

## Lockport District 91 Wellness Plan

### Philosophy and Commitment

The School Board of Lockport Milne-Kelvin Grove believes that good health fosters student attendance and achievement. We also believe it is important to have a healthy staff to serve as role models for healthy lifestyles. Thus Milne-Kelvin School District 91 is committed to providing a school environment that promotes children's health, well-being, and ability to learn, and supports employee's wellness through policies that encourage healthy eating, physical activity, and healthy lifestyles.

### Wellness Committee

The wellness committee will assist in coordinating the implementation of the wellness policy and meet to evaluate and modify, if necessary, the wellness plan.

### Committee Members

Ms. Sally Anderson	Physical Education Teacher
Ms. Linda Sharp	Physical Education Teacher
Mrs. Jaime Koziol	Elementary Building Principal
Mr. John Jennings	Middle School Building Principal
Mrs. Jamie Dorion	MG Food Service Personnel
Mrs. Donna Gray	Superintendent of Schools
Ms. MeriBeth Zweizig	KG School Nurse
Mrs. Shannon Gilkerson	MG School Nurse
Dr. Laura Swayne	School Psychologist
Miss Kathleen Podwika	Milne Grove Teacher
Mrs. Beth Ervin	Parent Teacher Organization
TBD	D91PAA Board Member

## **Intent of the Wellness Plan**

The purpose of these guidelines 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 Child Nutrition and WIC.

### **Reauthorization Act of 2004 and the Illinois School Code, including, without limitation:**

1. Goals for nutrition education
2. Physical activity and other school-based activities designed to promote student wellness
3. Nutrition Guidelines for food available during the school day
4. Involving parents, students, school food service providers, the school board, school administrators, school nurses, and the public in developing these guidelines

## **Nutrition Education**

1. Nutrition Education Curriculum will be consistent with the current state of Illinois standards.
2. Nutrition education will be integrated across the curriculum as possible and focused on as a part of the health and physical fitness curriculum.

## **Physical Activity**

1. Schools will support and promote an active lifestyle for students.
2. The Goal of District 91 is to provide every student in grades 1-8, including students with disabilities, a minimum of 150 minutes of physical activity per week.
3. Students in the PK program will receive 30 minutes a day of gross motor play as part of their daily routine. Students attending Kindergarten (1/2 day) program will receive recess daily as weather permits and 30 minutes

of physical activity per week. Students attending full-day Kindergarten will receive 30 minutes of physical activity daily. Students will have a daily physical fitness class and 20 minutes of recess in grades 1-5. Grades 6-8 will receive a daily physical fitness class.

## **Nutritional Quality of Foods and Beverages Sold and Served in Schools**

### **A. School Meals**

1. Meals served through the National School Lunch Program will:
  - a. Be appealing and attractive to children
  - b. Be served in a clean and pleasant setting
  - c. Meet, at minimum, nutritional requirements established by local, state, and federal statutes and regulations
2. Schools will give serious consideration to meal times and scheduling by:
  - a. Providing students with at least 20 minutes for lunch.
  - b. Working to schedule meal periods at appropriate times.
  - c. Not scheduling tutoring, clubs, or student meetings during lunch unless the students may eat during such activities.

### **B. Food and Beverages Sold Individually**

- a. Food and beverage will not be sold in competition to the approved meals during the school day.
- b. Milk will be the only beverage sold separately during the lunch period.

### **C. Celebrations, Classroom Rewards, and School-Sponsored Events**

- a. Schools should work to ensure that foods and beverages for classroom reward parties and celebrations are healthy snacks. See attachment A.
- b. Non-edible treats and incentives are preferred. See attachment B.

- c. Snacks served in the classroom during the school day should be high in fiber and low in fat such as fresh fruits and vegetables. All snacks should be sent from home on a daily basis.
- d. After school based activities: District 91 encourages healthy/balanced choices at all school based activities such as celebrations, dances, social events and extra-curricular clubs.

### **Monitoring of the Wellness Plan**

The Milne-Kelvin Grove School District 91 Wellness Committee will be responsible for monitoring the effective implementation of the wellness guidelines in all schools. Parent and faculty input will be sought during the school year to measure the effectiveness of the plan.

Plan implementation date – July 1, 2014

## Attachment A

### **Healthful Food and Beverage Options for School Functions**

At any school day functions (parties, celebrations, meetings, etc.) healthy 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.

