

South Eastern Special Education



Local Wellness Policy

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Preface

In accordance with 7 CFR 210.31(c), a Local Education Agency that participates in the National School Lunch Program (NSLP) and/or School Breakfast Program (SBP) must establish a Local School Wellness Policy for all schools under its jurisdiction. As of June 30, 2017, Local Wellness Policies must meet the minimum requirements set forth in the Final Rule: Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010.

Local Wellness Policies are a valuable tool in the promotion of student health and wellness through the NSLP and SBP. Schools play an essential role in preparing students for successful futures, and proper nutrition and physical activity are key to creating constructive learning environments. Local Wellness Policies provide guidance to further support schools efforts to provide students with a successful and healthy future.

Wellness Policy Committee

Wellness Policy Leadership

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Wellness Policy Committee Responsibilities

Public Involvement

South Eastern Special Education permits and encourages public involvement in Local Wellness Policy development, implementation, updates, and reviews. The following methods of communication will be utilized to notify the general public of the opportunity to participate in these processes:

- The Director will actively invite suggestions and comments concerning the development, implementation and improvement of the school wellness policy from parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the executive board, school administrators and the community.

Assessments

Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three years. South Eastern Special Education shall conduct assessments of the Local Wellness Policy every three years, beginning in 2024 and occurring every 3 years thereafter. These assessments will:

- Ensure the wellness policy is in compliance with USDA, State, and Local rules and regulations
- Compare the LEA's wellness policy to model wellness policies
- Measure the progress made in achieving the goals as outlined in the LEA's wellness policy

Updates

The Wellness Policy Committee must update the Local Wellness Policy as appropriate in order to fit the needs and goals of the school. The following is available to the public:

- The Local Wellness Policy, including any updates to the policy, on a yearly basis
- The triennial assessment, including progress toward meeting the goals outlined in the wellness policy

Through the following channels:

- School Newsletter, District Website

Records

The District shall maintain a record of the Local Wellness Policy. This includes keeping a copy of the current wellness policy on file and maintaining documentation of the following actions:

- The most recent assessment of the policy
- Availability of the wellness policy and assessments to the public
- Reviews and revisions of the policy, including the individuals involved and the efforts made to notify stakeholders of their ability to participate in the process

Nutrition

South Eastern Special Education recognizes the important role nutrition plays in academic performance as well as overall quality of life. The National Education Association references numerous articles supporting the effects of nutrition on the classroom, for example, hunger often has a negative impact on students' success, attendance, and behavior.

Through participation in the U.S. Department of Agriculture's School Nutrition Programs, the District commits to serving nutritious meals to students in order to prevent both overconsumption of nutrient-poor foods and food insecurity to give students the best chance to succeed inside and outside the classroom.

Nutrition Standards

Meals

All reimbursable meals served for the purposes of the National School Lunch Program (NSLP) and School Breakfast Program (SBP) must meet or exceed USDA nutrition standards and regulations. This includes meeting standards for each of the meal pattern components (i.e. Grains, Meat/Meat Alternates, Fruits, Vegetables, and Milk) as well as meeting or exceeding the limitations set for calories, sodium, saturated fat, and trans fat.

Competitive Foods

In order to promote student health and reduce childhood obesity, the 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 and regulations.

Other Foods and Beverages

Students will be offered and the school will promote nutritious food and beverage choices consistent with the current Dietary Guidelines for Americans published jointly by the U.S. Department of Health and Human services and Agriculture (USDA).

Fundraisers

All fundraisers promoting food and/or beverage items that are held on school campus during the school day must meet and comply with the general nutrition standards for competitive foods specified in federal law, unless the Director or designee has granted an exempted fundraising day (EFD).

Nutrition Education and Promotion

In accordance with the Illinois Learning Standards, the District shall meet all Illinois requirements and standards for Health Education.

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

The school shall implement nutrition promotion techniques through multiple channels, including the cafeteria, classroom, and home.

The school shall make cafeteria menus and nutrition information available through the following platforms: Newsletter and Printed Copies of the Menus.

The schools will support and promote sound nutrition for students.

The school will foster the positive relationship between sound nutrition, physical activity, and the capacity of students to develop and learn.

Nutrition education will be part of the health education curriculum.

Physical Activities

Physical Education

Physical activity is a key component of the health and well-being of all students. Physical activity lowers the risk for certain diseases, including obesity, heart disease, and diabetes. Physical activity also helps improve brain function, allowing students to perform better in school.

The Centers for Disease Control and Prevention recommends adolescents get at least 60 minutes of physical activity five days per week. Nearly 79 percent of school-age children fall short of meeting this requirement. The District recognizes this connection and commits to promoting and providing opportunities for physical activity during and outside the school day.

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 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. During the school day, all students will be required to engage in a daily physical education course, unless otherwise exempted.

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 (ISBE).

Other School-Based Activities

Other school-based activities will be offered to support student health and wellness, including coordinated events and clubs. The following events shall be organized and promoted each year:

- Health Fairs

The following health, wellness, and/or nutrition clubs shall be offered to students each year:

- Recess Mileage Clubs
- Young Chefs Clubs