

St. Francis Solanus School

Local Wellness Policy

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Preface

In accordance with 7 CFR 210.31(c), a Local Education Agency that participates in the National School Lunch Program (NSLP) and/or School Breakfast Program (SBP) must establish a Local School Wellness Policy for all schools under its jurisdiction. As of June 30, 2017, Local Wellness Policies must meet the minimum requirements set forth in the Final Rule: Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010.

Local Wellness Policies are a valuable tool in the promotion of student health and wellness through the NSLP and SBP. Schools play an essential role in preparing students for successful futures, and proper nutrition and physical activity are key to creating constructive learning environments. Local Wellness Policies provide guidance to further support schools efforts to provide students with a successful and healthy future.

Wellness Policy Committee

Wellness Policy Leadership

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Wellness Policy Committee Members

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Wellness Policy Committee Responsibilities

Public Involvement

St Francis Solanus School permits and encourages public involvement in Local Wellness Policy development, implementation, updates, and reviews. Therefore, the LEA shall invite a variety of stakeholders within the general public to participate in Local Wellness Policy processes. The following methods of communication will be utilized to notify the general public of the opportunity to participate in these processes:

- School Website, School Facebook Page, Handouts

Assessments

Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three years. St. Francis Solanus School shall conduct assessments of the Local Wellness Policy every 3 years, beginning in 2019 and occurring every 3 years thereafter. These assessments will:

- Ensure the wellness policy is in compliance with USDA, State, and Local rules and regulations
- Compare the LEA's wellness policy to model wellness policies
- Measure the progress made in achieving the goals as outlined in the LEA's wellness policy

Updates

The Wellness Policy Committee must update the Local Wellness Policy as appropriate in order to fit the needs and goals of the Local Education Agency. St. Francis Solanus School shall make the following available to the public:

- The Local Wellness Policy, including any updates to the policy, on a yearly basis
- The triennial assessment, including progress toward meeting the goals outlined in the wellness policy

Through the following channels:

- Newsletter, School Website, School Facebook Page

Records

St. Francis Solanus School shall maintain record of the Local Wellness Policy. This includes keeping a copy of the current wellness policy on file and maintaining documentation of the following actions:

- The most recent assessment of the policy
- Availability of the wellness policy and assessments to the public
- Reviews and revisions of the policy, including the individuals involved and the efforts made to notify stakeholders of their ability to participate in the process

Nutrition

St. Francis Solanus School recognizes the important role nutrition plays in academic performance as well as overall quality of life. The National Education Association references numerous articles supporting the effects of nutrition on the classroom, for example, hunger often has a negative impact on students' success, attendance, and behavior.

According to the Centers for Disease Control and Prevention, approximately 18.5 percent of the nation's youth was considered obese in 2015-16. This percentage increased 1.3 percent when compared to the previous year. Conversely, 15.7 percent of American families experienced food hardship in 2017. Through participation in the U.S. Department of Agriculture's School Nutrition Programs, the LEA commits to serving nutritious meals to students in order to prevent both overconsumption of nutrient-poor foods and food insecurity to give students the best chance to succeed inside and outside the classroom.

Nutrition Standards

Meals

All reimbursable meals served for the purposes of the National School Lunch Program (NSLP) and School Breakfast Program (SBP) must meet or exceed USDA nutrition standards and regulations. This includes meeting standards for each of the meal pattern components (i.e. Grains, Meat/Meat Alternates, Fruits, Vegetables, and Milk) as well as meeting or exceeding the limitations set for calories, sodium, saturated fat, and trans fat.

Competitive Foods

All competitive foods and beverages sold must comply with the USDA Smart Snacks in Schools nutrition standards (7 CFR 210.31(c)(3)(iii)). Competitive foods and beverages refer to those that are sold to students outside the reimbursable meal on the school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day). This includes, but is not limited to, vending machines and à la carte items.

St. Francis Solanus School does not sell any competitive foods. We have no vending machines on campus either.

Other Foods and Beverages

The following policy refers to all foods and beverages provided, but not sold to students. St. Francis Solanus School will limit the use of food as a reward or as part of a celebration. Providing alternatives to food as a reward promotes healthier habits by reducing exposure to less nutritious food items and, therefore, the amount of calorie-dense food items consumed (e.g. cakes, cookies, candy, etc.). This helps children develop improved food preferences and hunger cues to carry them throughout life. Instead, schools will implement the following methods for rewards and celebrations:

- We reward students with getting to be the line leader, stickers, special acknowledgements over the speaker, getting to bring in a toy to class, etc.

