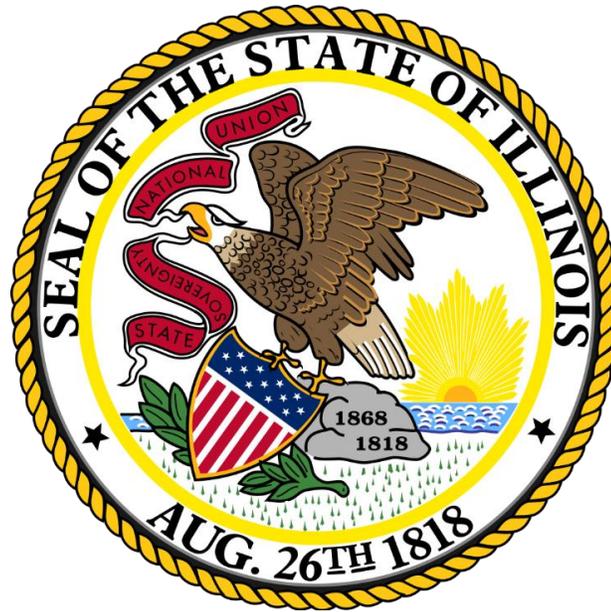




GRANT PARK CUSD #6

Excellence in Everything We Do - THE GP WAY



Local Wellness Policy

3/20/2024

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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.

Wellness Policy Committee

Wellness Policy Leadership

Name, Title of School Official #1

Contact: Dr. John Palan - Superintendent

Wellness Policy Committee Members

Name, Title of Member #1

Contact: Tracy Planeta – Elementary School Principal

Name, Title of Member #2

Contact: Kyle Nevills – Middle and High School Principal

Name, Title of Member #3

Contact: Sue Anderson – District Bookkeeper and Community Resident

Name, Title of Member #4

Contact: Jared Thompson – Elementary and Middle School Physical Education Teacher & Middle and High School Athletic Director

Name, Title of Member #5

Contact: Lee Bell – Middle and High School Physical Education Teacher & High School Health Teacher

Name, Title of Member #6

Contact: Melissa Spanier – Parent and Cafeteria Cashier

Name, Title of Member #7

Contact: Jill Claussen – Community Resident and Cafeteria Sub

Name, Title of Member #8

Contact: Nancy Marcotte – Food Service Director

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:

- Messenger Newsletter
- District Website

Assessments

Under the Healthy, Hunger-Free Kids Act of 2010, a Triennial Assessment of the Local Wellness Policy must occur no less than every three years. Grant Park CUSD #6 shall conduct assessments of the Local Wellness Policy every 3 years, beginning in SY 20/21 and occurring every 3 years thereafter. These assessments will:

- Ensure the wellness policy is in compliance with USDA, State, and Local rules and regulations
- Compare the Grant Park Local Wellness Policy to the Rudd Center's WellSat 3.0 model 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 and include changes made due to the Triennial Assessment. 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:

- Messenger Newsletter
- District Website

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 over consumption of nutrient-poor foods and food insecurity to give students the best chance to succeed inside and outside the classroom.

Nutrition Standards

The District's Foodservice Department shall follow all NSLP regulations, policies and procedures including but not limited to:

- Ensure that the NSLP Free & Reduced applications along with eligibility requirements are available at registration, on the District website, and at every school office throughout the year. LEA commits to the privacy for all Free & Reduced students.
- Unpaid meal balances will be discussed with the parents only. All children will either have a badge or student pin to enter at the point of sale. Any child in the cafeteria line will receive a meal and will not be identified if free or reduced.
- All Foodservice department staff (regular and substitutes) must attend annual training in accordance with the USDA Professional Standards including annual Civil Rights training.
- The LEA will annually analyze Program Participation levels in an effort to increase participation of the USDA Programs

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 for reimbursable meals. This includes but is not limited to 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 and availability of free drinking water during meals as specified in 7CFR 210.10 or 220.8. The School Breakfast Program (SBP) effective January 2023 will be available to morning PreK through 5th grade students.

