

Heritage Schools Wellness Policy



**Heritage Community Unit School District #8
Heritage High School
Broadlands, IL
Heritage Junior High & Elementary School
Homer, IL**

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Superintendent/HS Principal Tom Davis
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Updated for 2017-2018 School Year (5/24/2017)

HERITAGE SCHOOLS WELLNESS POLICY LANGUAGE

BELIEF STATEMENT

The Board of Education of Heritage 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.^{2,3}

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 1980.¹ Congress passed the Child Nutrition and WIC Reauthorization Act of 2004 on June 30, 2004.² 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.³

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.⁴ 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.⁵
- To maximize classroom time and to achieve positive changes in students' eating behaviors, nutrition education shall be integrated into the standards-based⁴ 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.⁶ 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.

HERITAGE DISTRICT SPECIFIC GOALS AND PLANNED INITIATIVES FOR NUTRITION EDUCATION

- Students in grades PreK- 12 receive nutrition education as part of a sequential, standards-based program coordinated within a comprehensive health education curriculum.
- Nutrition education is integrated into the standards-based lesson plans of other subjects.
- A combination of classroom instruction, nutrition education in the cafeteria, health fairs, field trips or assemblies provide 50 contact hours each year for each student.
- The nutrition education program includes enjoyable interactive activities.
- School Nurse meets during 30-40 minute periods with each class in each grade to address that students in grades preK- 12 receive nutrition education as part of a sequential, standards-based program coordinated within a comprehensive health education curriculum
- Seventh grade health teacher, high school health teacher, physical education teachers, and home economics teacher have targeted curriculum that address students in grades preK- 12 receive nutrition education as part of a sequential, standards-based program coordinated within a comprehensive health education curriculum
- Physical education teachers, cafeteria staff, and school nurse display posters, charts, and other information that support students in grades K- 12 receive nutrition education as part of a sequential, standards-based program coordinated within a comprehensive health education curriculum
- High school health class and physical education classes will do projects that are nutrition-education related as referenced above including lessons such as using blank menus and calculating calories and fat burned during different forms of exercise
- School Nurse will continue established policy of checking all physicals, performing screenings, and will post and communicate information on Body-Mass Indexes
- Physical education teachers at all grade levels will include in phys. ed. curriculum information pertaining to exercise and physiology including promoting activities that promote healthy lifestyles, physical fitness and wellness, for example providing lessons on what exercises burn calories vs. fat and the building an maintenance of muscles and their relation to healthy body

metabolism and will also address eating disorders and the dangers and identification of these disorders, especially for students at vulnerable ages and gender, such pre-adolescent and adolescent teen-age females

- Students at all ages and grade levels will have opportunities for field trips outside of school, including outdoor school, nutrition-related career and home economics field trips, and attendance at FCCLA and other health fairs to provide required 50 hours each school year
- Nutrition education as part of the curriculum at each grade level will include enjoyable interactive activities including participating in the “food game” and “food group game” in health and Phys Ed. classes, visiting interactive web sites highlighting nutrition and physical fitness education initiatives and topics including journals and articles on current events and physical fitness and nutrition developments and discoveries, display and review of height and weight charts in physical education, health, home economics, and in lessons taught at all grade levels by school nurse, along with the display of popular and effective nutrition campaign posters such as “Got Milk” and pertaining to the newly developed food pyramid in all cafeterias, locker rooms, and gymnasiums in the district
- Math, science, health, social studies, and computer courses will also include nutrition and physiology subject matters and research as appropriate in the curriculum as required by federal and state wellness guidelines
- Courses are available to all Heritage District teachers and staff in CPR, blood-borne pathogens, hepatitis and other situations handling of blood, and first aid

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 Heritage Schools Wellness Policy guidelines; and is coordinated within a comprehensive health education curriculum.⁴ The curriculum shall be consistent with and incorporate relevant Illinois Learning Standards.⁵
- It is recommended that elementary students participate in physical education for a minimum of 100 minutes per week, and middle and high school students participate for 210 minutes per week (National Association for Sport & Physical Education recommendations).⁷ 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.⁸

HERITAGE DISTRICT SPECIFIC GOALS AND PLANNED INITIATIVES FOR PHYSICAL ACTIVITY

- 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.
- Physical education courses are coordinated with health education curriculum that promote healthy lifestyles and student wellness including education on washing hands, dental hygiene and training

on brushing teeth, regular vision and dental screenings, dental awareness month promotion and learning games, and coordination with University of Illinois Extension and local area physicians, dentists, and other health-related personnel and trainers

