



**Anna Community Consolidated School District No. 37**  
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## **Anna CCSD 37 School Wellness Policy**

The policies and procedures outlined in this document are intended to create and maintain a school environment that promotes and protects the health of our students and staff. This policy applies to all schools in the district. District 37 is committed to providing nutrition education, regular physical activity and access to nutritious foods for all students.

### **I. Nutrition education and promotion**

Students will receive consistent nutrition messages throughout schools, classrooms, cafeterias, and school media:

- Teachers will integrate nutrition education into core curricula when appropriate;
- Nutrition promotion may include participatory activities such as contests, promotions and farm visits.
- The nutrition education program will be linked to school meal programs, cafeteria nutrition promotion,
- Nutrition education will be offered in the cafeteria as well as the classroom, with coordination between the foodservice staff and teachers;
- Nutrition education will promote fruits, vegetables, whole-grain products, low-fat dairy products, healthy food preparation methods, and accurate portion sizes;
- Students will have opportunities to taste foods that are low in saturated and trans-fats, sodium and added sugar;
- Staff members responsible for nutrition education will regularly participate in relevant professional development as opportunities arise;
- Nutrition education may be provided to families via handouts, newsletters, postings on the web-site, presentations, and workshops. The school menu will be posted online;
- Families will be encouraged to pack lunches and snacks that meet district nutrition standards and will be provided with written guidance on how to accomplish this.

Specifically, the nutrition curriculum will encompass:

- Promotion of adequate nutrient intake and healthy eating practices;
- Skill development, such as reading labels to evaluate the nutrient quality of foods, meal planning, analysis of health information;
- Examination of the problems associated with food marketing to children;

### **II. Nutrition Standards for All Food and Beverages Sold or Served on School Grounds**

#### **A. USDA School Meals:**

School meals will include a variety of healthy choices while accommodating special dietary needs and ethnic and cultural food preferences. All schools shall participate in the USDA school breakfast and school lunch food programs.

#### **In addition:**

- All reimbursable meals will meet nutrition standards mandated by the USDA, as well as any additional state nutrition standards that go beyond USDA requirements;

- All cafeteria staff will be provided training on USDA meal plans/reimbursable meals as well as cooking techniques, recipe implementation, sanitation, and food safety;
- All menus will be designed/reviewed by the cafeteria director and wellness personnel.
- Students will be provided at least 10 minutes to eat breakfast and 20 minutes to eat lunch.
- Meals will be served in a clean and pleasant setting and under appropriate supervision. Rules for safe behavior and proper food consumption will be consistently enforced;
- Lunch will be in a combined period with recess.
- Tutoring, club, or organizational meetings will not be scheduled during meal time, unless students may eat during such activities;
- Students will have access to hand washing/hand sanitizing facilities before meals and snacks and cafeteria staff will remind students to make use of them;
- Parents and students may be informed that menu/nutritional information is available and kept up-to-date, including carb counts, calories and sodium content of daily meals.
- Participation in school meal programs will be promoted. Parents will be notified of the availability of the breakfast **and** lunch food programs and will be encouraged to determine eligibility for reduced or free meals.
- In order to maintain consistent nutritional guidelines, our district chooses not to offer competitive foods or beverages.
- As much as possible, the District chooses to serve fresh fruits and vegetables, often giving choices when possible.

## **B. Additional Foods Available to Students**

### **Fundraising**

Non-food fundraising is promoted. When in-school fundraising involves food, items cannot be sold for immediate consumption.

- Fundraising activities that promote physical activity are encouraged.

### **Celebrations**

- Celebrations that involve food will be limited.
- Parents will be made aware in advance of when a celebration with food is taking place and what is to be served. Alternatives should be provided for students with food allergies or other dietary concerns.
- Non-food celebrations will be promoted and encouraged when possible.

## **C. Access to Drinking Water**

Students and school staff members will have access to free, safe, fresh drinking water at all times throughout the school day. Water and cups will be provided in the cafeteria based on student dietary needs. Supervisory staff will assist access to water in the cafeteria.

- Students will be allowed to bring drinking water from home into the classroom if needed with prior approval.
- Water will be promoted as a substitute for sugar-sweetened beverages (SSBs)
- School staff will be encouraged to model drinking water consumption.
- Maintenance will be performed on all water fountains regularly to ensure that hygiene standards are met for drinking fountains.

## **III. Other**

### **Marketing**

School-based marketing will be consistent with nutrition education and health promotion. As such, the following guidelines apply:

- Schools will restrict food and beverage marketing to the promotion of only those foods and beverages that have been approved by the administration.

### **Food used as reward or punishment**

Research clearly indicates that the use of food to reward/reinforce desirable behavior and academic performance, etc. has negative, unintended consequences. The use of food as a reward is limited and withholding food as a punishment is strictly prohibited.

