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**Mercer County School District #404**

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**WELLNESS PLAN**

**2017**

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Supporting beliefs and habits that promote health and wellness, good nutrition and regular activity

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## **GOALS FOR NUTRITION EDUCATION**

- Students in preschool through grade 12 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. Special emphasis should be placed on nutrition education in preschool through primary grades as eating habits are established at a young age. 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.
- To achieve positive changes in students' eating behaviors, it is recommended that nutrition education opportunities be provided to students each year. Contact hours may include a combination of classroom instruction; nutrition education provided in the cafeteria; or health fairs, field trips and assemblies providing nutrition education.
- The nutrition education program shall include enjoyable interactive activities such as contests, promotions; taste testing, field trips and school gardens.

## **GOALS FOR PHYSICAL ACTIVITY**

- Students in preschool through grade 12 shall participate in daily physical education that enables them to achieve and maintain a high level of personal fitness; emphasizes self-management skills including energy balance (calories in minus calories out); is consistent with state/district's standards/guidelines/framework; and is coordinated within a comprehensive health education curriculum. The curriculum shall be consistent with and incorporate relevant Illinois Learning Standards.
- It is recommended that students participate in physical education daily except on block scheduled days for those public schools engaged in block scheduling. Special emphasis should be placed on promoting an active lifestyle in preschool through primary grades as health habits are established at a young age. Accommodations shall be made for students with disabilities, 504 plans, and other limitations.
- Schools shall provide a daily supervised recess period to elementary students.
- Students shall be provided opportunities for physical activity through a range of before- and afterschool programs including intramurals, interscholastic athletics, and physical activity clubs.

- Because students should engage in a minimum of 60 minutes of physical activity a day, the physical education program shall actively engage families as partners in providing physical activity beyond the school day.

## **GOALS FOR OTHER SCHOOL-BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS**

### *Parent Partnerships*

- Schools shall support parents' efforts to provide a healthy diet and daily physical activity for their children. This support shall begin in elementary school and continue through middle and high school.
- Parents shall be provided information to help them incorporate healthy eating and physical activity into their student's lives. This information may be provided in the form of handouts, postings on the school/district website, information provided in school/district newsletters, presentations that focus on nutrition and healthy lifestyles and any other appropriate means available for reaching parents.

### *Consistent School Activities and Environment- Healthy Eating*

- 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.
- District #404 will maintain a Wellness Committee made up of parents, students and other school personnel to provide input into the decision-making process.
- 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.
- The wellness committee shall work closely with school instructional staff to reinforce nutrition instruction and foster an environment where students can learn about and practice healthy eating.

- School officials shall take every measure to ensure that student access to foods and beverages 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 class parties and celebrations must provide pre-packed items. A list of recommended food and beverage options will be provided upon request.
- School-based organizations shall be encouraged to raise funds through the sale of items other than food (Attachment A). If school-based organizations choose to raise funds through the sale of food items it is encouraged they use healthy choices.
- 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.
- Schools shall take efforts to promote nutritious food and beverage choices consistent with the current Dietary Guidelines for Americans and Food Guidance System (Choose My Plate) such as fruits, vegetables, low-fat dairy foods and whole grain products.
- Nutrition education shall be provided by trained and well-supported staff.
- All foods and beverages made available on campus shall comply with the federal, state and local food safety and sanitation regulations.
- For the safety and security of food, access to any area involved in storage, preparation or service of food on the school campus shall be limited to persons approved by the school administration, including but not limited to school employees.
- Under Public Act 96-0349 Mercer County School District #404 will adopt policies which promote both prevention and management of life-threatening allergic reactions, also known as anaphylaxis.
- Students identified to be at risk will have a 504 plan, an action plan, food allergy alert form detailing their allergy history, and an individual health care plan (IHCP).

#### *Consistent School Activities and Environment-Physical Activity*

- Physical education shall be provided by trained and well-supported staff that is certified by the state to teach physical education. All physical education teachers shall regularly participate in continuing education activities that impart the knowledge and skills needed to effectively promote enjoyable lifelong healthy eating and physical activity among students.
- The physical education program shall be closely coordinated with the other components of the overall school health program. Physical education topics shall be integrated within other curricular areas. In particular, the benefits of being physically active shall be linked with instruction about human growth, development, and physiology in science classes and with instruction about personal health behaviors in health education class.

