

## Instruction

### Wellness and Nutrition

Student wellness, including good nutrition and physical activity, shall be promoted in SASED's educational programs, 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 Healthy Hunger-Free Kids Act of 2010 (HHFKA). The Executive Director or designee will ensure each school building complies with this policy.

This policy outlines SASED's approach to ensuring environments and opportunities for our students to practice healthy eating and physical activity behaviors throughout the school day. Specifically, this policy establishes goals and procedures to ensure that:

- Students in SASED programs have access to healthy foods throughout the school day in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active
- SASED staff are encouraged and supported to practice and model healthy nutrition and physical activity behaviors
- SASED establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

### Wellness Committee

SASED will convene a representative wellness committee (hereto referred to as the SWC) that meets at least four times per year to establish goals for and oversee wellness, nutrition and activity programs, including development, implementation and periodic review and update of this wellness policy (heretofore referred as "wellness policy").

The Executive Director or designee(s) will convene the SWC and facilitate development of and updates to the wellness policy, and will ensure each program's compliance with the policy.

### Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

SASED will develop and maintain an implementation plan to manage and coordinate the execution of this wellness policy. This wellness policy and any related progress reports can be found at [WWW.SASED.org](http://WWW.SASED.org)

SASED will retain records to document compliance with the requirements of the wellness policy at the SASED Administrative Center. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the SASED stakeholders;
- Documentation of efforts to review and update the wellness policy; including an indication of who is involved in the update and methods SASED uses to make stakeholders aware of their ability to participate on the SWC;

- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the wellness policy has been made available to the public.

SASED will actively inform our families and stakeholders each year of basic information about this policy, any updates to the policy and implementation status. SASED will make this information available via the SASED website and/or cooperative-wide communications.

At least once every three years, SASED will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which SASED programs are in compliance with the wellness policy;
- The extent to which SASED's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of SASED's wellness policy

The SWC will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as SASED priorities change; stakeholder needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

#### Nutrition Guidelines for Foods Available in Schools During the School Day

SASED will offer and 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, in order to promote student health and reduce childhood obesity, the Executive Director or designee shall restrict the sale of *competitive foods*, as defined by the USDA, in the food service areas during meal periods and comply with all ISBE rules. The foods and beverages sold and served outside of the school meal programs (e.g., "competitive" foods and beverages and "Fundraisers") will meet the USDA Smart Snacks in School nutrition standards, at a minimum.

SASED will make drinking water available where school meals are served during mealtimes.

#### Celebrations and Rewards

- Celebrations and parties. SASED will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.
- Classroom snacks brought by parents. SASED will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards.
- Rewards and incentives. SASED will provide teachers and other relevant school staff a list of alternative ways to reward children.

#### Staff Qualifications and Professional Development

All SASED nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.

### Nutrition Education

The goals for addressing nutrition education and nutrition promotion include the following:

- Teach, model, support and promote good nutrition for students.
- Foster the positive relationship between good nutrition, physical activity, and the capacity of students to develop and learn.
- Nutrition education will be part of SASSED's comprehensive health education curriculum. See Board policy 6:60, *Curriculum Content*.

### Physical Activity

The goals for addressing physical activity include the following:

- 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. See Board policy 6:60, *Curriculum Content*.
- Unless otherwise exempted, all students will be required to engage daily during the school day in a physical education course. See Board policy 6:60, *Curriculum Content*.
- 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.
- Where appropriate to the student population, elementary programs will offer at least 20 minutes of recess on all days during the school year (*This policy may be waived on early dismissal or late arrival days*)
- Encourage students to be physically active before and after school

### Other Activities that Promote Student Wellness

- SASSED will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.
- SASSED will establish relationships with partners (e.g., hospitals, universities/colleges, local businesses, SNAP-Ed providers and coordinators, etc.) in support of this wellness policy's implementation.
- SASSED will promote to parents/caregivers, and families the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in SASSED sponsored activities and will receive information about health promotion efforts.
- The SWC will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness in coordination with human resources staff.
- When feasible, SASSED will offer professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school.

Exempted Fundraising Day (EFD) Requests

All food and beverages sold to students on SASSED operated campuses during the school day must comply with the “general nutrition standards for competitive foods” specified in federal law, unless the Executive Director or designee has granted an *exempted fundraising day* (EFD). To request an EFD and learn more about the SASSED’s related procedure(s), contact the Executive Director or designee. SASSED’s procedures are subject to change. The number of EFDs is set by ISBE rule.

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.  
Healthy, Hunger-Free Kids Act of 2010, 42 U.S.C. §1758b, PL 111-296.  
42 U.S.C. §1779, as implemented by 7 C.F.R. §210.11. 105 ILCS 5/2-3.137.  
23 Ill.Admin.Code Part 305, Food Program.  
ISBE’s “School Wellness Policy” Goal, adopted Oct. 2007.

CROSS REF.: 4:120 (Food Services), 5:100 (Staff Development Program), 6:60 (Curriculum Content)

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