

Wellness Policy Presentation

Presented by the District Wellness Committee

October 20, 2015

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Charge of Committee

- ▶ To review and update our current wellness policy and make recommendations to the Board of Education on any changes to our policy or practices related to wellness.
- ▶ Committee:
 - ▶ Brenda Carter, Board member
 - ▶ Elaine Gehrman, Board member
 - ▶ Irisha Clark, U of I Extension
 - ▶ Nikki Hillier, CU Public Health District
 - ▶ Teresa Turner, School-Based Health Center
 - ▶ Rebecca Webber, employee and former parent
 - ▶ Kari Perkins, Aramark Foodservice Director
 - ▶ Linda Gibbens, employee
 - ▶ Matt Stark, UHS Principal
 - ▶ Sandra Cooper, Thomas Paine Principal
 - ▶ Jennifer Kirwan, Gennifer Gilbert, parent representatives
 - ▶ Carol Baker, CFO

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The policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day.

- ▶ Students have access to healthy foods throughout the school day
- ▶ Students receive quality nutrition education
- ▶ Students have opportunities to be physically active before, during and after school
- ▶ Schools promote student wellness
- ▶ School staff are encouraged to practice healthy nutrition and activity behaviors in and out of school
- ▶ The community is engaged to support students and staff to practice lifelong healthy habits
- ▶ The District manages the oversight implementation and monitoring of the policy and its goals

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School Wellness Committee

-District Wellness Committee (DWC) will meet 4 times per year and be representative of the each school and the community.

-School Wellness Committee (SWC) will convene to review school level issues. School Principal will ensure compliance with the policy.

Wellness Policy Implementation

-District will develop and maintain a plan for implementation

-District will report progress to the board annually

-Wellness policy will be assessed and updated at least every 3 years.

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Nutrition

- ❑ School Meals-Our district is committed to serving healthy meals to help mitigate childhood obesity, support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.
- ❑ Nutrition Promotion-Our District will promote healthy food and beverage choices for all students throughout the school campus using Smarter Lunchroom Techniques.
- ❑ Nutrition Education-Schools will provide nutrition education that follows the Illinois Learning Standards for health curriculum.

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❑ Physical Activity

- Children should participate in 60 minutes of physical activity every day
- physical activity will not be withheld as punishment for any reason

❑ Other Activities that Promote Student Wellness

- Integrate wellness across entire school setting
- All school-sponsored events will be encouraged to adhere to the wellness policy

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