#### **IV. Physical Activity**

##### **Physical Education**

K-4 students receive an average of 80 minutes of physical education per week along with an average of 50 minutes of physical activity daily. 5<sup>th</sup> through 8<sup>th</sup> grade students receive an average of 40 minutes of physical education daily along with an average of 20 minutes of physical activity daily. Physical education will be standards-based, using national and state-developed standards. Physical education classes will be sequential, building from year to year, and content will include motor skills, concepts and strategies, engagement in physical activity, physical fitness, responsible behavior and benefits of physical activity. Physical education programs will meet the needs of all students, and actively teach cooperation, fair play, and responsible participation. Students will be able to demonstrate competency through application of skills.

Student involvement in other activities, including those involving physical activity (e.g. interscholastic or intramural sports), will not be substituted for physical education.

- Physical education classes will count toward graduation and GPA;
- Every attempt will be made to balance and maintain an appropriate teacher to student ratio;
- The school will provide adequate space/equipment and conform to all safety standards;
- The school prohibits the use of physical activity and withholding of physical education class and other forms of physical activity as punishment;
- All Physical education classes will be taught by a qualified physical education teacher and at least 50% of class time will be spent in moderate to vigorous activity;
- Physical education staff will receive professional development on a yearly basis;
- The school will conduct annual fitness assessments.

##### **Physical Activity**

All students will have opportunities for physical activity beyond physical education class on a daily basis. Classroom health education will reinforce the knowledge and skills needed to maintain a physically active lifestyle. Students will be encouraged to reduce sedentary time, and will not be required to engage in sedentary activities for more than two hours without an opportunity to stretch and move around. Short (3-5 minute) “energy release” physical activity breaks are encouraged in elementary classes. Teachers will be encouraged to incorporate opportunities for physical activity in the classroom whenever possible and will be encouraged to serve as role models by being physically active alongside the students.

##### **Recess**

All elementary school students will have at least 20 minutes a day of supervised recess during which moderate to vigorous physical activity will be encouraged. Outdoor recess will only be withheld in the event of extreme weather, as defined by the district. In the event that recess must be held indoors, attempts will be made to ensure adequate physical activity for students.

##### **Physical Activity Programs**

The District will encourage extracurricular physical activity programs, such as physical activity clubs, outside teams, camps, organizations and intramural programs. The Jr. High school will offer interscholastic sports programs to students.

#### **V. Safe Routes to School**

Student safety is of utmost importance. The school district will assess and, if necessary, and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. For example, crossing guards may be stationed around the school to facilitate safe walking and biking school commutes, and bike racks will be available. The school will work together with local public works, public safety, and/or police departments in those efforts. School bus and vehicle loading and unloading procedures are designed with student safety as a priority.

**VI. Safety Procedures & Preparation**

- Protocol is in place, preparation has been done, and drills rehearsed, for a variety of weather conditions and possible crises.
- Various staff are certified in CPR/AED use, and AED's are accessible to the public.
- Automated phone messages are frequently used to share important information with the public.

**VII. Physical Health**

- The District employs a full-time nurse who provides a variety of services including delivering appropriate treatments, administering prescribed medication, conducting hearing and vision screenings, and monitoring and maintaining health records.
- Staff is continually provided professional development regarding physical conditions and emergencies and how to respond to those situations.

**VIII. Social & Emotional Health**

- Positive Behavior Interventions and Supports (PBIS) promotes positive behavior and interaction by students and staff relying on the Three R's of Respect, Responsibility and Right Choices at Davie/Junior High, and the Three B's of Be Nice to Yourself, Others and Your School at Lincoln School. Negative behaviors including bullying are discouraged and students are taught how to deal with negative situations through curriculum like "Stop. Walk and Talk."
- Health education classes are provided at the seventh and eighth grade levels, as well as incorporated into the core curriculum at the lower grades.
- A guidance counselor is available for consultation as needs arise.

**IX. Evaluation and Enforcement**

The District has established a Wellness Committee which has the authority and responsibility to insure each school complies with the Wellness Policy. This Wellness Policy was developed/approved by the District Wellness Committee, Parent Advisory Committee, and Board of Education, which are comprised of individuals from the following groups: parents, teachers, school administration, food service director, health services, and health and physical education staff. Meetings will be conducted to review and revise, if needed, policy content and evaluate the District plan. The Committee shall also undertake additional tasks as consistent with the wellness policy guidelines issued by the USDA. There will be an assessment of the "Wellness Policy" at least every three years. Policy revisions will take into account new research and evidence on health trends, new national and state standards and guidelines, new state and federal initiatives, local evaluation data, changing district priorities, and other issues. Results will be accessible to the public via the District website.

(Revised 6/8/17 – Board Approved 6/19/17)