



# URBANA SCHOOL DISTRICT #116

2022-2023

District Wellness Committee

# 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**

**School  
Nutrition  
Services**

**Students**

**Parents**

**School Nurses**

**School Board**

**Principals**

**School  
Counselors**

**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](http://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

WE ARE

URBANA BETTER

TOGETHER

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**TOGETHER**



# Resources

USD #116 Wellness Policy:

<https://usd116.org/wp-content/uploads/2023/01/Policy-650-USD-School-Wellness-Policy.pdf>

CDC School Health Index Home Page:

<https://www.cdc.gov/healthyschools/shi/index.htm>

Illinois Right to Play Every Day Act:

<https://ilga.gov/legislation/publicacts/fulltext.asp?Name=102-0357>

Illinois State Board of Education Playtime Guidance and Resources:

<https://www.isbe.net/Documents/ISBE-Play-Time-Guidance-Resources.pdf>

Research Articles on the benefits of Health and Health Promotion:

[https://drive.google.com/drive/folders/1uzp4BSs-2ZoA6t3NsIW2hsUqOiM2t0XC?usp=share link](https://drive.google.com/drive/folders/1uzp4BSs-2ZoA6t3NsIW2hsUqOiM2t0XC?usp=share_link)