

Stark County District 100# Local Wellness Policy
Superintendent, School Administrators, Food Service Director, PE Teacher, Nurse

In accordance with 7 CFR 210.31 © 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 Schools 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 a constructive learning environment. Local Wellness Policies provide guidance to further support schools efforts to provide students with a successful and healthy future.

Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three years. Stark County District 100 shall conduct assessments of Local Wellness Policy at least once every three years. The District will evaluate compliance with the wellness policy. These assessments will:

- Ensure the wellness policy is in compliance with USDA, State, and Local rules and regulations.

- Compare wellness policy to model wellness policies.

- Measure the progress made in achieving the goals as outlined in the wellness policy.

Updates

The Wellness Policy Committee must update the Local Wellness Policy as appropriate in order to fit the needs and goals of Stark County District 100 shall make the following 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.

The district will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum through email or school website.

Records

Stark County District 100 will maintain records of the Local Wellness Policy. This includes keeping a copy of the current wellness policy on file and maintaining documentation of the following actions.

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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 individual involved and the efforts made to

Notify stakeholders of their ability to participate in the process.

Nutrition

Stark County District 100 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.

According to the Centers for Disease Control and Prevention, approximately 18.5 percent of the nation's youth was considered obese in 2015-16. This percentage increased 1.3 percent when compared to the previous year. Conversely 15.7 percent of American families experienced food hardship in 2017. Through participation in the U.S. Department of Agriculture's Schools Nutrition Programs. Stark County District 100 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. (Grains, Meats/Meat Alternatives, Fruits, Vegetables, and Milk) as well as meeting or exceeding the limitations set for calories, sodium, saturated fat, and trans fat. All students are offered free breakfast and lunch every day and also are offered fresh veggies every day. The children also have the opportunity of local fresh fruit and vegetables throughout the year with a Local Food Grant.

Competitive Foods

All competitive foods and beverages sold must comply with the USDA Smart Snack in school nutrition standards. Competitive foods and beverages refer to those that are sold to outside the reimbursable meal on the school campus during the school day (locations on the school campus that are accessible to students midnight before to 30 minutes after the end of school day) This includes , but is not limited to vending machines and ala carte items.

Other Foods and Beverages

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The following policy refers to all food and beverages provided, but not sold to students. Stark County District 100 will limit the use of food as reward or as part of a celebration. Providing alternatives to food as a reward promotes healthier habits by reducing exposure to less nutritious food items and therefore, the amount of calories-dense food items consumed (cakes, cookies, candy). This helps children develop improved food preferences and hunger cues to carry them throughout life.

Fundraisers

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day. Grades 8 and below are prohibited fund raising during the school day. Grades 9-12 are limited to no more than 9 days, which is recorded.

School Unused Food Sharing Plan

Food will be shared with the local food pantry if needed to be used. School will follow all guidelines from the local health department in doing this. Which will be recorded. This plan will only be used if the school has a large amount of food that needs to be used. School will watch the amount of food that is used to control this from happening. All schools have bought back a Share Table for all unused food. This is a chance for all leftover food to be used by all students.

Nutrition Education

In accordance with the Illinois Learning Standards, Stark County District 100 shall meet all Illinois requirements and standards for Health Education. The Local Education Agency shall include nutrition education within the health education curriculum and integrate nutrition education into the core subjects, as appropriate. The District will teach, model, encourage and support healthy eating by all students. We will provide nutrition education and engage in nutrition promotion that:

1. Is designed to provide students with the knowledge and skills necessary to promote and protect their health.
2. Is a part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, sciences, language arts, social science and Electives.
3. Includes enjoyables, developmentally, appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing.
4. Promotes fruits, vegetables, whole-grain products, low-fat, fat free dairy products and healthy food preparation methods .
5. Emphasizes caloric balance between food intake and energy expenditure promoting physical activity and exercise.
6. Teach media literacy with an emphasis on food and beverage marketing and includes nutrition education training for teachers and other staff.

Nutrition Promotion

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

The District shall make menus and nutrition information available on the school website. The Smarter Lunchroom Movement uses behavioral economics to positively influence through the choices made by children. The evidence-based techniques implemented through the Movement have been proven to increase children's consumption of nutritious foods. The District shall participate in Smarter Lunchrooms Movements. The District ensures 100% of food and beverages promoted to students meet the USDA Smart Snack in school nutrition standards.

Marketing

Stark County District 100 will limit the marketing and advertising of all foods and beverages on the school campus(locations on the school campus that are accessible to students) during the school day(midnight before and 30 minutes after the end of the school day) The marketing standards described above the apply, but are not limited to, oral, written, and graphic statements made for promotional purposes. Items subject to marketing requirements include but are not limited to, posters, menu boards, vending machines , coolers, trash cans, scoreboards, and other equipment. This policy does not require schools to immediately replace equipment that does not meet this requirement, however, the District shall implement these standards as equipment needs replacement in the future.

Physical Activity

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 at school.

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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. Stark County District 100 recognizes this connection and commits to promoting and providing opportunities for physical activity during and outside the school day.

Physical Education

In accordance with the Illinois Learning Standards, Stark County District 100 meets all Illinois requirements and standards for Physical Education by offering every grade a minimum of 30 minutes of Physical Education class daily. At the elementary level children are also offered at least 30 minutes of outside recess during the school day weather permitting. In the event of indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students. The District is committed to offering extracurricular activities for junior high and high school students such as track, football, baseball, softball, cross country, cheerleading, dance, volleyball.

Physical Activity Promotion

The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. The District recommends teachers provide short (30% minute) physical

activity breaks to students during and between classroom times at least three days per week. Their physical activity breaks will complement, not substitute, for physical education class, meet transition periods.

Wellness Leadership

The District recognizes that they need to add to the Local Wellness Team. They will add new members to involve the school body, staff and community members.

Triennial Assessment

The District will conduct an annual assessment to look over the school Local Wellness policy to determine the needs for improvement and report any new information and add it to our Local Wellness Policy. At a minimum , the local wellness policy must be assessed once every three years.