

## **INSTRUCTION**

### **School Wellness**

Student wellness, including good nutrition and physical activity, shall be promoted in the school'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.

#### Goals for Nutrition Education and Nutrition Promotion

The goals for addressing nutrition education include the following:

- The school will support and promote good nutrition for students.
- The school will foster the positive relationship between good nutrition, physical activity, and the capacity of students to develop and learn.
- Nutrition education will be part of the school's comprehensive health education curriculum. See PSCI Board Policy *Curriculum Content* 5.60.

#### Goals for Physical Activity

The goals for addressing physical activity include the following:

- The school will support and promote an active lifestyle for students.
- Physical education will be taught at all grades and shall include developmentally planned related fitness, increases in students' knowledge, offers direct opportunities to learn how to work cooperatively in a group setting, and encourages health habits and attitudes for a healthy lifestyle.
- Unless otherwise exempted, during the school day all students will be required to engage in a physical education course. See PSCI Board Policy *Curriculum Content* 5.60.
- 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.

#### 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 American and Food Guidance System published jointly by the U.S. Department of Health and Human Services and the Department of Agriculture. In addition, in order to promote student health and reduce childhood obesity, the Principal or designee shall establish such administrative procedures to control food sales that compete with the schools 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 and comply with all applicable rules of the Illinois State Board of Education.

#### 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.

#### Monitoring

The Principal or designee shall provide periodic implementation data and/or reports to the Board concerning this policy's implementation sufficient to allow the Board to monitor and adjust the policy. This report must include without limitations each of the following:

- An assessment of the school's implementation of the policy;
- The extent to which the school is compliance with the policy; and,
- A description of the progress made in attaining the goals of the policy.

#### Community Input

The Principal or designee will invite suggestions and comments concerning the development, implementation, and improvement of the school wellness policy from parents, students, teachers, of physical education, school health professionals, the school board, school administrators and the community.

Adopted: