

## STUDENTS

### **School Wellness Policy**

#### Purpose

Student wellness, including good nutrition and physical activity, shall be promoted in Annawan School District's educational programs, school activities, and meal programs. Annawan believes that for students to have the opportunity to achieve personal, academic, developmental, and social successes we need to create positive, safe environments in our school district.

#### School Wellness Policy Implementation/Dissemination

This policy shall be interpreted consistently with Section 204 of the Child Nutrition and WIC Reauthorization Act of 2004 and the Healthy Hunger-Free Kids Act of 2010 (HHFKA). The Superintendent or designee will ensure each school building complies with this policy, the policy is available to the community on an annual basis, and that the community is informed about the progress of this policy's implementation.

#### Overall Goals of Wellness Policy

The Annawan School District's approach to wellness is to ensure environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while controlling commercial distractions to the best of our ability. The overall goals for the Annawan School District Wellness Policy are to ensure that:

1. Students in our school district have access to healthy foods throughout the school day through: a) reimbursable school meals, and b) other foods available on our campus throughout the school day. The foods will be in accordance with Federal and State nutrition standards.
2. Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors.
3. Students have opportunities to be physically active before, during and after school.
4. Our district, when possible and feasible, engages in nutrition and physical activity promotion and other activities that promote student wellness.
5. Our District, when possible and feasible, will seek community partners to help support the work of our District to promote healthy habits inside and outside of the school.
6. Our District establishes and maintains procedures for management, oversight, implementation, and communication about, and monitoring of, this policy and its established goals and objectives.

#### School Wellness Committee

Annawan School District will convene a District Wellness Committee (DWC) that meets a minimum of once per year. The committee may also schedule additional meetings if changes in law occurs, factors come into play where an adjustment in the Wellness Policy may be needed, when requested by a member of the committee, and/or to evaluate the progress made in achieving the goals of the policy.

The DWC will be made up of an elementary staff member, junior high staff member, high school staff member, elementary principal, junior/senior high administrator, district superintendent, two student representatives, two parent representatives, the district food service director, district health and physical education teachers (NOTE: the district staff and the Health/PE teachers could be one in the same), and a member from the health care profession.

### Wellness Policy Leadership

The Superintendent and Building Administrators will serve as the District Wellness Policy Leadership and will convene the DWC and facilitate the development of and updates to the wellness policy as well as initiate the process to measure and assess progress towards our wellness policy goals. The Superintendent and the Building Principals will ensure the district's compliance with the policy.

### Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

The Superintendent and Building Principals will be responsible for developing, maintaining, and implementing the district Wellness Policy. The DWC will have the sole responsibility and authority to make recommended changes to our Wellness Policy, set specific goals and objectives for nutrition standards for all foods and beverages available on our school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness.

The Superintendent or designee will notify the public annually how they can become a part of the DWC, how they can provide input in recommended changes to the Wellness Policy, and where to find progress towards meeting the goals of our wellness policy.

The DWC will complete an assessment once every three years to determine the district's progress in meeting the Wellness Policy Goals, annually determine the progress that has been made towards meeting the Wellness Policy Goals, and will create an action plan based on the results of the 3-year assessment and annual progress report. An annual progress report will be created by the DWC.

Annawan School District's Wellness Policy, annual progress report, and assessment results can be found at [www.annawan226.org](http://www.annawan226.org).

### Wellness Policy Record Keeping

The Annawan School District will retain records in the District Unit Office to document compliance with the requirements of the District Wellness Policy. Documentation maintained in the Unit Office will include:

- The written wellness policy;
- Documentation on how the policy and assessments were made available to the public and how the public was invited to provide input;
- Documentation of the annual meeting to review and update the District Wellness Policy including a sign in sheet of those who were in attendance at the meeting and the method(s) the district uses to make stakeholders aware of their ability to participate on the DWC.
- Documentation of the most recent assessment of implementation of the policy.

