

Wellness Policy

Rationale

The link between nutrition, physical activity and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and wellbeing. Healthy eating and physical activity are essential to reduce risk for many chronic diseases. Schools have a responsibility to partner with families and communities to help students learn, establish and maintain lifelong healthy eating and activity patterns. Well-planned and effectively implemented school nutrition and fitness programs have been shown to enhance students' overall health as well as their behavior and academic achievement in school. Staff wellness is also an integral part of a healthy school environment, since school staff can be daily role models for healthy behaviors.

Goal

All students in Kane County School District (hereinafter known as the District) shall be given opportunities to learn about nutrition and wellness. All district staff are encouraged to model healthy eating and physical activity as a valuable part of daily life.

To meet this goal, the District has developed this school wellness policy by asking for input from parents, students, representatives of the school food authority, the school board, school administrators and the public. Anyone interested in serving on the wellness committee is invited to do so by contacting the District office at 435.644.2555.

Nutrition Education

District schools will promote good nutrition by doing the following:

- Encourage increased consumption of a variety of healthy

foods by offering fruits, vegetables, whole grains and low fat dairy products.

- Serve school meals which meet the USDA nutrition standards.
- Designate lunch periods that offer sufficient time to enjoy eating healthy foods. Lunch periods will be scheduled near the middle of the school day when possible.

Promotion of Healthy Eating and Nutrition Guidelines

- It is not recommended to use food and beverages as reward or punishment.
Foods and beverages that are offered for sale or made available outside of school meals, including classroom celebrations, should comply with the USDA Smart Snacks in Schools Guidelines.
- Offer skim or 1% milk in place of 2% or whole milk.
- Provide students opportunities to practice healthy habits.
Schools will offer healthy food options, and students can eat in relaxed and comfortable surroundings.

Physical Activity

The District will promote daily physical activity in the following ways:

- Schools will ensure that every student from kindergarten through twelfth grade receives regular, age appropriate quality physical education.
- Provide, within the school environment, physical activities for all students, including those who are not athletically gifted and those with special needs.
- Promote the benefits of daily physical activity
- Ensure that physical activity facilities on school grounds are safe and well- maintained.
- Children and adolescents should be encouraged to participate in at least 20 minutes of physical activity per day.
- It is not recommended to withhold physical activity as punishment. The district will provide teachers and other

school staff with a list of ideas for alternative ways to discipline students.

Recess (Elementary)

- All elementary schools will offer at least 15 minutes of recess on all days during the school year for grades K-5th.
- Outdoor recess will be offered when the weather is feasible for outdoor play.
- In the event that the school or district must conduct indoor recess, teachers and staff will follow indoor recess guidelines that promote physical activity for students, to the extent practicable.
- Recess will complement, not substitute for, physical education class.

Physical Education

- The District will provide students with physical education, using age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.

Classroom Physical Activity Breaks (Elementary and Secondary)

- The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students may be offered **periodic opportunities** to be active or to stretch throughout the day on all or most days during a typical school week. The District recommends teachers provide short (3-5-minute) physical activity breaks to students during and between classroom times at least three days per week.

Active Transportation

- The district will support active transport to and from school, such as walking or biking. Examples may include providing bike racks or identifying safe walking routes to school.

Goals for Other School Based Activities

The District will do the following to support other school-based activities that promote wellness:

- Provide information to parents to help them promote physical activity and healthy eating at home.
- Provide dining room supervisory staff (teachers, aids, custodial staff, etc.) with appropriate training on how to maintain a safe, orderly, and pleasant eating environment.

Staff as Role Models

- Offer foods and beverages at staff meetings that comply with the USDA Smart Snacks in Schools Guidelines.
- Develop strategies for teachers, school administrators, students, food service professionals, and community members to serve as role models in practicing healthy eating and physical activity.

Food Safety/Food Security

- All foods made available will comply with state and local food safety and sanitation regulations.
- Implement Hazard Analysis and Critical Control Point (HACCP) plans and guidelines to prevent food illness in school.
- All food service equipment and facilities must meet applicable local and state standards concerning health, safe food preparation, handling and storage, drinking water, sanitation and workplace safety.

Wellness Leadership and Implementation:

- The District will convene a representative wellness committee that meets three (3) times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy.
- The principal at each school will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy.
- At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:
 - The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy.
 - A description of the progress made in attaining the goals of the District's wellness policy.

Community Involvement

- The District is committed to being responsive to community input, which begins with awareness of the wellness policy.
- The District will use electronic mechanisms, such as email or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The District will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district and individual schools are communicating important school information with parents.
- The District will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum.

Measuring Implementation:

- For each individual school the principal shall ensure that the policy is implemented (the principal may designate a person or persons to assist with this).

Every three years, the District wellness committee shall assess compliance with this Wellness Policy by using the “Alliance for a Healthier Generation Healthy Schools Program Assessment Guide”.

Items to consider for start of 2017-18 School Year Implementation:

It is suggested to schedule recess before lunch for all appropriate grades as determined by the school administrator. Require inclusion of recess in master school schedule.

Rationale for Policy Implementation:

- Action Strategies Toolkit: Recess before lunch has been shown to improve student behavior and performance in the classroom.
- Educating the Student Body: Taking Physical Activity and Physical Education to School: Schedule recess before lunch. Research also has shown that, if recess is offered before lunch, youth display better behavior and playground injuries are reduced.
- Fit, Healthy, and Ready to Learn: Chapter D: Policies to Promote Physical Activity and Physical Education: Model Policy: Recess and Physical Activity Breaks: Lunch-time recess shall be scheduled before mealtime.
- Play to Learn: Active Recess Through Systematic Supervision: Recess Best Practice Recommendations-Schedule recess before lunch