

ALLENDALE SCHOOL WELLNESS POLICY

BELIEF STATEMENT

The Allendale School 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 entire 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. In addition, school staff shall be encouraged to model healthy eating and physical activity as a valuable part of daily life.

INTENT

The purpose of this policy is to ensure a total school environment that promotes and supports student health and wellness, helps to reduce childhood obesity and meets the requirements of the Healthy, Hunger-Free Kids Act of 2010, which was championed by the First Lady as part of her Let's Move! campaign and signed into law by President Obama, and the Illinois School Code, including, without limitation, goals for nutrition education, and physical activity and other school-based activities designed to promote student wellness; nutrition guidelines for all foods available during the school day. This policy will be used as a tool in evaluating, establishing and maintaining healthy school environments, and to provide transparency to the public on key areas that affect the nutrition environment in each school.

RATIONALE

A disturbing number of children are inactive and do not eat well. According to the President's Council on Fitness, Sports & Nutrition 28.0% of Americans, or 80.2 million people, aged six and older are physically inactive. More than 80% of adolescents do not do enough aerobic physical activity to meet the guidelines for youth. Children now spend more than seven and a half hours a day in front of a screen (e.g., TV, videogames, computer) & nearly one-third of high school students play video or computer games for 3 or more hours on an average school day. The result is an alarming 19 percent of children and adolescents are overweight – a three-fold increase since 1980. In accordance with the Healthy, Hunger-Free Kids Act of 2010 the Allendale School has established a wellness policy to improve the health and nutrition of the students we serve. The objectives of the wellness policy are to improve the school nutrition environment, promote student health and reduce childhood obesity. In addition, Public Act 094-1099 amends the Illinois School Code, requiring the Illinois State Board of Education to establish a state goal that all districts have a wellness policy.

The link between nutrition and learning is well documented. Health eating patterns are essential for students to achieve their full academic potential, full physical and mental growth and lifelong health and well-being. Healthy eating is demonstrably linked to reduced risk for mortality and development of many chronic diseases. Schools and school communities have a responsibility to help students acquire the knowledge and skills necessary to establish and maintain lifelong

healthy eating patterns. Well-planned and well-implemented wellness programs have been shown to positively influence children's health.

Schools also have a responsibility to help students establish and maintain lifelong habits of being physically active. According to the U.S. Surgeon General, regular physical activity is one of the most important things people can do to maintain and improve their physical health, mental health, and overall well-being. Regular physical activity reduces the risk of premature death in general and of heart disease, high blood pressure, obesity, colon cancer, and diabetes. Over the course of a year, students will be presented with a developmentally appropriate curriculum which will include nutrition, exercise, physical and mental health.

POLICY

Students are encouraged to eat well balanced meals. Each student will be offered all of the necessary components of a well balanced meal. At a minimum students will be offered a main entrée selection, starch, fruit and/or vegetable selections, and choice of milk. Sweets will be kept at a minimum.

Beyond structuring the environment, students will be educated on making healthy food choices through exposure to materials such as posters and literature. If identified by the interdisciplinary team as needing more education or closer monitoring of a dietary treatment issue, the student may also receive further education by a licensed dietician.

It is recognized that childhood obesity has had a significant impact on the health of children, which can result in life long consequences that impact their health. To address this issue students identified by the interdisciplinary team as "at risk of childhood obesity" (anyone who has a BMI of 30 or higher) may be placed on a restrictive or weight control meal plan with the approval of Allendale's dietician. This is done to promote healthy eating habits.

Due to the complexity of care provided at the Allendale Association, a coordinated effort is essential between the following departments: Food Services, Health Services, Nursing, Intake/Admissions, Residential, Education, Vocation, and Therapeutic Recreation.

GOALS FOR SCHOOL-BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS

- It is recommended that food providers share information about the nutritional content of school meals and/or individually sold foods with students, family and school staff.
- School meals shall be served in clean, safe and pleasant settings with adequate time provided for students to eat, at a minimum, in accordance with state and federal standards and guidelines. The National Association of State Boards of Education recommends that students have adequate time to eat, relax and socialize: at least 10 minutes after sitting down for breakfast and 20 minutes after sitting down for lunch.
- All 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; nutrition education strategies including

coordination of classroom and cafeteria activities; and effective promotional techniques to encourage healthy eating habits.

