ILLINOIS SCHOOL FOR THE DEAF WELLNESS POLICY

Philosophy:

The Illinois School for the Deaf is committed to providing a school and dormitory environment that enhances learning and development of lifelong wellness practices. As a residential facility, we recognize that our school is in a unique position to make a significant impact on our students' health and well-being, by supporting a healthy environment where children will learn and participate in positive dietary and lifestyle practices. It is our belief that improved health optimizes student performance potential and the development of healthy habits will continue to benefit our students as they make lifestyle choices as adults. Administrators and Kari Waters, Health Center Director, at the Illinois School for the Deaf will evaluate the effectiveness of this policy as indicated. Input from teachers, staff, parents, school administrators, and public will be considered before implementing new rules.

Part 1

1. Nutrition Education

   Academic performance, wellness and quality of life are affected by the choice and availability of healthy foods in our schools. Good nutrition supports the physical growth, brain development, resistance to disease, emotional stability and overall wellness of our students and staff.

   i. Goal 1: Students will be given an opportunity to become involved in menu planning, and cultural preferences will be respected.
   ii. Goal 2: Students will understand and be able to explain the importance of different food groups.
   iii. Goal 3: Students will understand how the consumption of calories and the level of physical activity impacts body weight.

2. Health Education

   In the elementary school, health education is presented within the core curriculum and the physical education program. In PreK-12+, age appropriate lesson topics include fitness, nutrition, first aid, drug and alcohol prevention, wellness information, disease information, sexual issues, and death and dying.

   i. Goal 1: Understand human body systems and factors that influence growth and development.
   ii. Goal 2: Promote and enhance health and well-being through the use of effective communication and decision-making skills.
   iii. Goal 3: Students will learn how to acquire valid information about health issues.

3. Physical Education Program

   Physical education and physical activity is an important element in each school’s total education program. The program provides the opportunity for each student to develop the skills,
knowledge, and attitude necessary to participate in a lifetime of healthful physical activity. All physical education classes are taught by state-certified physical education instructors.

i. Goal 1: Acquire movement skills and understand concepts needed to engage in health enhancing physical activity.
ii. Goal 2: Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.
iii. Goal 3: Develop team-building skills by working with others through physical activity.

4. Physical Activity

In addition to the Physical Education Program, ISD provides a recreational program for our student population. Specialized recreation staff plan and implement a variety of enjoyable indoor and outdoor activities that are age appropriate for our students. The recreation program focuses on instilling an enjoyment of physical activities, games, hobbies and interests to help students avoid a sedentary lifestyle. This program provides the opportunity for all students to develop the skills, knowledge, and attitudes necessary to participate in a lifetime of healthful physical activity.

i. Goal 1: Provide each student with the opportunity to develop physically, socially academically, and emotionally in a positive, structured, visually accessible communication environment.
ii. Goal 2: Provide each student with the opportunity to utilize the swimming pool. A certified lifeguard is on duty at all times, while the students are engaged in this activity.

5. Social and Emotional Well-Being

Social workers, psychologists and school nurses provide support and consultation to school and dormitory staff about strategies to promote the social, emotional and physical development of all students. They may also be requested to provide screening and early detection approaches to identify students with social, emotional and mental health problems.

i. Goal 1: Develop self-awareness and self-management skills to achieve school and life success.
ii. Goal 2: Use social-awareness and interpersonal skills to establish and maintain positive relationships.
iii. Goal 3: Demonstrate decision-making skills and responsible behaviors in personal, school and community contexts.

6. Health Services

The ISD Health Center is open and staffed by an R.N. 24 hours a day, seven days a week, when students are on campus. The philosophy of the Health Center is that staff will provide the highest standard of care possible for students at the Illinois School for the Deaf while promoting a safe and healthy environment which allows students to function at their highest potential.
The staff will function under the guidance of the Director of Health Services, Physician Specialist, and Director of Student Life to meet the requirements of health related issues in accordance with the Illinois Department of Human Services, Illinois Department of Public Health, and Illinois State Board of Education.

i. Goal 1: To provide a safe and healthy educational and living environment for the students and staff by promoting infection control and wellness strategies through facility and community resources.


iii. Goal 3: The nursing department will gather data annually including vital signs, height, weight, and BMI based on most up to date physical examination. This information will be kept in each student’s electronic record.

iv. Goal 4: The nursing department is available for consultation regarding healthy weight, healthy eating and sleeping habits, as well as incorporating physical activity into daily schedules.

7. Family, School and Community Involvement

Linkages and partnerships are being established with diverse community organizations to provide a coordinated approach to addressing children’s social and emotional development and mental health needs. There are several agencies with whom the Illinois School for the Deaf has developed linkages. These include, but are not limited to, Illinois Service Resource Center, Y.M.C.A., and the Morgan County Health Department.

Part 2

1. Nutrition Guidelines

The Illinois School for the Deaf will follow the recommendations brought forth by the Illinois State board of Education and the United States Department of Agriculture. The dietary department will ensure that reimbursable meals meet the program requirements and nutrition standards required by federal regulations.

- Nutrition guidelines for all sold foods will follow the Smart Snacks in School Nutrition Standards (USDA) and will be followed by our dietary department. (See attached copies of nutrient standards for grade levels.) [http://www.isbe.net/Documents/smart-snacks.pdf](http://www.isbe.net/Documents/smart-snacks.pdf)
- A la carte offerings to students shall be nutritious and meet federally recommended guidelines.
- School and dorm staff will monitor students during each meal, observing eating patterns and assisting students to make healthy choices.
- Vending machines – students will not have access to soda or snacks via vending machines during the school day hours.
Illinois School for the Deaf will encourage healthy food/beverage options with classroom parties and/or special events.

Part 3
Assurances

Part 4
Measurement of Implementation of Wellness Policy

Part 5
Community Involvement in Development of Wellness Policy

Addendums for the 2012-2013 School Year

2013 – Accommodations are being made for those with dietary restrictions or preferences. For example, we have a student that has a MD note for a vegetarian only meal. Supplemental items are specially ordered for him for meal times.

2013 – Updates through national links “Action for Healthy Kids”.

Addendums for the 2016-2017 School Year

Emergency action plan for food allergy will be placed in student’s medical file. Physician Statement for Food Substitution will be available as indicated. Partnering with our local hospital for Physician prescribed nutritional guidance counseling. TLP partnering with the YMCA to promote daily activity.