- Elementary students participate in physical education for a minimum of 100 minutes per week.
- Middle and high school students participate in physical education for a minimum of 210 minutes per week.
- Elementary students have daily supervised recess.
- All K-12 students participate in regularly scheduled physical education courses as required by federal and state wellness guidelines and the Illinois School Code, and other activity time is provided for all students depending on grade level including recess, after-lunch free time, before and after school activities inside gymnasiums and/or outside on playgrounds and playing fields
- Physical activities are available to students through a range of before- and after-school programs.
- Heritage School District offers a comprehensive and broad range of extra-curricular sports and activities, many of which begin at the 6th grade level. Heritage District is a long-standing member of the IHSA and IESA for high school and junior high school sports and activities respectively.
- Heritage School District also coordinates and provides gymnasiums and playing fields at little or no cost to organizations such as the special education consortium, Homer Youth League, YMCA, boy and girl scouting organizations, the communities of Homer, Allerton, Broadlands, and Longview, senior citizens and alumni, men's and women's co-recreational and recreational leagues and sports, and bike fairs and walks sponsored by local and county organizations held on school grounds, gymnasiums, and playing fields.
- The physical education program actively engages families as partners in providing physical activity beyond the school day.
- Heritage Schools participate in promotions and fund-raising and awareness-raising activities which promote good health including "Caps for Cancer," bicycle safety, open gyms for community members and students, summer and off-season sports training camps for students, parent week exercise, and encourages students and parents to promote healthy lifestyles for themselves and their children at open house and parent-teacher conferences each school year

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 upon written request to the Superintendent.
- 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 20 minutes after sitting down for lunch.⁹

- 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.^{8,10}
- 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.
- 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.

HERITAGE DISTRICT SPECIFIC GOALS AND PLANNED INITIATIVES FOR OTHER SCHOOL-BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS

- Schools shall support parents' efforts to provide a healthy diet and daily physical activity for their children in elementary through high school.
- Parents shall be provided information to help them incorporate healthy eating and physical activity into their student's lives.
- Parents at Heritage in the elementary grade levels are encouraged to eat lunch with their student periodically during the school year.
- Parents and students are encouraged to not bring outside food to school by providing healthy school lunches and milk and by not allowing access to food or soda vending machines during the school day in grades K-8.
- Regular newsletters, memos, mailers, and letters are sent home by the school nurse and healthy lifestyle and wellness policy initiatives and information will be posted on the district Internet website allowing student, parent, and community access to materials and information.
- Food providers share information about the nutritional content of school meals and/or individually sold foods with students, family and school staff upon written request to the Superintendent.
- Food providers share information about the nutritional content of school meals and/or individually sold foods with students, family and school staff upon written request to the Superintendent.
- Special student diet information and information on all school-served foods is posted and available and food areas are inspected by Regional Office of Education and county health personnel regularly as required by state law.
- 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 20 minutes for lunch to eat.
- Heritage District is in the implementation phase of building brand new gymnasiums/multi-purpose facilities which will serve as new lunch rooms at the Homer and Broadlands school sites along with new kitchen and food preparation and serving facilities. The schools have also purchase new lunch tables and lunch serving trays that are attractive as well as being more functional.

- Food service personnel have pre-service training and regularly participate in professional development activities.
- Heritage food service personnel attend workshops and other training along with coordination with Regional Office of Education and State of Illinois and county health inspection personnel.
- Food providers involve students and other school personnel in food and beverage selections for their local school.
- The Heritage district publishes monthly menus and also posts menus on district website, coordinates menu planning with food provider Illinois Food Service, is aware of and plans for students who require special diets, uses discretion in the serving and record-keeping of free/reduced lunch students, observes health and nutrition weeks and months during the school year, utilizes government commodities and uses a 6-week cycle on menu items, and uses interactive activities in the curriculum to do weekly food planning at all grade levels.
- Food provider's work with suppliers to obtain foods and beverages that meet nutrition requirements of school meals and nutrition standards for those sold individually.
- Commodities are obtained using the Illinois State Board of Education network and each school kitchen has access to or is wired for Internet connectivity to access this and other nutrition-related information and websites.
- A regular supply of fresh milk available in coolers in both school sites and the stock is rotated regularly on the Monday and Thursday of each school week so that out-of-date milk is never available to students or staff. This work is done by an approved provider.
- Food providers reinforce school nutrition instruction and foster an environment where students can learn about and practice healthy eating.
- Heritage encourages the use of "traditional meals" for its school lunch service and students are offered 5 items per lunch and must choose a minimum of 3 and trays are patterned to encourage students to take and eat all parts of the nutritionally balanced meals.
- 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.
- Foods and beverages brought into school for parties/celebrations/meetings are encouraged to be healthful options, Attachment B.
- School-based organizations are encouraged to raise funds with non-food items, Attachment C including raising funds through "Caps for Cancer", candle sales, jewelry sales, personal hygiene product sales, PTC and Heritage and East Central Booster club fund raising and sales of Heritage and East Central "ware."
- Students are not permitted to leave school grounds to purchase foods or beverages as both school campuses are closed; students are encouraged to eat outside at picnic tables when weather permits and access to outside recess is available and encouraged at both schools sites when weather permits.
- Commercial advertising involves only foods and beverages that meet nutrition standards, Attachment A, and the school district will explore in its next soda contract to change more school vending machine choices to sports, fruit, and milk drinks as opposed to traditional soda choices, Coke at the Homer school site, Pepsi at the high school site. The district will also seek to continue partnerships and sponsorships for scoreboard displays, although current contracts are locked in.
- Foods and beverages consistent with the current Dietary Guidelines for Americans and Food Guidance System (MyPyramid) are promoted including in health and home economics classrooms and in school gymnasiums and locker rooms, kitchen, lunch rooms, and nurses office and hallways.
- Staff providing nutrition education will have completed a pre-service course in nutrition and a minimum of one hour nutrition education in-service training per school year.

