

Hollis Consolidated Grade School District #328

Local Wellness Policy



HOLLIS
CONSOLIDATED
GRADE SCHOOL #328



Preface

In accordance with 7 CFR 210.31(c), a Local Education Agency that participates in the National School Lunch Program (NSLP) and/or School Breakfast Program (SBP) must establish a Local School Wellness Policy for all schools under its jurisdiction. As of June 30, 2017, Local Wellness Policies must meet the minimum requirements set forth in the Final Rule: Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010.

Local Wellness Policies are a valuable tool in the promotion of student health and wellness through the NSLP and SBP. Schools play an essential role in preparing students for successful futures, and proper nutrition and physical activity are key to creating constructive learning environments. Local Wellness Policies provide guidance to further support schools efforts to provide students with a successful and healthy future.

While this plan provides a more detailed view of our local wellness policy, it can also be referenced in School Board policy 6:50 School Wellness.

Wellness Policy Committee

Wellness Policy Leadership

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Wellness Policy Committee Responsibilities

Public Involvement Hollis permits and encourages public involvement in Local Wellness Policy development, implementation, updates, and reviews. Therefore, the Wellness Committee will make every effort to include a variety of stakeholders within the general public to participate in Local Wellness Policy processes. The following methods of communication may be utilized to notify the general public of the opportunity to participate in these processes: monthly school newsletters, social media posts, schoolwide texts and emails.

Assessments Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three years. Hollis Grade School shall conduct assessments of the Local Wellness Policy every three years, beginning in 2022 and occurring every three years thereafter. These assessments will:

- Ensure the wellness policy is in compliance with USDA, State, and Local rules and regulations
- Compare the LEA's wellness policy to model wellness policies
- Measure the progress made in achieving the goals as outlined in the LEA's wellness policy

Updates The Wellness Policy Committee must update the Local Wellness Policy as appropriate in order to fit the needs and goals of the Local Education Agency. The LEA shall make the following available to the public:

- The Local Wellness Policy, including any updates to the policy, on a yearly basis
- The triennial assessment, including progress toward meeting the goals outlined in the wellness policy
- Updates will be shared using the following channels: monthly school newsletters, social media posts, schoolwide texts and emails.

Records The Local Education Agency shall maintain record of the Local Wellness Policy. This includes keeping a copy of the current wellness policy on file and maintaining documentation of the following actions:

- The most recent assessment of the policy
- Availability of the wellness policy and assessments to the public
- Reviews and revisions of the policy, including the individuals involved and the efforts made to notify stakeholders of their ability to participate in the process

Nutrition The Local Education Agency recognizes the important role nutrition plays in academic performance as well as overall quality of life. The National Education Association references numerous articles supporting the effects of nutrition on the classroom, for example, hunger often has a negative impact on students' success, attendance, and behavior.

According to the Centers for Disease Control and Prevention, approximately 18.5 percent of the nation's youth was considered obese in 2015-16. This percentage increased 1.3 percent when compared to the previous year. Conversely, 15.7 percent of American families experienced food hardship in 2017. Through participation in the U.S. Department of Agriculture's School Nutrition Programs, the LEA commits to serving nutritious meals to students in order to prevent both overconsumption of nutrient-poor foods and food insecurity to give students the best chance to succeed inside and outside the classroom.

Nutrition Standards

Meals All reimbursable meals served for the purposes of the National School Lunch Program (NSLP) must meet or exceed USDA nutrition standards and regulations. This includes meeting standards for each of the meal pattern components (i.e. Grains, Meat/Meat Alternates, Fruits, Vegetables, and Milk) as well as meeting or exceeding the limitations set for calories, sodium, saturated fat, and trans fat.

Competitive Foods All competitive foods and beverages sold must comply with the USDA Smart Snacks in Schools nutrition standards (7 CFR 210.31(c)(3)(iii)). Competitive foods and beverages refer to those that are sold to students outside the reimbursable meal on the school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day). This includes, but is not limited to, vending machines and à la carte items.

Other Foods and Beverages The following policy refers to all foods and beverages provided, but not sold to students. The Local Education Agency will prohibit the use of food as a reward or as part of a celebration. Providing alternatives to food as a reward promotes healthier habits by reducing exposure to less nutritious food items and, therefore, the amount of calorie-dense food items consumed (e.g. cakes, cookies, candy, etc.). This helps children develop improved food preferences and hunger cues to carry them throughout life. Instead, schools will implement the following methods for rewards and celebrations: free time, extra recess time, Chromebook/board game sessions, team building activities.

