2022-2023
District Wellness Committee
Committee Purpose: To establish and monitor goals and objectives for the District’s schools, specific and appropriate for each instructional unit, for each of the content-specific components listed in the School Wellness Policy.

- School Meals
- Nutrition Promotion
- Nutrition Education
- Physical Activity
- Other Wellness Initiatives
- Community Engagement
COMMITTEE MEMBERS

- PE Teachers
- Parents
- Principals
- School Nutrition Services
- School Nurses
- School Counselors
- Students
- School Board
- Community Leaders
2022-2023 ACCOMPLISHMENTS

Recruit and invite committee members

Review of School Wellness Policy language

Educate committee about NSLP nutrition standards

Update usd116.org/foodservice webpage

Present to Board of Education in spring 2023
CHALLENGES

○ Lack of follow through
○ Limited resources
○ Lack of accountability
○ Cultural norms in conflict with the policy
○ Illinois “Right to Play Every Day” Act
School Wellness Coordinators

Responsibilities

- Helping to gain administrative buy-in
- Assisting the school in establishing a School Health Index team;
- Securing time to work on the School Health Index;
- Facilitating the team through the process;
- Following up with the implementation of the School Health Improvement Plan

Excerpt from page 12 of the CDC’s Guide to Using the School Health Index
GOALS / OPPORTUNITIES

- Vendor selection
- School-based wellness committees
- Monitor compliance
- Promote awareness
- Unused food sharing
- Menu-planning
- Consistency
- Action plans
Resources

USD #116 Wellness Policy:  

CDC School Health Index Home Page:  
https://www.cdc.gov/healthyschools/shi/index.htm

Illinois Right to Play Every Day Act:  

Illinois State Board of Education Playtime Guidance and Resources:  

Research Articles on the benefits of Health and Health Promotion:  
https://drive.google.com/drive/folders/1uzp4BSs-2ZoA6t3NsIW2hsUqOiM2t0XCh?usp=share_link