

## Wellness Policy

### Rationale

The link between nutrition, physical activity and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and wellbeing. Healthy eating and physical activity are essential to reduce risk for many chronic diseases. Schools have a responsibility to help students learn, establish and maintain lifelong healthy eating and activity patterns. Well planned and effectively implemented school nutrition and fitness programs have been shown to enhance students' overall health as well as their behavior and academic achievement in school. Staff wellness is also an integral part of a healthy school environment, since school staff can be daily role models for healthy behaviors.

### Goal

All students in Kane School District schools shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All staff in Kane District are encouraged to model healthy eating and physical activity as a valuable part of daily life.

To meet this goal, the Kane School District adopts these school wellness policies with the following commitments to nutritional education and guidelines, physical activity and, other school based activities and implementations. This policy is designed to effectively utilize school and community resources to equitably serve the needs and interest of all students and staff, taking into consideration cultural differences.

### Nutrition Education

Kane School District schools will promote good nutrition in the following ways:

- Encourage increased consumption of a variety of healthy foods, including fruits, vegetables, whole grains and low fat dairy products.

- Offer food and beverages outside the lunch and breakfast meal service area which are a good source of nutrients, moderate in sodium, fat, calories and sugar that is not naturally occurring in the food.
- Strive to improve student nutritional choices on the school campus by offering healthier meal choices, including fruits, vegetables, whole grains, and low fat dairy products.
- Serve school meals which meet the USDA nutrition standards for all meals, as well as provide sufficient choices, including new foods and foods prepared in new ways to meet the taste preferences of students.
- Designate lunch periods that offer sufficient time to enjoy eating healthy foods. Lunch periods will be scheduled near the middle of the school day when possible.
- Encourage students to test healthy food items with which they are not familiar in order to promote behavior change and healthy school meal consumption.
- Support healthy eating by utilizing the food service area as a learning laboratory to support classroom instruction through menu offerings and signs supporting healthy eating.

### **Promotion of Healthy Eating and Nutrition Guidelines**

- Food and beverages should not be used as reward or punishment.
- Classroom celebrations shall encourage healthy choices and portion control.
- Set guidelines for refreshments served at parties, celebrations and meetings during the school day.
- Offer skim or 1% milk in place of 2% or whole milk.
- Provide students opportunities to practice healthy habits. They can choose from an array of healthy food options, eat in relaxed and comfortable surroundings and enjoy daily physical activity.

### **Physical Activity**

Kane School District will promote physical activity in the following ways:

- Schools will ensure that every student from kindergarten through twelfth grade receives regular, age appropriate, quality physical education.

- Provide, within the school environment, safe enjoyable activities for all students, including those who are not athletically gifted.
- Provide, through physical education, safe and satisfying physical activity for all students, including those with special needs.
- Promote the benefits of regular amounts of physical activity now and throughout life.
- Ensure that physical activity facilities on school grounds are safe and well-maintained.

### **Goals for Other School Based Activities**

Kane District Schools will do the following to support other school-based activities that promote wellness:

- Provide information to parents to help them promote and incorporate physical activity and healthy eating into their children's lives.
- Ensure that students with nutrition-related health problems are referred to appropriate services for counseling or medical treatment.
- Provide dining room supervisory staff (teachers, aids, custodial staff, etc.) with appropriate training on how to maintain a safe, orderly, and pleasant eating environment.

### **Staff as Role Models**

- Train staff who supervise student dining areas to encourage healthy eating patterns through a positive daily experience.
- Offer opportunities and encouragement for staff to model healthy eating habits.
- Develop strategies for teachers, school administrators, students, food service professionals, and community members to serve as role models in practicing healthy eating and physical activity.

### **Food Safety/Food Security**

- All foods made available will comply with state and local food safety and sanitation regulations.

- Implement Hazard Analysis and Critical Control Point (HACCP) plans and guidelines to prevent food illness in school.
- All food service equipment and facilities must meet applicable local and state standards concerning health, safe food preparation, handling and storage, drinking water, sanitation and workplace safety.

**Measuring Implementation:**

The school principal will:

- Ensure that the policy is implemented.
- Conduct a review of the progress toward school wellness policy goals each year and identify areas for improvement.
- Periodically assess how well the policy is being managed and enforced.