Fundraisers All fundraisers promoting food and/or beverage items that are held on school campus (i.e. locations on the school campus that are accessible to students) during the school

day (i.e. the midnight before to 30 minutes after the end of the school day) must meet Smart Snacks nutrition standards.

Nutrition Education In accordance with the Illinois Learning Standards, the Local Education Agency shall meet all Illinois requirements and standards for Health Education. The Local Education Agency shall include nutrition education within the health education curriculum and integrate nutrition education into other core subjects, as appropriate. Various grade levels and curriculums shall use nutrition education information, research, and materials from the following resources: Mystery Science, Savvas Science Curriculum, Scholastic News, Ag in the Classroom, Leader in Me.

Nutrition Promotion The District shall implement nutrition promotion techniques through multiple channels, including the cafeteria, classroom, and home. The District shall make cafeteria menus and nutrition information available through the following platforms: school website, monthly newsletter, paper copies provided upon request, displayed at school, included in daily morning announcements.

Food loss and waste continue to be an issue facing the nation's food supply. In order to prevent food waste, the District will make every effort to produce the precise number of meals needed on any given day by using production records and resources such as the USDA's Food Buying Guide. However, in the event excess food remains, the District will continue to provide food to students in need beyond the meals provided through the USDA School Nutrition Programs. Therefore, the District shall follow the established food sharing plan, in accordance with Public Act 102-0359, and federal and local regulations and sanitation codes:

- Unopened, pre-packaged items that students do not want to eat may be placed on the designated "Food Share" table located just beyond the point of service. Qualifying items include unopened milk, juice, fruit cups, pre-packaged snacks, and whole fruits (e.g., whole apples, bananas).
- Items will be available for other students to pick up and eat during the lunch period.
- Signage will be posted warning students of allergens.
- Food and drink items not picked up during the lunch periods will be offered to our Latchkey program which provides before and after school care.

Marketing The Local Education Agency will prohibit the marketing and advertising of all foods and beverages on the school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day). The marketing standards described above apply, but are not limited to,

oral, written, and graphic statements made for promotional purposes. Items subject to marketing requirements include, but are not limited to, posters, menu boards, vending machines, coolers, trash cans, scoreboards, and other equipment. This policy does not require schools to immediately replace equipment that does not meet this requirement, however, the District shall implement these standards as equipment needs replaced in the future.

Physical Activity Physical activity is a key component of the health and well-being of all students. Physical activity lowers the risk for certain diseases, including obesity, heart disease, and diabetes. Physical activity also helps improve brain function, allowing students to perform better in school.

The Centers for Disease Control and Prevention recommends adolescents get at least 60 minutes of physical activity five days per week. Nearly 79 percent of school-age children fall short of meeting this requirement. The Local Education Agency recognizes this connection and commits to promoting and providing opportunities for physical activity during and outside the school day.

Physical Education In accordance with the Illinois Learning Standards, the Local Education Agency shall meet all Illinois requirements and standards for Physical Education. The LEA shall offer Physical Education classes in all grades and shall include developmentally appropriate 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 cooperatives in a group setting, and encourages healthy habits and attitudes for a healthy lifestyle. During the school day, all students in K-8 will be required to engage in daily physical education, unless otherwise exempted.

Other Opportunities for Physical Activity The District shall include additional physical activity opportunities, outside of Physical Education class, during the school day through the following: brain breaks as needed, daily recess for all students in grades K-8.

The following opportunities for participation in school-based sports shall be offered to students in grades 5-8 each year: boys basketball, girls basketball, volleyball, cheerleading, golf, cross country, track & field, softball, baseball.

Physical Activity Promotion The District shall promote physical activity through the participation in the following initiative(s):

- Daily physical education classes
- Participation in activities like the Kids Heart Challenge through the American Heart Association.
- Meeting or exceeding the minimum amount of recess minutes
- Daily recess time for all students, including those in junior high

Other School-Based Activities Just as it takes a comprehensive curriculum to provide education to support students' futures, the Local Education Agency's wellness approach must also be comprehensive in its intent to provide students with the tools they need to live a healthy lifestyle. In order to further establish positive behaviors related to nutrition, physical activity, and health, the LEA commits to making additional wellness-based activities available to all students beyond the cafeteria and gymnasium. The Local Education Agency shall offer other school-based activities to support student health and wellness, including but not limited to trainings from the Hult Health Education Center, Center for Prevention of Abuse, participation in Red Ribbon Week, Presidential Fitness testing, Limited Time Option meals in the cafeteria, student wellness committee, Kids Heart Challenge through the American Heart Association, JDRF fundraising events, Easter Seals fundraising with the local high school.