### 3 Year Progress Assessments

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 the Annawan School District is in compliance with this policy;
- The extent to which the wellness policy compares to model wellness policies;
- Progress made in meeting the goals of the wellness policy.

### 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 published jointly by the U.S. Department of Health and Human Services and Agriculture (USDA). In addition, in order to promote student health and reduce childhood

obesity, the Superintendent or designee shall restrict the sale of competitive foods, as defined by the USDA, in the food service areas during meal periods and comply with all ISBE rules.

Annawan School District will promote and make available to students whole grains, fat-free and low-fat milk. Food served will have moderate sodium levels, will be low in saturated fats, will have zero grams trans fat per serving, and will meet the nutrition needs of school children within their calorie requirements. A variety of fruits and vegetables will be made available each day. Salads will be a daily option as a substitute for the entrée for students in grades 6-12.

### Water

Unflavored drinking water will be available to all students throughout the school day. Drinking water will be available in the district cafeteria during mealtimes. Filtered water-bottle fillers are available near the gym and weight room and students are encouraged to carry water bottles.

### Goals for Nutrition Education

The goals for addressing nutrition education include the following:

- Annawan will support and promote good nutrition for students.
- Annawan 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 our District's comprehensive health education curriculum.

### Goals for Physical Activity

The goals for addressing physical activity include the following:

- Annawan 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.
- During the school day, all students will be required to engage in a physical education course a minimum of three times per week, unless otherwise exempted.
- 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.
- Elementary students will receive a daily recess period.
- Students will be encouraged to participate in the district sponsored extra-curricular activities.

### Nutrition Promotion Goals

The District will promote healthy food and beverage choices for all students throughout the district, as well as encourage participation in school meal programs. The food service director will oversee the promotion campaign. The overall goal of the promotion campaign will be to encourage students to participate in the District Meal Service Program so the students are assured of receiving a meal that meets the Dietary Guidelines for Americans published jointly by the U.S. Department of Health and Human Services and Agriculture (USDA).

### Competitive Foods and Beverages: Exempted Fundraising DAY (EFD) Requests

All food and beverages sold to students on Annawan's campus during the school day must comply with the "general nutrition standards for competitive foods" specified in federal law, unless the Superintendent or designee in a participating school has granted an exempted fundraising day (EFD). To request an EFD and learn more about the District's related procedure(s), contact the Superintendent or designee. The District's procedures are subject to change. The number of EFs is set by ISBE rule.

## Celebrations and Rewards

Foods offered on the school campus will meet or exceed the USDA Smart Snacks in School Nutrition Standards. Celebrations and parties, classroom snacks brought by parents, and rewards and incentives must be purchased from the following snack lists.

### Fruit and Vegetables

- Whole, sliced, cubed or wedge fruit
- Applesauce or Fruit Cups
- Dried Fruit – raisins, apricots, apples, cranberries, pineapples and others with little or no added sugar (not chocolate or yogurt covered)
- Popsicles – with 100% fruit juice and no added sweeteners
- Frozen Fruit Bars
- Vegetables with dip – carrot and celery sticks, cucumber, red and yellow pepper, broccoli etc., with low-fat salad dressing (Ranch or Thousand Island), light dips, bean dips, guacamole, hummus, salsa, peanut butter, yogurt
- Veggie Pockets – cut whole-wheat pita in half and add vegetables with dressing or hummus
- Ants on a Log – peanut butter or low-fat cream cheese on celery or apples with raisins
- Fruit Kabobs

### Healthy Grains

- Pita or Whole Grain Chips – dip in hummus, bean dip or salsa
- Crackers – Whole grain crackers such as Triscuits, Wheat Thins, cheese, peanut butter, Goldfish, and animal crackers
- Mini flavored Rice Cakes
- Popcorn – low-fat popcorn in a bag or microwave popcorn.
- Baked Tortilla Chips
- Granola or Nutrigrain Bars
- Pretzels, Breadsticks
- Kraft Handi-snacks
- Animal Crackers
- Plain Cheez-its, Graham Crackers, Teddy Grahams, Saltines, Whales, Chex Mix
- Cheerios, Chex cereals

### Low-Fat Dairy Foods

- Yogurt
- Cheese

### Other Snack Ideas

- Beef Jerky
- Nuts
- Trail Mix – items to include: low-fat granola, whole grain cereal, nuts, seeds, dried fruit.

