

Plainfield Community Consolidated School District 7:250

Student Wellness

The Plainfield Community Consolidated School District 202 recognizes its responsibility to promote a healthy learning environment for all students through its school wellness policy. The five areas required in this policy are:

- Nutrition education goals
- Nutrition standards for all foods available on school campus during the school day
- Physical activity goals
- School-based activities designed to promote student and staff wellness
- Measurement and evaluation of wellness policy

This policy supports the mission of the Plainfield Community Consolidated School District 202 as it promotes life-long wellness behaviors and links healthy nutrition and exercise to students' and staff overall well being, scholastic and professional performance as well as overall readiness to learn.

1. Nutrition Education Goals

- Implement nutrition education from Kindergarten through secondary school as part of a sequential, comprehensive school health education curriculum designed to help students adopt healthy eating behaviors.
- All instructional staff (pre K-12) are directed to integrate positive health promotion themes into daily lessons when appropriate. The benefits of good health and physical activity will be emphasized.
- Coordinate among educational programs and/or courses that serve food to provide consistent messages and reinforce the objectives of the school wellness policy.
- Working in collaboration with community agencies, provide families annually with information to encourage them to teach their children about health and nutrition.

II. Nutrition Standards for all foods available on school campus during the school day

- It is encouraged that decisions made in all school programming reflect positive nutrition messages and healthy food choices.
- Nutritional information will be made available for regularly served foods available on each school campus in the district during the school day, with the objective of promoting student health and reducing obesity.
- Guidelines for reimbursable school meals will meet regulations and guidance issued by the U.S. Department of Agriculture.

A: Ala Carte, Vending Machines, School Stores and other Food Sales

All foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, or student stores) during the school day, will meet the nutrition and portion size standards set by the USDA, Department of Agriculture and the Federal School Lunch Program.

B. Eating Environment

1. Meals are scheduled at appropriate times, with adequate time and space to eat and socialize in a pleasant environment, which has attractive serving and eating areas. It is recommended that at least 20 minutes be allotted for lunch from the time the student is seated.
2. Lunch periods are scheduled as near the middle of the day as possible.
3. Elementary school principals are encouraged to schedule recess before lunch.
4. Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies, food safety, and other restrictions on some children's diets.
5. Convenient access to hand-washing facilities before meals will be available. Students will be encouraged to wash their hands before eating.

C. Teacher-to-Student Incentive/Rewards

1. Instructional staff is encouraged not to use foods or beverages as rewards for academic performance or good behavior,* and will not withhold food or beverages (including food served through school meals) as a punishment.
 2. Food items utilized as an incentive are encouraged to adhere to the District Nutritional Standards and encouraged to not be foods of minimal nutritional value. A listing of criteria will be available on the district website. The District will adhere to the National School Lunch program definition of foods of minimal nutritional value.
- *Unless this practice is allowed by a student's individual education plan (IEP).

D. Foods Brought Into School from Homes or by Parents/Students

1. Food items brought into school are encouraged to adhere to district nutritional standards and encouraged not be foods of minimal nutritional value. The District will adhere to the National School Lunch program definition of foods of minimal nutritional value.
2. Birthdays will be limited to celebrations in the student's own classroom. Suggestions for nutritious foods or non-food items will be made available for teachers and parents.

III. Physical Activity Goals

- A comprehensive physical education program will encompass a variety of opportunities for all students to be physically active including: physical education, recess, after school physical activity programs, and health education that includes an emphasis on the benefits of physical activity as a main component.
- It is recommended that schools provide brief activity breaks in the classroom throughout the school day within regular classrooms to enhance student focus and attention.

IV. School-Based Activities Designed to Promote Student and Staff Wellness

A. Student Wellness

1. District 202 wellness policy guidelines should be considered in planning all school based activities such as school events, field trips, PTA/PTO functions, dances, social events and fund raising activities.
2. Schools should provide access by students, families or community groups to a school's physical activity facilities in accordance with the facilities use policy.

B. Staff Wellness

- Schools should encourage staff to use health assessments, exercise and recreation equipment throughout the district, to maintain a balanced work schedule, and to enjoy opportunities to rejuvenate themselves through healthy recreational activities.

V. Measurement and Evaluation of Wellness Policy

- The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee.
- School food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent. In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes.
- The superintendent annually will develop a summary report for the Board of Education on district-wide compliance with the district's established nutrition and physical activity wellness policies. The Superintendent or designee shall provide periodic reports to the Board of Education regarding the implementation of this policy.

ADOPTED: August 18, 2008