

Instruction

School Wellness

The Kinnikinnick School District is committed to promoting wellness and academic performance in their schools through curriculum, activities, and life skills. Wellness is a result of both health promotion and disease prevention including intellectual health, physical health, and social-emotional health. Modeling by adults coupled with peer reinforcement can help shape healthy habits in school age children. It is understood that a cooperative, integrated effort between school administrators, food service professionals, school nurses, teachers, parents, and students is necessary for this policy to accomplish its goals. This policy shall be interpreted consistently with Section 204 of the Child Nutrition and WIC Reauthorization Act of 2004 and the Healthy Hunger-Free Kids act of 2010 (HHFKA). The Superintendent or designee will ensure each school building complies with this policy, the policy is available to the community on an annual basis, and that the community is informed about the progress of this policy's implementation.

Goals for Nutrition Education

District goals for addressing nutrition education include the following:

- All schools will promote good nutrition for students and foster a positive relationship between good nutrition, physical activity, and the capacity of students to develop and learn.
- Nutrition education will be integrated into the curriculum.

Goals for Physical Activity

District goals for addressing physical activity include the following:

- All schools will promote an active lifestyle for students.
- Physical education will be taught so as to 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.
- Students will be encouraged to engage in daily physical activity both during and after school hours, and where possible staff will avoid the use of physical activity (i.e. running laps, pushups) or withhold opportunities for physical activity (i.e. recess, physical education) as punishment.
- District curriculum will incorporate relevant Illinois Learning Standards for Physical Development and Health.

Goals for Establishing Nutrition Standards

District goals for all foods available in schools during the school day include:

- 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 U.S. Department of Agriculture.
- The use of nonfood incentives or rewards will be promoted in all schools, but in no instance will food be withheld from students as punishment.
- Nutritious treats for birthday and other holiday celebrations are encouraged.
- Students will not be allowed to consume soda, energy drinks, or caffeinated drinks on school property.
- The Superintendent or an appointed designee shall restrict homemade foods in the schools in order to

reduce the risk for food related allergic reactions and food borne illness.

- 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.

Goals for School Based Wellness Activities

District goals for addressing other school-based wellness activities include the following:

- School-based activities consistent with student wellness, healthy eating, and being physically active will be encouraged to promote healthy lifestyle choices at home, school, and in the community.
- Fundraising activities promoting healthy eating habits and physical activity will be encouraged.
- Wellness information will be disseminated periodically at all schools to guide parents and students in making healthy choices.

Goals for School Lunch and Breakfast Programs

- Food service rules shall restrict the sale of minimally nutritious foods as defined by the U.S. Department of Agriculture in food service areas during meal periods.
- 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 Food Safety

Efforts will be made to assure that all food served in the school district meets State and Local Health Department regulations.

- Foods brought from home for consumption in the classroom must be purchased ready-to eat and be wrapped in the original packaging with ingredients listed.
- The school will be an allergy aware school district. The guidelines for managing students with food allergies will be followed. Children will receive food safety education as appropriate.
- Use of kitchen facilities must be approved by the Food Service Director and comply with State and Local Health Department Regulations.
- External groups that use the school kitchen must do so under the supervision of a food safety certified foodservice employee designated by the district food service director and must purchase food from approved sources.
- When external caterers are used, the safety of food purchased is the responsibility of the caterer and the party responsible for serving the food.
- The food service program will have a HACCP program.

Goals for Measurement and Evaluation

District goals for measuring and evaluating this wellness policy include the following:

The Superintendent or an appointed designee will invite suggestions and comments for development, implementation, and improvement of the school wellness policy. Stakeholders will include, but not be limited to, parents, teachers, students and local school food service authority representatives. District administrators and the general public are invited to serve on a voluntary Wellness Committee chaired by school personnel.

The Wellness Committee shall provide annual updates and/or reports to the Board of Education concerning this policy's implementation such that the Board will be able to monitor and adjust the policy as needed.

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 ILCS 5/2-3.139.
23 Ill.Admin.Code Part 305, Food Program.
ISBE's "School Wellness Policy" Goal, adopted Oct. 2007.

CROSS REF.: 4:120 (Food Services), 6:60 (Curriculum Content)

ADOPTED: June 22, 2010

AMENDED: September 27, 2011, August 25, 2015, July 25, 2017