

Centralia High School

**District Wellness
Policy**

School Wellness

Student wellness, including good nutrition and physical activity, shall be promoted in the District's educational program, school-based 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 superintendent or designee will ensure each school building complies with this policy, and that the policy is available to the community on an annual basis.

District Wellness Committee:

Pursuant to federal law, this school wellness policy has been developed by a committee consisting of the following individuals:

Name	Title / Relationship to the School or District	Email address
Chuck Lane	Chairman, Superintendent	clane@centraliahs.org
Reid Shipley	Principal	rshipley@centraliahs.org
Travis Cameron	Principal	tcameron@centraliahs.org
Jason Pauley	Food Service Director	jpauley@centraliahs.org
Brad Goewey	Physical Education Teacher	bgoewey@centraliahs.org
Amy Brink	School Nurse	abrink@centraliahs.org
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Shannon Shipley	High School Teacher	sshibley@centraliahs.org
Galen Mahle	Board of Education	galen.mahle@gwrymca.org
Wes Monken	Parent/Guardian	wesmonken@gmail.com
Brooks Harlan	High School Student	bharlan@centraliahs.org

Belief Statement

Centralia HS District #200 is committed to the optimal development of every student. The District believes for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year. The school environment shall be aligned with healthy school goals to positively influence students' beliefs and habits and promote health and wellness, good nutrition and regular physical activity.

Goals for Nutrition Education and Nutrition Promotion

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

- CHS will provide support and promote sound nutrition for students: Students in grades 9-12 will be provided the knowledge and skills necessary to adopt healthy habits. Special emphasis should be placed on nutrition education as healthy eating habits are especially important to teenagers as they become young adults.
- CHS shall foster the positive relationship between sound nutrition, physical activity, and the capacity of students to develop and learn: Nutrition education opportunities will be provided to students each year to achieve positive changes in students' eating behaviors.
- Nutrition education will be part of the District's comprehensive health education curriculum. See School Board policy 6:60, Curriculum Content. Nutrition

education shall be integrated into the lesson plans of other school subjects as feasible.

Goals for Physical Activity

The goals for physical activity include the following:

- Schools will support and provide an active lifestyle for students: The District will require all students to have access to age appropriate physical activity.
- 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 and Board policy 7:260, *Exemption from Physical Education*.
- During the school day, all students will be required to engage in a daily physical education course, unless otherwise exempted. See Board policy 6:60, Curriculum Content and Board policy 7:260, *Exemption from Physical Education*.
- The curriculum will be consistent with and incorporate relevant *Illinois Learning Standard for Physical Development and Health* as established by the Illinois State Board of Education.

Goals for Other School- Based Activities

- Parents shall be provided information to help them incorporate healthy eating and physical activity into their students' lives. This information may be provided in school/district newsletters, presentations that focus on nutrition and healthy lifestyles and any other appropriate means available for reaching parents.
- Food service personnel shall have adequate pre-service training and regularly participate in professional development activities that provide strategies for providing tasty, appealing, and healthy school meals, and effective promotional techniques to encourage healthy eating habits.
- Food service personnel shall ensure the cafeteria will have enough of the main course prepared on days when items are in high demand.
- Food service personnel shall work with suppliers to obtain foods and beverages that meet nutrition requirements of school meals and nutrition standards for those sold individually.
- Food service personnel shall work closely with school instructional staff to reinforce nutrition instruction and foster an environment where students can learn about and practice healthy eating.

- Food service personnel shall take measures to ensure that students' access to foods and beverages on school campuses meet federal, state, and local laws and guidelines.
- Students, parents, school staff, and community members bringing food and beverages to school for parties/celebrations/meetings are required to provide commercially pre-packaged foods and beverages. No "home-prepared" goods. Students, parents, guardians, school staff, and community members are encouraged to provide healthy foods, beverages and/or treats from the Healthy Food and Beverage Options List(see 6:50-E).
- For the safety and security of food, access to any area involved in storage, preparation or service of food on the school campus shall be limited to authorized personnel only.
- School personnel shall be encouraged to use non-food incentives or rewards with students and shall not withhold food from students as punishment.

Nutritional Guidelines for Foods Available During the School Day; Marketing Prohibited

Students will be offered and schools will promote nutritious food and beverage choices consistent with the Board Policy 4:120, Food services (requiring compliance with the nutrition standards specified in the U.S. Dept. of Agriculture (USDA) *Smart Snack* rules). In addition, in order to promote student health and reduce childhood obesity, the Superintendent or designee shall restrict the sale of *competitive foods*, as defined by the USDA, in the food service areas during meal periods, and shall make sure the District is in compliance with all other ISBE rules concerning food and nutrition guidelines.

Exempted Fundraising Day EFD Requests

All food and beverages sold to students on the school campuses of participating schools during the school day must comply with the "general nutrition standards for competitive foods" specified in federal law, unless the Superintendent or designee in a participating school has granted an exempted fundraising day (EFD). To request an EFD and; learn more about the District's related procedure(s), contact the Superintendent or designee. The Districts procedures are subject to change. The number of EFDs is set by ISBE rule.

- Food Service Personnel shall offer a variety of age-appropriate, appealing foods and beverage choices and employ food preparation, purchasing and meal planning practices consistent with the current Dietary Guidelines for Americans (i.e. provide a variety of fruits and vegetable choices; serve low-fat and fat-free dairy products; encourage that whole-grain products are served).

- All foods and beverages sold individually (apart from reimbursable school meal) on school campuses during the school day shall meet nutrition standards. This includes a la carte offerings in the food service program.
- The availability of nutritious and appealing foods and beverages such as fruits, vegetables low-fat dairy foods, and whole grain products shall be encouraged wherever and whenever food is sold or otherwise offered during school hours.

Guidelines for Reimbursable School Meals

School meals shall be consistent with the recommendations of the Dietary Guidelines for Americans and/or Reimbursable school meals and 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 Superintendent or designee shall annually provide implementation data and/or reports to the Board of Education concerning this policy's implementation sufficient to allow the Board to monitor and adjust the policy. This report must include without the limitation of each of the following:

- An assessment of the Districts implementation of the policy
- The extent to which the policy compares to model local school wellness policies
- A description of the progress made in attaining the goals of the policy

Community Input

The Superintendent or designee will actively invite suggestion 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 school board, school administrators, and the community.

Recordkeeping

The Superintendent or designee shall retain records to document compliance with this policy.

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. 1751 et seq.

Healthy, Hunger-free Kids Act of 2010, 42 U.S.C. 1758, PL 111-296

42 U.S.C. 1779, as implemented by 7 C.R.F. 210.11 and 210.30

105 ILCS 5/2-3. 139.

23 Ill.Admin.Code Part 305, Food Program'

ISBE, "School Wellness Policy" Goal, adopted Oct. 2007

CROSS REF.: 4:120 (Food Services), 5:100 (Staff Development Program), 6:60 (Curriculum Content), 7:260 (Exemption from Physical Education)