district wellness council that includes parents, students, and 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 principal also appoints teachers (including kindergarten-grade 8, social sciences, allied arts, and physical education) as members of the council.
- C. The terms of the district wellness council will be staggered for continuity.
- D. The pointed district wellness council will be responsible for:
 1. Creating and maintaining policy for operation;
 2. Assessment of the current school district environment;
 3. Development and/or maintaining the policy;
 4. Presenting the wellness policy to the school board for approval;
 5. Measuring the implementation of the wellness policy; and
 6. Recommending revision of the policy, as necessary.
- E. The principal will be responsible for implementation of that school's wellness policy and will organize a wellness team (including teachers, parents, students, and food service and health office personnel) to develop and implement an annual evaluation plan.
- F. Each school-based wellness team will evaluate policy implementation and identify areas for improvement for their school. Each school's wellness team will report their findings to the school principal and develop with him/her a plan of action for improvement, as needed.
- G. Before the end of each school year the district wellness council will recommend to the district principal any revisions to the policy it deems necessary.
- H. The district wellness council will report to the principal and school board annually on the progress of the district wellness council and the status of compliance by the individual schools.

Attachment A

Food or Beverage	<p><i>Healthier US School Challenge Nutrition Standards</i></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. http://schoolmeals.nal.usda.gov/FBG/2003FBG/%20Section%202.pdf</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, low-fat (1%), Skim/nonfat fluid milk meeting State and local standards for pasteurized fluid milk and/or USDA approved alternative dairy beverages; • 100% full-strength fruit and vegetable juices; and • Water (non-carbonated)
Any Other Individual Food Sales/Service	<ul style="list-style-type: none"> • Calories from total fat must be at or below 30% <i>excluding nuts, seeds, nut butters, eggs, cheese packaged for individual sale, or any other food listed in Appendix B to the 2005 Dietary Guidelines for Americans</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. • 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 sizes 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. Single serving size, calories<250.
Foods of Minimal Nutritional Value	<p>Examples of products that <i>cannot</i> be sold/served include:</p> <ul style="list-style-type: none"> • Chewing gum, hard candies, marshmallows, fondants, licorice, jellies, and candy-coated popcorn.

Attachment B
Healthful Food and Beverage Options for School Functions

At any school function (parties, celebrations, meeting, 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 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

Attachment C **Fundraising Ideas**

- Raffle
- Candles
- Book sale
- Bath Accessories
- Brick/stone/tile memorials
- Buttons, pins and stickers
- Coupon books
- Emergency kits for cars or first aid kits
- Flea Market
- Gift or Fruit and Vegetable baskets
- Gift wrap, boxes and bags
- Jewelry
- License plate frames with school logo
- Magazine subscriptions
- Mugs
- Personalized Stationary
- Scarves
- Cookbook
- *Car Wash
- *Walkathons
- Student artwork
- Stuffed animals
- Stadium pillows/Football seats
- School photo ID
- Educational games
- Holiday ornaments/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, bulbs and plants.

*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.)

References

1. Prevalence of Overweight among Children and Adolescents: Untied States, National Center for Health Statistics.
www.cdc.gov/nchs/products/pubs/pubd/hestats/overwght99.htm.
2. Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265, Sec. 204). <http://thomas.loc.gov/bss>
3. Public Act 094-0199.
www.ilga.gov/legislation/publicacts/fulltext.asp?Name=094-0199
4. Illinois School Code. www.ilga.gov/legislation
 - a. Daily Physical Ed Requirements – Section 27-6 if the School Code (ILCS 5/27-6)
 - 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).
5. Illinois Learning Standards, Illinois State Board of Education, 1997.
www.isbe.state.il.us/ils
6. Nutrition services: An essential component of comprehensive school health programs – Joint Position of the American Dietetic Association, Society for Nutrition Education, and the American School Food Service Association, Journal of Nutrition Education 35:2, 2003.
7. Executive Summary, Shape of the Nation 2001. National Association of Sports and Physical Education (NASPE), 2001.
www.aahperd.org/naspe/pdf_files/shape_nation.pdf
8. Dietary Guidance for Americans 2005, Department of Health and Human Services and Department of Agriculture, 2005.
www.health.gov/dietaryguidelines
9. Fit, Healthy and Ready to Learn, National Association of State Boards of Education, 2000.
10. MyPyramid.gov, United States Department of Agriculture. www.mypyramid.gov
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))
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
- Healthier US School Challenge, United States Department of Agriculture
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
- Model Local School Wellness Policies on Physical Guidelines, School Nutrition Association. 2005. www.schoolnutrition.org/Index.aspx?id=1075