- Schools are encouraged to limit extended periods of inactivity. When activities such as mandatory testing make it necessary for students to be inactive for long periods of time, it is recommended that schools give students periodic breaks during which they are encouraged to stand and be moderately active.
- Schools are encouraged to develop community partnerships with other child-serving organizations such as park districts and YMCA's to provide students with opportunities to be active.
- Schools are encouraged to provide student and community access to and promote use of the school's physical activity facilities outside of the normal school day.
- Physical activity facilities and equipment on school grounds shall be safe.
- Schools are encouraged to work with the community to create a community environment that is safe and supportive of students walking or biking to school.

*Food or Physical Activity as a reward or Punishment*

- School personnel are not to use food as an incentive or reward for students except on an individual basis when all other options have been exhausted. These food incentives should be used for a short period of time and infrequently. (Attachment B)
- Meals such as breakfast and lunch will not be withheld as punishment.
- School personnel shall not use physical activity as a punishment or withhold participation in physical education class as a punishment.

**NUTRITION GUIDELINES FOR ALL FOODS AND BEVERAGES AVAILABLE ON SCHOOL CAMPUSES DURING THE SCHOOL DAY**

- Food providers shall offer a variety of age-appropriate, appealing foods and beverage choices and employ food preparation, purchasing and meal planning practices consistent with the current Dietary Guidelines for Americans (e.g. provide a variety of fruits and vegetable choices; serve low-fat and fat-free dairy products; ensure that whole grain products are served).
- All foods and beverages sold individually (apart from the reimbursable school meal) on school campuses during the school day shall meet nutrition standards set by the USDA. This includes:
  - a la carte offerings in the food service program;
  - food and beverage choices in vending machines, snack bars, and school stores.

## **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.

## **MEASURING IMPLEMENTATION & COMMUNITY INVOLVEMENT**

- The district superintendent shall be charged with the operational responsibility for ensuring that each school meets the local wellness policy requirements.
- The district superintendent shall appoint a district wellness team/council that includes parents, students, and representatives of the school food authority, the school board, school administrators, and the public to oversee development, implementation and evaluation of the wellness policy. In addition, it is recommended that the district superintendent also appoints teachers (including preschool- grade 12, family and consumer science, physical education and health educators) and health professionals (school nurse) as members of the team/council. Double check to see if we have all the key players involved.
- The terms of district wellness team/council members shall be staggered for continuity.
- The appointed district wellness team/council shall be responsible for:
  - creating and maintaining bylaws for operation;
  - assessment of the current school environment;
  - development of a wellness policy;
  - presenting the wellness policy to the school board for approval;
  - measuring the implementation of the wellness policy; and
  - recommending revision of the policy, as necessary.
- The principal of each campus shall be responsible for implementation of the local wellness policy and shall appoint a school-based evaluation team to develop and implement an annual evaluation plan.
- The school-based evaluation team shall evaluate policy implementation and identify areas for improvement. The evaluation team shall report their findings to the campus principal and develop with him/her a plan of action for improvement, as needed.
- The wellness team/council shall hear reports from each campus group annually.
- Before the end of each school year the wellness team/council shall recommend to the district superintendent any revisions to the policy it deems necessary.

- The wellness team/council shall report to the superintendent and school board annually on the progress of the wellness team/council and the status of compliance by the campuses.

## **Attachment A**

### **Fundraising Ideas**

- Raffle
- Candles
- Book sale
- Cookbook
- Carwash
- Walkathons
- Student artwork
- Stuffed animals
- Stadium pillows
- School photo ID
- Educational games
- Holiday decorations
- Shopping donation programs
- School mascot temporary tattoos
- Faculty and/or student talent show
- Teacher/student sports competition
- Auction of donated goods and services
- Balloon bouquets for special occasions
- Bottled water with the schools own label
- Refillable water bottle with the school logo
- Glow in the dark novelties (popular at dances)
- Greeting cards, especially designed by students
- School calendars with all the important school dates on them
- Party bags for kids' birthday parties filled with non-food novelties
- Sale of flowers and balloons for the family to purchase for student graduates
- School spirit items- tee-shirts, sweatshirts, sweatpants, lanyards, pennants, bracelets and caps
- Growing and/or selling flowers and plants for holidays such as Valentine's Day and Mother's Day

\*These fundraisers have the added benefit of promoting physical activity for students.