**ITEMS MUST BE STORE PURCHASED AND TEACHER APPROVED.** We encourage pre-packaged items when possible.

- Raw vegetable sticks/slices with low-fat dressing or yogurt dip
- Fresh fruit wedges - cantaloupe, honey dew, watermelon, pineapple
- Sliced fruit - nectarines, peaches, kiwi, star fruit, plums, pears, mangos, apples, etc.
- Cereal and low-fat milk
- 100% fruit or vegetable juice
- Frozen fruit pops with fruit juice or fruit as the first ingredient
- Dried fruits - raisins, cranberries, apples, apricots
- Single serving applesauce or canned fruit in juice
- Fruit smoothies made with fat-free or low-fat milk
- Lean meats and reduced-fat cheese sandwiches (use light or reduced-fat mayonnaise in chicken/tuna salad)
- Pretzels or reduced-fat crackers
- Baked chips with salsa or low-fat dip (ranch, onion, bean, etc.)
- Low-fat muffins (small or mini), granola bars and cookies (graham crackers, fig bars)
- Mini bagels with whipped light or fat-free cream cheese
- Fat-free or low-fat flavored yogurt and fruit parfaits
- Fat-free or low-fat pudding cups
- Bottled 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. Not all food and beverage items will necessarily meet district nutrient standards (Attachment D) as items vary in sugar, fat, and calorie content from brand to brand. However, all of the items listed are believed to be consistent with the intent of the wellness guidelines to promote student health and reduce childhood obesity.

## **Attachment B**

### **Suggestions for Classroom Rewards and Student Incentives**

- Line Leader
- Verbal praise
- Sit by friends
- Teacher's assistant
- Enjoy class outdoors
- A field trip for the class
- Choosing a class activity
- Walk with a teacher during recess
- Eat lunch outdoors with the class
- Eat lunch with the 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 or her achievement
- A phone call, email, 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 and/or 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.)
- "Bring your technology"
- Trinkets - ([NAEIR.org](http://NAEIR.org) - free teacher memberships)
- Extra computer lab time
- No homework pass
- Mini dance party - dance revolution
- Popcorn parties
- Videos
- Time outdoors
- Free gym time

## Attachment C

Food or Beverage	<i>Healthier US School Challenge</i> Nutrition Standards*
Fruits and Non-fried Vegetables	<p>These criteria focus on decreasing fat and added sugar, increasing nutrient density, and moderating portion size.</p> <p>Fruits and vegetables may be fresh, frozen, canned or dried, and they must be found in the Food Buying Guide for Child Nutrition Programs.  <a href="http://schoolnrcs.tn.usda.gov/FBG/2001FBG/%20Section%202.pdf">http://schoolnrcs.tn.usda.gov/FBG/2001FBG/%20Section%202.pdf</a></p> <p>Examples of products that <i>cannot</i> be sold/served as a fruit or vegetable include:</p> <ul style="list-style-type: none"> <li>• Snack-type foods made from vegetables or fruits, such as potato chips, and banana chips</li> <li>• Pickle relish, Jam, Jelly</li> <li>• Tomato catsup and chili sauce</li> </ul>
Approved Beverages	<ul style="list-style-type: none"> <li>• Flavored or plain reduced fat (2%), low-fat (1%), skim/nonfat fluid milk meeting State and local standards for pasteurized fluid milk and/or USDA approved alternative dairy beverages<sup>4</sup></li> <li>• 100% full-strength fruit and vegetable juices</li> <li>• Water (non-flavored, non-sweetened, and non-carbonated)</li> </ul>
Any Other Individual Food Sales/Service	<ul style="list-style-type: none"> <li>• Calories from total fat must be at or below 35%**, <i>excluding nuts, seeds, and nut butters</i>. This is determined by dividing the calories from total fat by the total calories and multiplying by 100. If calories from fat are not available, multiply the grams of fat by 9 to equal calories from fat.</li> <li>• Calories from saturated fat must be at or below 10%. This is determined by dividing the calories from saturated fat by the total calories and multiplying by 100. If calories from saturated fat are not available, multiply grams of saturated fat by 9 to equal calories from saturated fat.</li> <li>• Total sugar must be at or below 35% by weight. This is determined by dividing the grams of total sugar by the gram weight of the product and multiplying by 100. This includes both naturally occurring and added sugars. This limit does not include fruits and vegetables or flavored milk as defined above.</li> <li>• Portion size for a la carte sales in the school cafeteria are not to exceed the serving size of the food served in the National School Lunch Program/School Breakfast Program; for vending sales the item package or container is not to exceed 200 calories.</li> </ul>

<sup>4</sup> There are no USDA approved alternative dairy beverages at this time. Public Law 108-265 (Child Nutrition Program Reauthorization) authorizes the Secretary of Agriculture to establish nutritionally equivalent non-dairy beverages by July 1, 2005. Please check with the Illinois State Board of Education for clarification.

\*The above *Nutrition Standards* are criteria for sales/service of a la carte and/or vended items from the United States Department of Agriculture's *Healthier US School Challenge*. Please be aware that these criteria are only meant to apply to individually sold foods and that foods sold as part of a reimbursable school meal may not necessarily meet these criteria although menus meet the nutrition standards set by the U.S. Department of Agriculture for school meals. Local policy makers may wish to modify the standards but should be aware that this may make schools ineligible to meet the criteria for the *Healthier US School Challenge*.

\*\*The *Dietary Guidelines for Americans 2005* recommend a total fat intake of 20 to 35% for school-age children.