

Paris Community Unit School District No. 4
Crestwood School



Local Wellness Policy

May 6, 2022

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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.

A wellness policy was first developed by the district and adopted on July 12, 2006. Evaluation has occurred annually with changes made to the policy on July 9, 2008, January 13, 2010, December 8, 2010, April 11, 2012, January 13, 2016, January 11, 2017, January 10, 2018 and January 9, 2019.

Wellness Policy Committee

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Wellness Policy Committee Responsibilities

Public Involvement

The Local Education Agency permits and encourages public involvement in Local Wellness Policy development, implementation, updates, and reviews. Therefore, the LEA shall invite a variety of stakeholders within the general public to participate in Local Wellness Policy processes. The following methods of communication will be utilized to notify the general public of the opportunity to participate in these processes:

- Social Media – Crestwood Facebook Page
- Text Alerts
- School Webpage
- Local Newspaper
- Classroom Newsletter

Assessments

Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three years. Paris Community Unit School District No. 4 shall conduct assessments of the Local Wellness Policy every years, beginning in 2021 and occurring every three 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 Local Education Agency. The LEA 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

Through the following channels:

- District Website
- Board of Education Meetings/Agendas

Records

The Local Education Agency shall maintain 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

The Local Education Agency 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 School Nutrition Programs, the LEA 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.

- Fresh fruits and vegetables are offered daily.
- Posters displaying healthful foods are visible and readable within all service dining areas
- Individual salads are available to all students.
- Students have the option to purchase a la carte items.

Competitive Foods

All competitive foods and beverages sold must comply with the USDA Smart Snacks in Schools nutrition standards (7 CFR 210.31(c)(3)(iii)). Competitive foods and beverages

refer to those that are sold to students outside the reimbursable meal on the school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day). This includes, but is not limited to, vending machine and à la carte items.

Other Foods and Beverages

- A.** The following policy refers to all foods and beverages provided, but not sold to students. The Local Education Agency will discourage the use of food as a 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 calorie-dense food items consumed (e.g. cakes, cookies, candy, etc.). This helps children develop improved food preferences and hunger cues to carry them throughout life. Instead, schools will implement the following methods for rewards and celebrations:
- Additional Recess Time
 - Activity Breaks

Fundraisers

- A.** All fundraisers promoting food and/or beverage items that are held on school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day) must meet Smart Snacks nutrition standards.

Nutrition Education

In accordance with the Illinois Learning Standards, the Local Education Agency 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 other core subjects, as appropriate. Various grade levels and curriculums shall use nutrition education information, research, and materials from the following resources:

- Horizon Health
- Edgar County Public Health Department
- Human Resource Center
- American Heart Association
- Red Cross
- Local Fire, Police, and Emergency Medical Technicians
- Local Pharmacies
- CARE (Community Addiction Response Education)
- Sarah Bush Lincoln Health Center
- Ag in the Classroom

The Local Education Agency shall incorporate nutrition education into the following curriculums for the following grade levels:

- Kindergarten through sixth grade students receive nutrition education through science class.
- 7th and 8th grade students have one quarter of health class each school year.
- Lessons are provided lessons on why drinking milk is important.
- Students develop lessons on reading nutritional labels and developing meal plans.
- Students participate in an awareness campaign regarding hidden sugar content.

Nutrition Promotion

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

The District shall make cafeteria menus and nutrition information available through the following platforms:

- School Website
- School Facebook Page
- Classroom Newsletters
- The next day's menu is read aloud with the daily announcements

The Smarter Lunchrooms Movement uses behavioral economics to positively influence food 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 the Smarter Lunchrooms Movement by utilizing the Smarter Lunchrooms 60-point Scorecard and other educational and promotional tools. The District shall implement the following Smarter Lunchrooms techniques:

- At least two kinds of fruits and two kinds of vegetables are offered
- Slice or cut fruit is offered
- Fruit is offered in at least two locations, one of which is right before point of sale
- The calorie count is listed on the menu for the main entrée
- A pre-packaged salad is available to all students.
- Milk coolers are kept full throughout meal service with white milk being offered in all beverage coolers
- One entrée is identified as the feature entrée of the day
- Students can pre-order lunch in the morning
- A menu board with today's featured meal options is displayed
- There is a clear traffic pattern
- A monthly menu is posted in the office and read aloud daily

Farm to School efforts positively impact School Nutrition Programs by serving fresh and nutritious food items. Additionally, Farm to School programs have been linked to increased consumption of fruits and vegetables.