Fundraisers

Fundraisers promoting food and/or beverage items that are held on school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day) must meet Smart Snacks nutrition standards. However, the School may participate in infrequent exempted fundraising days, in which food and beverage items do not meet Smart Snacks standards, as the School sees fit. These exempted fundraising days shall not exceed nine days within one year. St. Francis Solanus School shall comply with the following procedures when managing exempted fundraising days:

- We do some fundraising with food. Our most popular food fundraisers have been cookie dough, frozen pizzas and Krispy Kreme donuts. These items are not eaten at school.

Nutrition Education

In accordance with the Illinois Learning Standards, St. Francis Solanus School shall meet all Illinois requirements and standards for Health Education. We will include nutrition education within the health education curriculum and integrate nutrition education into other core subjects, as appropriate. Various grade levels and curriculums shall use nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is a part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise).

Nutrition Promotion

St. Francis Solanus School shall implement nutrition promotion techniques through multiple channels, including the cafeteria, classroom, and home.

We shall make cafeteria menus and nutrition information available through the following platforms:

- The school menu is sent home monthly. It is also posted on the St. Francis Solanus website.

The Smarter Lunchrooms Movement uses behavioral economics to positively influence food choices made by children. The evidence-based techniques implemented through the Movement have been proven to increase children's consumption of nutritious foods. The District shall participate in the Smarter Lunchrooms Movement by utilizing the Smarter Lunchrooms 60-point Scorecard and other educational and promotional tools. The District shall implement the following Smarter Lunchrooms techniques:

- Fresh and vegetables are offered when available;
- White milk is offered first in the serving lines;
- Salad is offered daily
- Daily menu is shared during morning announcements

Farm to School efforts positively impact School Nutrition Programs by serving fresh and nutritious food items. Additionally, Farm to School programs have been linked to increased consumption of fruits and vegetables. The School shall participate in the following Farm to School activities:

- Classes have field trips to local farms
- Fruits and vegetables have been grown in the classroom setting.

Marketing

The Local Education Agency will prohibit the marketing and advertising of all foods and beverages that do not meet Smart Snacks nutrition standards on the school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day). The marketing standards described above apply, but are not limited to, oral, written, and graphic statements made for promotional purposes. Items subject to marketing requirements include, but are not limited to, posters, menu boards, vending machines, coolers, trash cans, scoreboards, and other equipment.

Physical Activity

Physical activity is a key component of the health and well-being of all students. Physical activity lowers the risk for certain diseases, including obesity, heart disease, and diabetes. Physical activity also helps improve brain function, allowing students to perform better in school. The Centers for Disease Control and Prevention recommends adolescents get at least 60 minutes of physical activity five days per week. Nearly 79 percent of school-age children fall short of meeting this requirement. The Local Education Agency recognizes this connection and commits to promoting and providing opportunities for physical activity during and outside the school day.

Physical Education

In accordance with the Illinois Learning Standards, St. Francis Solanus School shall meet all Illinois requirements and standards for Physical Education. The School shall offer Physical Education class as follows:

- All grades at St. Francis Solanus School gets P.E. class twice a week. Each class is forty minutes long.

Other Opportunities for Physical Activity

St. Francis Solanus School shall include additional physical activity opportunities, outside of Physical Education class, during the school day through the following:

- All grades receive a twenty-minute recess. Grades K-2 also receive an extra morning recess of 10-15 minutes;
- Annual activities, such as Olympic day, are offered to all grade levels.

The following opportunities for participation in school-based sports shall be offered to students each year:

- Sports are offered through the CYO and IESA.

Physical Activity Promotion

The District shall promote physical activity through the participation in the following initiative(s):

- Students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. The School recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom times at least three days per week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

Other School-Based Activities

Just as it takes a comprehensive curriculum to provide education to support students' futures, St. Francis Solanus School's wellness approach must also be comprehensive in its intent to provide students with the tools they need to live a healthy lifestyle. In order to further establish positive behaviors related to nutrition, physical activity, and health, we commit to making additional wellness-based activities available to all students beyond the cafeteria and gymnasium.

St. Francis Solanus School shall offer other school-based activities to support student health and wellness, including coordinated events and clubs. The following events and clubs shall be organized and promoted each year:

- QCES Running Club
- Other activities to be determined.