

## WELLNESS POLICY

### School Wellness

ROE #3 is committed to providing a learning environment that supports and promotes wellness, good nutrition, and an active lifestyle and recognizes the positive relationship between good nutrition, physical activity and the capacity of students to develop and learn.

The purpose of this policy is to ensure a school environment that promotes and supports student health and wellness and meets the requirements of the Child Nutrition and WIC Reauthorization Act of 2004, Illinois School Code and the Healthy Hunger-Free Kids Act of 2010 (HHFKA).

Each program will:

- 1) Comply with the policy
- 2) Make a copy of the policy available to the community on an annual basis through copies or online.
- 3) Provide communication of policy progress and implementation.

### Goals for Nutrition Education & Promotion Goals:

- School will support and promote good nutrition for students.
- Students shall receive nutrition education that is coordinated within the health education curriculum. The curriculum shall be consistent with and incorporate relevant Illinois Learning Standards.
- School will foster the positive relationship between sound nutrition, physical activity and the capacity of students to develop and learn.

### Goals for Physical Activity:

- Schools will support and promote an active lifestyle for students.
- Health and physical education courses will foster the development of movement skills, enhance health-related fitness, increase students' knowledge, offer cooperative learning, and encourage healthy habits and attitudes for a healthy lifestyle and incorporate Illinois Learning Standards.
- Students will participate in physical education, unless otherwise exempted.
- The physical education program shall encourage families as partners in providing physical activity beyond the school day.

### Nutrition Guidelines for All Foods During the School Day

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 Department of Agriculture.

In addition:

- Competitive food sales will be restricted during meal periods.
- All ISBE rules will be complied with.
- Food and beverage marketing will be prohibited.

### 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 and all applicable state and local laws and regulations.

**Monitoring**

The Regional Superintendent shall be charged with the operational responsibility for ensuring that the schools meet the local wellness policy requirements.

**Community Input**

The Regional Superintendent or designee will invite suggestions and comments concerning the development, implementation, and improvement of the school wellness policy from community members, including parents, students, and representatives of the school food authority, school administrators, and the public.

**Recordkeeping**

Adequate records shall be maintained in compliance with the Wellness policy.

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