- Food providers shall work with suppliers to obtain foods and beverages that meet the nutrition requirements of school meals and nutrition standards for those sold individually.
- Food providers 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 providers shall take every measure to ensure that student access to foods and beverages (including water with all meals) on school campuses meets federal, state and local laws and guidelines.
- Students, parents, school staff and community members bringing foods and beverages to school for parties/celebrations/meetings shall be encouraged to provide healthful options and shall be provided with a list of recommended food and beverage options.
- To reduce competition with nutritionally balanced school meals and enhance student safety, it is recommended that, to the extent practicable, students are not permitted to leave school grounds to purchase foods or beverages.

WELLNESS PROMOTION AND MARKETING

- Students shall not be required to engage in physical activity as punishment. For example, students may not be singled out to run extra laps, or perform other physical activities that the entire class is not engaged in, as a behavior consequence.
- Teachers wishing to consume snack or lunch alongside their students must ensure that only healthy food/beverages are present.
- The healthiest choices, such as salads and fruit, will be prominently displayed in the cafeterias to encourage students to make healthy choices.

GUIDELINES FOR SCHOOL MEALS

School meals served shall be consistent with the recommendations of the Dietary Guidelines for Americans and/or 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.

GOALS FOR NUTRITION EDUCATION

- Students shall receive nutrition education as part of a sequential program that is coordinated within a comprehensive health education curriculum. The program shall be designed to provide students with the knowledge and skills necessary to adopt healthy eating behaviors *and* aimed at influencing students' knowledge, attitudes and eating habits. The curriculum shall be consistent with and incorporate relevant Illinois Learning Standards.
- To maximize classroom time and to achieve positive changes in students' eating behaviors, nutrition education shall be integrated into the standards-based lesson plans of other school subjects like math, science, language arts, physical education, health, family and consumer science and social sciences.

- The nutrition education program shall include enjoyable interactive activities such as contests, promotions; taste testing, field trips and school gardens. In addition students will attend presentations from area professionals and educators.
- Students shall have the opportunity and are encouraged to meet with the agency's dietician for individualized nutrition counseling.

GOALS FOR PHYSICAL ACTIVITY

- Physical education for grades K-12 is required to be taught by a certified/licensed teacher who is endorsed to teach physical education. Classes will have the same student/teacher ratios used in other classes. The school district shall provide all physical education teachers with annual professional development opportunities that are focused on physical education/physical activity topics and competencies specifically for physical education teachers.
- Students shall be provided daily opportunities for rigorous physical activity via structured physical education classes, sports league participation, and leisure time activities geared toward physical exercise. Students will also receive education that enables them to achieve and maintain a high level of personal fitness and is coordinated within a comprehensive health education curriculum. The curriculum shall be consistent with and incorporate relevant Illinois Learning Standards.
- The Physical Education curriculum includes several units in team sports as well as individual sports. Individuals will also have access to pedometers, spinning bikes, and treadmills in the PE cardio room as an alternative to the team sports. The program also includes non-competitive and non traditional options that encourage participation by all students.
- Students will have the opportunity to participate in the Chicago Alternative Education League (CAAEL) program. Students can participate against other schools in various sports such as Flag Football, Indoor Soccer, Volleyball, Basketball, and Softball.
- It is recommended that elementary students participate in physical education for a minimum of 150 minutes per week, and middle and high school students participate for 225 minutes per week. Special emphasis should be placed on promoting an active lifestyle. Accommodations shall be made for students with disabilities, 504 plans, and other limitations.
- Physical Education teachers will provide assessment procedures in physical education programs. The assessment includes a variety of health-related physical fitness tests that assess aerobic capacity; muscular strength, muscular endurance, and flexibility. Scores from these assessments are compared to Healthy Fitness Zone® standards to determine students' overall physical fitness and suggest areas for improvement.
- Physical Education teachers will use the Fitness gram Score Sheet and Calculator to record data required by the Public Act 98-0859. Students in grades 3-12 will be tested annually during the second semester. Data will be reported to ISBE for grades 5, 7 and 10.
- All Elementary Students participate in daily supervised recess for a minimum of 30 minutes during lunch period.

