

Wellness Policy
Marshall Community Unit District C-2
Approved March 20, 2006

Updated October, 2011

Belief Statement

The Board of Education of Marshall Community Unit District C-2 is committed to providing a learning environment that supports and promotes wellness, good nutrition, and an active lifestyle and recognizes the positive relationship between good nutrition, physical activity and the capacity of students to develop and learn. The school district shall promote good habits of nutrition and physical activity in each student.

Intent

The purpose of this policy is to ensure 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 the Illinois School Code, including goals for nutrition education, physical activity and other school-based activities designed to promote student wellness; nutrition guidelines for all foods available during the school day; a plan for measuring implementation including designating one or more persons charged with operational responsibility; and involving parents, students, school food service providers, the school board, school administrators, and the public in developing this policy.

Rationale

It is a symptom of our society that many children are not developing the habits of eating properly and exercising regularly in their home. As a result, Congress passed the Child Nutrition and WIC Reauthorization Act of 2004 a part of which requires education agencies to develop a local wellness policy. It has therefore become incumbent upon the school to take the lead in promoting a healthy lifestyle.

Goals for Nutrition Education

1. Students in kindergarten through grade 9 shall receive nutrition education as a part of a sequential program that is coordinated within a comprehensive health education curriculum. Students in grades 10-12 will have the opportunity to further their nutrition education by enrolling in elective classes that include dietary information in the curriculum.
2. To achieve positive changes in students' eating behaviors, a variety of activities will be encouraged that include but are not limited to field trips, contests, promotions, and school gardens.

Goals for Physical Activity

1. Students in kindergarten through grade 12 will participate in daily physical activity that encourages the habits of personal fitness and is consistent with the Illinois Learning Standards.
2. Elementary students will be provided with a daily-supervised play related activities.
3. Students will have the opportunity for physical activity in after school programs.

4. To encourage physical activity in the students' daily life, each school will allow community-based activity groups to communicate with the families of the students by providing notices in school announcements or distributing handouts printed by the groups that relate to physical activities that meet outside of the school day.

Goals for Other School-Based Activities Designed to Promote Student Wellness.

Healthy Eating

1. Each school will encourage parents to provide a healthy diet and daily physical activity for their children by providing information about good nutrition to the parents in various forms.
2. All school food service personnel shall have appropriate training.
3. School meals shall be served in an appropriate setting using the guidelines established by the Secretary of Agriculture.
4. Food providers shall take every measure to ensure that student access to foods and beverages on school campuses meets federal, state, and local laws and guidelines.
5. Students, parents, school staff, and community members bringing foods and beverages to school for parties or other meetings shall be encouraged to provide healthful options.
6. All foods and beverages made available on campus shall comply with the federal, state, and local food safety and sanitation regulations.
7. For the safety and security of food, access to any area involved in storage, preparation, or service of food on the school campus shall be limited to authorized personnel.

Physical Activity

1. Physical activity shall be provided to each student on a daily basis unless a doctor restricts the student from specific activities or the building principal removes the student in response to a disciplinary action.
2. The district, when practical, will allow the use of school facilities outside of the school day by individuals, groups, or organizations for the intent of physical activity.
3. The district will ensure that facilities used for physical activity are safe.

Nutrition Guidelines

Guidelines for School Meals

1. School meals served shall meet, at a minimum, the nutrition requirements, and regulations for the National School Lunch Program and/or School Breakfast Program and all applicable state and local laws and regulations.
2. Foods that do not meet the National School Lunch Program and/or School Breakfast Program guidelines shall not be served in competition to the meals served before school or during the school lunch period.
3. Teachers will be encouraged to participate in fundraisers and to provide classroom rewards that include foods that conform to the National School Lunch Program.