

To be adopted at 6/19/2008 BOE meeting

Instruction

School Wellness

District 57 strives to become a Green and Healthy School District with the goal of a safer, healthier and cleaner environment that promotes successful learning.

Student wellness, including good nutrition and physical activity, shall be promoted in the District's educational program, school activities, and meal programs. This policy shall be interpreted consistently with Section 204 of the Child Nutrition and WIC Reauthorization Act of 2004 and the Green Cleaning Schools Act of 2008.

Goals for Environmental Wellness

- Schools will support external and internal wellness.
- Schools will educate students on issues of environmental concern.

Goals for Nutrition Education

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

Nutrition Guidelines for Foods Available in Schools During the School Day

Students will be offered and schools will promote nutritious food and beverage choices consistent with the current Dietary Guidelines for Americans and Food Guidance System published jointly by the U.S. Department of Health and Human Services and the Department of Agriculture. In addition, to promote student health and reduce childhood obesity, the Superintendent or designee shall establish such administrative procedures to control food sales that compete with the District's non-profit food service in compliance with the Child Nutrition Act. Food service rules shall restrict the sale of foods of minimal nutritional value as defined by the U.S. Department of Agriculture in the food service areas during the meal periods.

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.

Goals for Physical Activity

- 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.
- Unless otherwise exempted, all students will be required to engage daily in a physical education course.
- 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.

Goals for Social Emotional Wellness

- Schools will educate students in the areas of social emotional wellness as indicated by the Illinois Learning Standards as established by the Illinois State Board of Education.
- Schools will provide direct services to students with specific social emotional deficits to enhance student growth
- Schools will provide on-going professional development in the areas of social emotional wellness.
- Schools will promote the social and emotional wellness of faculty and staff.
- Family assistance may be provided to address the social emotional needs of students.

Monitoring

The Superintendent or designee shall provide periodic implementation data and/or reports to the Board concerning the policy's implementation sufficient to allow the Board to monitor and adjust the policy.

Community Input

The Superintendent or designee will invite suggestions and comments concerning the development, implementation, and improvement of the school wellness policy from community members, including parents, students, and representatives of the school food authority, school administrators, and the public.

LEGAL REF.: Child Nutrition and WIC Reauthorization Act of 2004, PL 108-265, Sec. 204.
Child Nutrition Act of 1966, 42 U.S.C. §1771 et seq.
National School Lunch Act, 42 U.S.C. §1758.
42 U.S.C. §1779, as implemented by 7 C.F.R. §210.11.
105 ILCS5/2-3.137.
23 Ill.Admin.Code Part 305, Food Program.

CROSS REF.: 4:120 (Food Services)

Scheduled for adoption: June 19, 2008