

SCHOOL WELLNESS

Student wellness, including good nutrition and physical activity, shall be promoted in West 40 Regional Safe Schools Programs' curriculum, school activities, and meal programs. This policy shall be interpreted consistently with Section 204 of Public Law 108-265, Child Nutrition and WIC Reauthorization Act of 2004.

Goals for Healthy Nutrition and Wellness

- Schools will support and promote good nutrition for students and will ensure individual dietary needs are met.
- Schools will provide school breakfast and lunch to each student following the guidelines of the National School Lunch and Breakfast Programs.
- Schools will foster the positive relationship between good nutrition, physical activity, and the capacity of students to develop and learn.
- Nutrition education will be part of the West 40 Regional Safe Schools Programs health education curriculum

Goals for Physical Activity

The goals for addressing physical activity include the following:

- Schools 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.
- Unless otherwise exempted, all students will be required to engage daily during the school day in a physical education course.
- 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.

Nutrition Guidelines for Foods Available in Schools 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. Food service rules shall restrict the sale of foods of minimal nutritional value as defined by the Department of Agriculture in the food service areas during lunch periods.

Guidelines for Reimbursable School Meals

Reimbursable school meals served shall meet, at a minimum, the nutrition requirements and regulation for the National School Lunch Program and/or School Breakfast Program.

Monitoring

The Executive Director of West 40 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.

LEGAL REF: Section 204 of Public Law 108-265

CROSS REF:

ADOPTED: March, 2010

UPDATED: August, 2017