For lunch, Children will be given 20 minutes of seat time after obtaining their meals. Children can remain seated in cafeteria until meal is completed if the 20 minutes is not long enough. School meals shall be made attractive to students by appealing to their taste preferences. Students will have the opportunity to provide input to the Food Service Director on favorite foods. Meals will try to include fresh fruits and vegetables as often as possible.

Plant-Based School Lunch Option

Beginning August 1, 2023 under HB4089 (Plant-based school lunch option), public school districts participating in the National School Lunch Program will be required to provide a plantbased school lunch option to students who submit a prior request. Plant-based options offered must meet applicable NSLP meal pattern and nutrition requirements. SFAs may meet this requirement by regularly incorporating plant-based options into their planned menu, or by providing these options on a case-by-case basis.

Competitive Foods (Smart Snacks)

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 machines and à la carte items. USDA Smart Snack standards for beverages sold in elementary and middle schools shall also be applied in high schools.

Other Foods and Beverages

The following policy refers to all foods and beverages provided, but not sold to students. Parents, school staff, community members and students who supply food and beverages for parties, celebrations, and meetings, are encouraged to provide healthy food and beverages. Non-food-food options are encouraged. ***If supplying food or beverages, no homemade items are allowed.*** Free drinking water is available throughout the day at various drinking fountains and water bottle fill stations.

- Ideas for non-food items. ***Food should not be used as a reward.***
 - Recognition – notes from teacher, certificates, stickers with affirming, message, photo recognition board

- Privileges – going first, helping the teacher, helping in another class, make deliveries to office, playing and educational or computer game, or, “No Homework” pass
- Rewards for a class – extra recess, eating lunch outdoors, holding class outdoors, extra art, PE, music or reading time
- School Supplies
- Sports equipment – Frisbees, water bottles, NERF balls, jump ropes
- Trinkets – yo-yos, puzzle games
- Point System, where children points for a larger reward i.e. books, gift certificates, movie pass or movie rental

School personnel shall not withhold food or physical activity from students as punishment nor shall physical activity be used as punishment.

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.

The school shall also utilize non-food fundraisers to promote healthy habits and well-being. Listed below are non-food fundraising ideas:

- Read-a-thons, Spelling Bees, Talent Shows, Singing Telegrams, Walk-a-thon, Bike-a-thon, Fun Runs or Walks, Bowling Nights, Car Washes, Craft Show, Recycling Drive, Gift Wrapping Services, Karaoke Competition, Bingo Night, Local Restaurant Nights, Garage Sale, Coupon Books, Flower or Balloon Bouquets.

- B.** 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. However, the LEA may participate in infrequent exempted fundraising days in which food and beverage items do not meet Smart Snacks standards, as the LEA sees fit. Exempted fundraisers are prohibited for Grades 8 and below. Grades 9 through 12 are limited to no more than nine exempted fundraising days per school year. The LEA shall comply with the following procedures when managing exempted fundraising days:

- All fundraisers that involve the selling of food need to be approved at least 3 weeks prior to the event by completing a fundraiser application. (Attachment A)
- No items are to be purchased prior to receiving approval nor shall any advertising should be done prior to approval.
- The High School principal shall determine if the fundraiser is exempt or non-exempt. If exempt, determine if it is within the number of exempt fundraising days allowed for the school year.

- Once determination is made the school principal shall approve or deny the fundraiser and notify the organization, the organization faculty sponsor and the food service director.
- A copy of the Fundraiser Application form will be sent to the food service director for filing. These applications shall be maintained for three years.

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 in all grade levels, as appropriate. Various grade levels and curriculums shall use nutrition education information, research, and materials from the following resources:

- My Plate
- Kidzine - Gordon Food Service Monthly Nutrition Activity sheet for Elementary School

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

- Elementary School – Health Education incorporated in Physical Education
- Middle School - My Plate and Smart Snacks are compared to My Pyramid in Health Module, Life Science-7th grade
- High School – Nutrition Module in Health Class, Offer a Food Science Class

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:

- Menus sent home for Elementary School students
- Menus available in Middle and High School Offices
- District Website

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:

- Promote Smarter Lunchroom Techniques

- Conduct 1 Smarter Lunchroom Assessment per year per school and maintain a Bronze level score or higher