Marketing

The Local Education Agency will prohibit the marketing and advertising of all foods and beverages on the school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day). The marketing standards described above 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 replaced in the future.

Food Sharing

The Local Education Agency aims to limit food waste and unnecessary costs. If the Local Education Agency has leftover food on a frequent basis, menu planning and production practices will be adjusted to reduce leftovers. Occasionally there will be leftover food. Options may include using leftovers in subsequent meal services, offering "sharing tables," or transferring food to other sites. Where it is not feasible to reuse leftovers, excess food may be donated to a non-profit organization, such as a community food bank, homeless shelter, or other nonprofit charitable organizations. Share tables allow food or beverage items to be reused in a number of ways. Children may take an additional helping of a food or beverage item from the share table at no cost. Food or beverage items left on the share table may be served during an afterschool program or distributed to students in need at the end of the school day.

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 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 Local Education Agency 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, the Local Education Agency shall meet all Illinois requirements and standards for Physical Education. The LEA shall offer Physical Education class as follows:

- Kindergarten through fifth grade students receive 20 minutes of physical education with a certified physical education teacher each day and another 20-40 minutes of active time during recess each day.
- 6th, 7th, and 8th grade students receive 42 minutes of physical education with a certified physical education teacher each day.

Other Opportunities for Physical Activity

The District shall include additional physical activity opportunities, outside of Physical Education class, during the school day through the following:

- Kindergarten through 8th grade students participate in activity brain breaks throughout the day in all subject areas.
- Kindergarten through 2nd grade students have 40 minutes of recess daily.
- 3rd through 8th grade students have 20 minutes of recess daily.
- Frequent, daily activity breaks occur within the classroom.

The following opportunities for participation in school-based sports shall be offered to students each year:

- 6th, 7th, 8th grade
 - Baseball
 - Softball
 - Volleyball
 - Boys Basketball
 - Girls Basketball
 - Track
 - Cheerleading

Physical Activity Promotion

The District shall promote physical activity through the participation in the following initiative(s):

- Jump Rope/Hoops for Heart through the American Red Cross
- Annual Health and Wellness Fair
- Annual Student Walk-A-Thon
- Health Fair Obstacle Course
- Workout Wednesdays and Yoga in PE class

Other School-Based Activities

Just as it takes a comprehensive curriculum to provide education to support students' futures, the Local Education Agency's wellness approach must also be comprehensive in its intent to provide students with the tools they need to live a healthy lifestyle. In order to further establish positive

behaviors related to nutrition, physical activity, and health, the LEA commits to making additional wellness-based activities available to all students beyond the cafeteria and gymnasium.

The Local Education Agency shall offer other school-based activities to support student health and wellness, including coordinated events and clubs. The following events shall be organized and promoted each year:

- The Great Apple Crunch
- School Sponsored Blood Drive
- School Wellness and Health Fair
- Share Wellness Tips from U of I Bathroom Buzz
- Ag in the Classroom
- Guest Speakers on Bullying and Mental Health
- Monthly Wellness Theme
 - September – Physical Activity
 - October – Great Apple Crunch
 - November – Nutritional Content/Healthy Eating
 - December/January – Mental Health – Value Self
 - February – Jump Rope for Health
 - March – Dental Education
 - April – Blood Drive
 - May – Wellness Fair/Obstacle Course/Learning Fair
- Wellness tip of the day
- Fire Safety Week
- Dental Health and Handwashing activities.

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

- Girl EmPOWER Conference
- Eagles on the Fly
- Sarah Bush Lincoln Educational Outreach Program