

## EAST COLOMA-NELSON CESD 20 WELLNESS POLICY PLAN

### Belief Statement:

The Board of Education of East Coloma-Nelson CESD 20 is committed to providing a learning environment that supports and promotes wellness, good nutrition, physical activity and the capacity of students to develop and learn.

### Intent:

The purpose of this policy is to provide a school environment that promotes and supports student health and wellness, helps to reduce childhood obesity and meets the requirements of the Child Nutrition and WIC Reauthorization Act of 2004 and Illinois School Code.

### Policy Goals:

#### 1. District Health Committee

The school district will organize a committee to develop and, as necessary, revise school nutrition and physical activity policies. The district health committee will consist of a group of individuals representing the school and community, and should include parents, board, school administrators, teachers, health professionals, and members of the public.

#### 2. Nutritional Guidelines

The school food service program will approve all food and beverage sales to students in all schools. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, beverages sold individually should be limited to low-fat milk.

### School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- Be served in clean and pleasant settings;
- Meet, at a minimum, nutrition requirements established by local, state and Federal statutes and regulations.

### **3. Nutrition Education**

Nutrition Education and Promotion. East Coloma Elementary School District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion through pamphlets and other take home materials. Schools should encourage parents to pack healthy lunches and snacks.

### **4. Physical Activity**

Physical Education (P.E.) K-8. All students in grades K-8, including students with disabilities, special health-care needs, and in alternative educational settings, will receive physical education unless medically restricted or prohibited by an IEP. Students may be exempt from physical education for one day with a parent's note while prolonged exemptions require a doctor's excuse. Student involvement in other physical activities (e.g., recess or intramural sports) during the school day may supplement the physical education requirement.

Physical Activity Opportunities Before and After School. To the extent possible, the middle school will offer co-curricular physical activity programs. All schools will promote and advertise physical activity programs provided by administratively approved outside agencies (i.e., the Part District, YMCA, etc.).

### **5. Other School-Based Activities**

Sharing of Foods and Beverages. Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about bullying, allergies, and other restrictions of diet for some children.

Rewards and Punishments. Schools will not use junk foods or beverages as rewards for individual academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

### **6. Monitoring**

Monitoring. In each school, the principal will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent.

## SCHOOL DISTRICT WELLNESS POLICY

It shall be the policy of this School District to fully comply with the Child Nutrition and WIC Reauthorization Act of 2004 (105ILCS 5/2-3.137). All school districts will have a wellness policy that includes: nutrition guidelines for all foods sold on school campus during the school day; setting school goals for nutrition education and physical activity; establishing community participation in creating local wellness policies; and creating a plan for measuring implementation of these wellness policies.

Adopted: September 19, 2006