- All foods and beverages on campus comply with the federal, state and local food safety and sanitation regulations.
- Access to any area involved in storage, preparation or service of food is limited to authorized personnel.
- Physical education is provided by state certified staff that regularly participates in continuing education. All Heritage School District teachers are NCLB Highly Qualified Teacher status for the 2012-2013 school year, including all physical education and health instructors, along with having a state certified school nurse available virtually full-time at the Homer school site, who can also travel to the Broadlands school site as necessary for screenings, student health record maintenance, and training. Teachers in physical education and health course also seek regular CPDU's training activities to maintain certification.
- The physical education program is coordinated with the overall school health program. Physical education topics are integrated within other curricular areas.
- Extended periods of inactivity are limited and students are provided activity breaks during long periods of inactivity.
- Community partnerships provide students with additional opportunities to be active.
- The school's physical activity facility is available to the community and students outside the normal school day.
- The physical activity facilities on school grounds are safe and are inspected on a regular basis as required by law by school personnel and the Regional Office of Education in Rantoul.
- The school works with the community to create a safe and supportive environment for students to walk or bike to school. Bike racks are available at the elementary/junior high school and the school hosts an annual bike fair on school grounds at the Homer school site. The school also has a morning and after school crossing guard so that walking and biking students can cross safely in front of the school and have access to the bike rack on the east playground inside a safety fence.
- School personnel are encouraged to use nonfood incentives or rewards with students, Attachment D, and do not withhold food from students as 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:
 - 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.
- Heritage currently offers water, sports drinks, and juice at both school sites, a recommendation has been made by the Wellness Policy committee to explore converting all soda machines to juice and milk machines in the future, which is not possible under current contracts.

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 all applicable state and local laws and regulations.^{11,12,13}
- Heritage uses food and commodities that have the required CN (Child Nutrition) labeling and follows school meal guidelines of the federal government. Recipes used are approved by the USDA and guidelines for preparing the food are followed for all meals.

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 committee 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 district wellness committee.
- Wellness Committee Standing and/or Contributing Members for 2012-2013 School Year (with current position):
 - Tom Davis-Superintendent & HS Principal
 - Kristi Sanders- Junior High/Elementary Principal
 - Lori Archer-Athletic Director, HS & JH Health Teacher, PE Teacher
 - DiAnne Boyd-School Nurse
 - Karen Heckman-Head Cook Homer
 - Peggy Vogel-Head Cook Broadlands
 - Jason Connn-PE Teacher & Coach
 - Alan Sorensen-PE Teacher & Coach
 - Jane Cramer-Junior High Science
 - Lauren Hopper-High School Science, Biology, Anatomy
 - Patti Knott-High School Counselor
 - Hank March & Susie Bosch-Head Custodians
 - Josclyn Mohr-High School Consumer Ed & Home Economics Teacher
 - Chris Kerns- High School Agriculture Teacher (retiring, replacement Brooke Mohr)
- The terms of district wellness committee members shall be staggered for continuity.
- The appointed district wellness committee 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 committee shall hear reports from each campus group annually.
- Before the end of each school year the wellness committee shall recommend to the district superintendent any revisions to the policy it deems necessary.
- The wellness committee shall report to the superintendent and school board annually on the progress of the wellness committee and the status of compliance by the campuses.

Attachment A

Food or Beverage	<p><i>HealthierUS 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 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 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 beverages⁴; • 100% full-strength fruit and vegetable juices; and • Water (non-flavored, non-sweetened, <i>and</i> non-carbonated)
Any Other Individual Food Sales/Service	<ul style="list-style-type: none"> • Calories from total fat 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. • Calories from saturated fat 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. • 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 size 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; for vending sales the item package or container is not to exceed 200 calories.

⁴ 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
- 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

- 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 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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