## **Attachment B**

### **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 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, 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.)

## References

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2. Child Nutrition and WIC Reauthorization Act of 2004 [Public Law 108-265, Sec. 204]. <http://thomas.loc.gov/bss>
3. Public Act 094-0199. [www.ilga.gov/legislation/publicacts/fulltext.asp?Name=094-0199](http://www.ilga.gov/legislation/publicacts/fulltext.asp?Name=094-0199)
4. Illinois School Code. [www.ilga.gov/legislation](http://www.ilga.gov/legislation)
  - a. Daily Physical Ed Requirements- Section 27-6 of the School Code [105 ILCS 5/27-6]
  - b. Rules for Comprehensive Health Education- (23 Ill. Adm. Code 253) issued pursuant to the Critical Health Problems and Comprehensive Health Education Act [105 ILCS 10].
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9. Fit, Healthy and Ready to Learn, National Association of State Boards of Education, 2000.
10. Choose My Plate, United States Department of Agriculture. <https://www.choosemyplate.gov/>
11. Minimum School Meals Requirements- section 9(f)(I), 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(f)(1), 1766(a)0
12. Minimum School Meals Requirements- subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779)
13. Illinois School Food Service- III. Adm. Code Section 305.
14. Alliance Product Calculator  
[https://www.healthiergeneration.org/take\\_action/schools/snacks\\_and\\_beverages/smart\\_snacks/alliance\\_product\\_calculator/](https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/alliance_product_calculator/)

## RESOURCES FOR POLICY DEVELOPMENT

- Fit, Healthy and Ready to Learn, National Association of State Boards of Education. 2000. [www.nasbe.org/HealthSchools/index.html](http://www.nasbe.org/HealthSchools/index.html)
- HealthierUS School Challenge, United States Department of Agriculture. [www.fns.usda.gov/tn/HealthierUS/criteria\\_instructions.pdf](http://www.fns.usda.gov/tn/HealthierUS/criteria_instructions.pdf)
- Mercedes Independent School District Student Nutrition/Wellness Plan. 2004. [www.Mercedes.k12.tx.us/menus/Nutrition%20PolicyRJ0-8-04.pdf](http://www.Mercedes.k12.tx.us/menus/Nutrition%20PolicyRJ0-8-04.pdf)
- Model Local School Wellness Policies on Physical Activity and Nutrition, National Alliance for Nutrition and Activity, 2005. [www.schoolwellnesspolicies.org/WellnessPolicies.html](http://www.schoolwellnesspolicies.org/WellnessPolicies.html)
- School Nutrition Association Local Wellness Policy Guidelines, School Nutrition Association. 2005. [www.schoolnutrition.org/Index.aspx?id=1075](http://www.schoolnutrition.org/Index.aspx?id=1075)

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# Mercer County High School Food Fundraising Approval Form

Each fundraising group shall complete this form and get prior approval by a principal before proceeding with a fundraising activity.

Group Name/Organization: \_\_\_\_\_

Name of Advisor: \_\_\_\_\_ Date of Fundraiser: \_\_\_\_\_

Fundraising Activity Description (What are you selling?): \_\_\_\_\_

Describe where and when the fundraising would be conducted: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Why do you want to raise the money (purpose/goal/for what activity)? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Have you held this fundraiser before? (Please circle)      yes      no  
If so, when? \_\_\_\_\_

The following number of food fundraiser exemptions is allowed:  
1 per week (2014 – 2015, 2015 – 2016)  
2 per month (2016 – 2017, 2017 – 2018)  
1 per month (2018 – 2019 and later)

Date Submitted: \_\_\_\_\_

Approved:

Denied:

Reason: 1) Date Already Reserved  
2) Organization has had too many food fundraisers  
3) Other (Explain):

\_\_\_\_\_  
Principal Signature

\_\_\_\_\_  
Date

A list of exempted fundraisers must be kept in each principal's office for a minimum of 3 school years.