- Daily opportunities for both structured and unstructured physical exercise and play will be presented with the goal of pairing such efforts with positive social and solitary experiences.
- After School Fitness Club – organized by Therapeutic Recreation staff to include: basic fitness activities in fitness room and participating in community fitness facilities.
- Cooking groups to include basic skills of recipe reading, proper measuring, oven safety, healthy cooking and food budgeting.
- Daily active games, team building, cooperative games, and traditional sports.

Healthful Food and Beverage Options

School snacks will follow the Smart Snacks in School USDA's "all Foods Sold in Schools" Standards. (Available: http://www.fns.usda.gov/sites/default/files/allfoods_flyer.pdf) Healthful food options should be made available to promote student, staff and community wellness. Examples of nutritious food and beverages that are consistent with the Dietary Guidelines for Americans are listed below.

- Raw vegetable sticks/slices with low-fat dressing or yogurt dip
- Fresh fruit wedges – cantaloupe, honey dew, watermelon, pineapple, oranges, etc.
- Sliced fruit – nectarines, peaches, kiwi, star fruit, plums, pears, mangos, apples, etc.
- Fruit salad
- Cereal and low-fat milk
- 100% fruit or vegetable juice
- Frozen fruit pops with fruit juice or fruit as the first ingredient available upon request
- Dried fruits – raisins
- Single serving canned fruit in juice
- Peanut butter with apple wedges or celery sticks
- Fruit smoothies made with fat-free or low-fat milk available upon request
- Trail mix (dried fruits and nuts) available upon request
- Dry roasted peanuts, tree nuts and soy nuts (not coconut or palm nuts) available upon request
- Lean meats and reduced fat cheese sandwiches (use light or reduced fat mayonnaise in chicken/tuna salads)
- Party mix (variety of cereals, nuts, pretzels, etc.)
- Pretzels or reduced fat crackers
- Baked chips with salsa or low-fat dip
- Low-fat muffins (small or mini), granola bars and cookies (graham crackers, fig bars)
- Mini bagels with whipped light or fat-free cream cheese available upon request
- Pasta salad
- Bread sticks with marinara
- Fat-free or low-fat flavored yogurt & fruit parfaits
- Fat-free or low-fat pudding cups
- Fat-free or low-fat milk and mil products (single serving cottage cheese, cheese cubes)
- Flavored soy milk fortified with calcium available upon request
- Pure ice cold water

**This list is not all inclusive and is meant only to provide parents and school staff with guidance for healthier food and beverage choices.*

Classroom Rewards

- A smile
- Going first
- Verbal praise
- Sit by friends
- Teaching the class
- Helping the teacher
- Enjoy class outdoors
- A field trip for the class
- Choosing a class activity
- Walk with a teacher during lunch
- Eat lunch outdoors with the class
- Eat lunch with a teacher or principal
- Extra credit or class participation points
- Taking care of the class animal for a day
- Have lunch or breakfast in the classroom
- A photo recognition board in a prominent location in the school
- A note from the teacher to the student commending his/her achievement
- A phone call, e-mail, or letter sent home to parents or guardians commending a child's accomplishment
- Recognition of a child's achievement on the school-wide morning announcements or school website
- Ribbon, certificate in recognition of achievement or a sticker with an affirming message (e.g. "Great job")
- Take a trip to the treasure box (filled with: stickers, temporary tattoos, pencils, pens, highlighters, sidewalk chalk, notepads, erasers, bookmarks, etc.)

IMPLEMENTATION

- Review the Wellness Policy at the Unit Coordinator Meeting and Residential Director's Meeting.
- Distribute in Stepping Stone Day Treatment Newsletter
- The policy will be included in the Allendale Board packet
- The Policy will be included in the Allendale Staff Handbook
- Present at fall teacher's meeting for residential and also for Stepping Stone
- Teachers will review the policy with their students/TAs
- The Wellness Committee is ongoing and meets each Semester.
- Every two-three years, the wellness committee will undertake an evaluation of policy implementation.
- Every two-three years, the wellness committee will review the latest national recommendations pertaining to school health and will update the wellness policy accordingly.