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. The District shall participate in the following Farm to School activities:

- Elementary School field trips to Buckley Homestead, Fair Oaks Dairy Farm, County Fair-Day at the Farm, Museum of Science and Industry
- Monthly University of Illinois Extension Agriculture Talks

Food Loss and waste continue to be an issue facing the nation’s food supply. In order to prevent waste, the District will make every effort to produce the precise number of meals needed on any given day by using production records and resources as the USDA Food Buying Guide. However, in the event excess food remains, the District will continue to provide food to students in need beyond the meals provided through the USDA School Nutrition Programs. Therefore, the District shall follow the established food sharing plan, in accordance with Public Act 102-0359, and federal and local regulations and sanitation codes:

- Participate in the “Offer vs Serve” option, which allows students to decline some of the food offered in a reimbursable lunch or breakfast.
- Offer a variety of fruits and vegetables to allow children to choose the ones they like.
- Lunch periods are scheduled to provide the students enough time to eat their meal.
- Share Table established in the MS/HS café to allow students to share food they were unable to eat.

Marketing

The Local Education Agency will prohibit the marketing and advertising of all foods and beverages that do not meet Smart Snacks nutrition standards 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, text books or other printed or electronic educational materials posters, menu boards, vending machines, food display racks 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. The district will not expose students to food marketing of any kind. All advertising in school publications and school media outlets must be approved by the principal. It is recommended that schools avoid participation in fundraising or corporate incentive programs that promote a message inconsistent with our goals for a healthy school community.

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. All Physical Education teachers must meet the requirements pertaining to qualifications, certification and Continued Education standards set forth by the State of Illinois. Any exemptions and/or substitutions for Physical Education must follow the requirements set forth in the Grant Park Parent/Student Handbook with references to PRESS 7:260.

The LEA shall offer Physical Education class as follows:

- Elementary School - 40 min. three times a week
- Middle School – 47 min. five times a week
- High School – 55 min. five times a week

The District will partner with healthcare insurance provider to support strategies that promote employee wellness, healthy eating habits, and physical activity behaviors. The District will provide educational opportunities for students in the Elementary School regarding safety when walking and riding bicycles to school.

Other Opportunities for Physical Activities

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

- Elementary School
 - Recess - 20 min. each day
 - Brain Breaks – 15 min. each day

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

- Elementary School – Cheer Camp, Boys & Girls Basketball Camp 3rd-6th
- Middle School – Girls Softball, Boys Baseball, Boys & Girls Basketball, Girls Volleyball, Cheerleading, Bowling and Track
- High School – Girls Volleyball, Boys & Girls Basketball, Girls Softball, Boys Baseball, Co-Ed Soccer, Boys & Girls Golf, Cheerleading, and Fishing

Physical Activity Promotion

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

- Elementary School - National Jump Rope for Heart Program

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:

- PTO Color Run
- Sample days in Cafeteria

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

- District provides facilities and pathways for participation in Girl Scouts, Brownies and 4H
- FFA for High Schoolers

Attachment A

GRANT PARK HIGH SCHOOL FUNDRAISER APPLICATION

EVENT NAME: _____

EVENT DATE(S) & TIMES: _____

LOCATION OF EVENT: _____

SPONSORING ORGANIZATION: _____

ITEMS TO BE SOLD: _____

DATE SUBMITTED: _____

It is understood that this fundraiser can only be held on the date (s) listed above. **NO** fundraisers can be held in the cafeteria during meal service. It is also understood that the purchase of items to be sold, or the advertising for the event cannot be done prior to written approval.

_____ **Printed Name of Organization Representative**

_____ **Signature of Organization Representative** **Date:** _____

_____ **Printed Name of Organization Faculty Sponsor**
(if different from above)

_____ **Signature of Organization Faculty Sponsor** **Date:** _____
(if different from above)

EXEMPT FUNDRAISER _____ **NON-EXEMPT FUNDRAISER** _____

_____ **Approval Signature High School Principal** **Date** _____

After School Principal approval, a copy of the completed form is sent to Food Service Director