

## **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.

The Superintendent will ensure:

1. Each school building complies with this policy;
2. The policy is available to the community on an annual basis through copies of or online access to the Board Policy Manual; and
3. The community is informed about 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 staff 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 Nutrition Promotion**

District goals for addressing nutrition promotion include the following:

- Nutritious school menus will be available monthly on the Food Service website, sent out to parents via email, and sent home with students.
- Nutritional information for all menued items will be available on the Food Service website and will be kept accurate and up to date by the Food Service Director.
- A monthly food service newsletter will be sent out to all families via email and will be posted on the Food Service website.

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:

- Daily lunch counts will be given to kitchen staff by teachers after taking attendance and lunch count. Kitchen staff will also check production records for the last time that the menued meal was served. Using both these practices, kitchen staff will prepare the amount of food needed, adding approximately 10 extra servings to account for any students who did not order. In the event that more servings are needed, alternative options will be available.
  - The importance of daily lunch counts will be stressed to both faculty and students, as well as families, as this is the best way to reduce food waste and ensure that we are producing the correct amount of food needed.
- Share tables will be used to allow students to share the **prepackaged** items in their school lunches that they do not want to eat. This will allow other students to take said items if they'd like. Items placed on the share table **MUST** be items that are prepackaged from the school cafeteria **ONLY**. Items from home may not be placed on the share table. (Note - due to COVID-19 and sanitation requirements, use of share tables will cease until buildings resume normal serving practices.)
- Around holiday closings, as well as the end of the school year, any unused food and/or milk that cannot be saved will be donated to local charities, churches, and food pantries.

### **Goals for Physical Activity**

District goals for addressing physical activity include the following:

- All schools will promote an active lifestyle for students and staff.
- 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. See Board policy 6:60, *Curriculum Content* and Board policy 7:260, *Exemption from Physical Education*.
- Students and staff 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, unless otherwise exempted. See Board policy 6:60, *Curriculum Content* and Board policy 7:260, *Exemption from Physical Education*.
- District curriculum will incorporate relevant Illinois Learning Standards for Physical Development and Health.

### **Goals for Establishing Nutrition Standards**

Students will be offered and schools will promote nutritious food and beverage choices during the school day that are consistent with Board policy 4:120, *Food Services* (requiring compliance with the nutrition standards

specified in the U.S. Dept. of Agriculture's (USDA) *Smart Snacks* rules).

In addition, in order to promote student health and reduce childhood obesity, the Superintendent, or designee shall:

1. Restrict the sale of competitive foods, as defined by the USDA, in the food service areas during meal periods;
2. Comply with all ISBE rules;
3. Prohibit marketing during the school day of foods and beverages that do not meet the standards listed in Board policy 4:120, Food Services, i.e., in-school marketing of food and beverage items must meet *competitive foods* standards;
4. 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. This includes meeting standards for each meal pattern components (i.e. Grains, Meat/Meat Alternate, Fruits, Vegetables, and Milk) as well as meeting the limitations set for calories, sodium, saturated fat, and trans fat;
5. 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;
6. Nutritious treats for birthday and other holiday celebrations are encouraged;
7. Students will not be allowed to consume soda, energy drinks, or caffeinated drinks on school property;
8. 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; and
9. 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 and staff 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, students, and staff in making healthy choices.

Competitive foods standards do not apply to foods and beverages available, but not sold in school during the school day; e.g., brown bag lunches, foods for classroom parties, school celebrations, and reward incentives.

### **Exempted Fundraising Day (EFD) Requests**

All food and beverages sold to students on the school campuses of participating schools during the school day must comply with the “general nutrition standards for competitive foods” specified in federal law.

#### **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.
- Fresh fruit and/or vegetables will be available daily.

#### **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.
- All food service staff shall be thoroughly trained on handling allergies with school meals and will provide a meal replacement, when appropriate, according to the meal modification form on file from a licensed medical authority.
- 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.

#### **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**

At least every three years, the Superintendent shall provide implementation data and/or reports to the Board concerning this policy’s implementation sufficient to allow the Board to monitor and adjust the policy (a triennial report). This triennial report must include without limitation each of the following:

- An assessment of the District’s implementation of the policy
- The extent to which schools in the District are in compliance with the policy
- The extent to which the policy compares to model local school wellness policies
- A description of the progress made in attaining the goals of the policy

- How the District will make the results of the assessment available to the public
- Where the District will retain records of the assessment

The Board will monitor and adjust the policy pursuant to policy 2:240, *Board Policy Development*.

### **Community Involvement**

The Board and Superintendent will actively invite suggestions and comments concerning the development, implementation, periodic reviews, and updates of the school wellness policy from parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the community. Community involvement methods shall align their suggestions and comments to policy 2:140, *Communications To and From the Board* and/or the **Community Engagement** subhead in policy 8:10, *Connection with the Community*.

### **Recordkeeping**

The Superintendent shall retain records to document compliance with this policy, the District's records retention protocols, and the Local Records Act.

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, January 23, 2018, May 2022