### Additional notes:

- Homemade versions of the snacks listed above are acceptable. Any other homemade snacks need pre-approval from the office and need to be made using healthy ingredients.
- Teachers will notify you if there is a student with an allergy in the classroom.
- Foods with minimal nutritional value such as frosted cupcakes, candy, most cookies, jellies, candy-coated popcorn, gummy candy, and chewing gum will not be allowed.
- Modest Serving Sizes – Bigger is not better. Keep the portions small. Try to create modest serving sizes that are appropriate for a mid-morning or afternoon snack.

- “Upgrading” Baked Goods – One simple suggestion is to substitute whole wheat pastry flour for 1/3 to 1/2 of the white flour in a recipe. Unlike coarser ground whole wheat flour, it bakes up almost identically to white and kids can never tell the difference. You can also utilize oat flour and almond meal which are very light in color. You can also cut 1/3 of the sugar out of a cookie or muffin recipe without noticing a big difference in taste. Applesauce and pureed dried prunes are used in many recipes as a substitute for fat and sugar.

### Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools Nutrition Standards may be sold as fundraisers on the school campus during the school day.

### Food and Beverage Marketing

Foods and beverages marketing during the school day will meet or exceed the USDA Smart Snacks in School Nutrition Standards.

### Guidelines for Reimbursable School Meals

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

LEGAL REF.: Child Nutrition and WIC Reauthorization Act of 2004, PL 108-265, Sec. 204  
Child Nutrition Act of 1966, 42 U.S.C. 1771 et. Seq.  
National School Lunch Act, 42 U.S.C. 1758  
Healthy, Hunger-Free Kids Act of 2010, 42 U.S.C. 1758b, PL 111-296.  
42 U.S.C. 1779, as implemented by 7 C.F.R. 210.11  
105 ILCS 5/2-3.137  
23 Ill. Admin. Code Part 305, Food Program  
ISBE’s “School Wellness Policy” Goal, adopted Oct. 2007.

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### Food Services

Good nutrition shall be promoted in the District's meal programs and in other food and beverages that are sold to students during the school day. The Superintendent shall manage a food service program that complies with this policy and is in alignment with board policy 6-750, School Wellness.

Food or beverage items sold to students as part of a reimbursable meal under federal law must follow the nutrition standards specified in the U.S. Dept. of Agriculture rules that implement the National School Lunch and Child Nutrition Acts. Schools being reimbursed for meals under these laws are participating schools. The food service program in participating schools shall comply with the nutrition standards specified in the U.S. Dept. of Agriculture's Smart Snacks rules when it offers competitive foods to students on the school campus during the school day. Competitive foods are all food and beverage that are offered by any person, organization, or entity for sale to students on the school campus during the school day that are not reimbursed under programs authorized by federal law. The food service programs in participating schools shall also comply with any applicable mandates in the Illinois State Board of Education's School Food Service rules implementing these federal laws and the Illinois School Breakfast and Lunch Program Act.

All revenue from the sale of any food or beverages sold in competition with the School Breakfast Program or National School Lunch Program to students in food service areas during the meal period shall accrue to the nonprofit school lunch program account.

LEGAL REF: Russell B. National School Lunch Act, 42 U.S.C. § 1751 et seq.  
Child Nutrition Act of 1966, 42 U.S.C. § 1771 et seq  
7 C.F.R. Parts 210 and 220, Food and Nutrition Service.  
42 U.S.C. § 1779, as implemented by 7 C.F.R. § 210.11  
105 ILCS 125  
23 Ill. Admin. Code Part 305, School Food Service

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