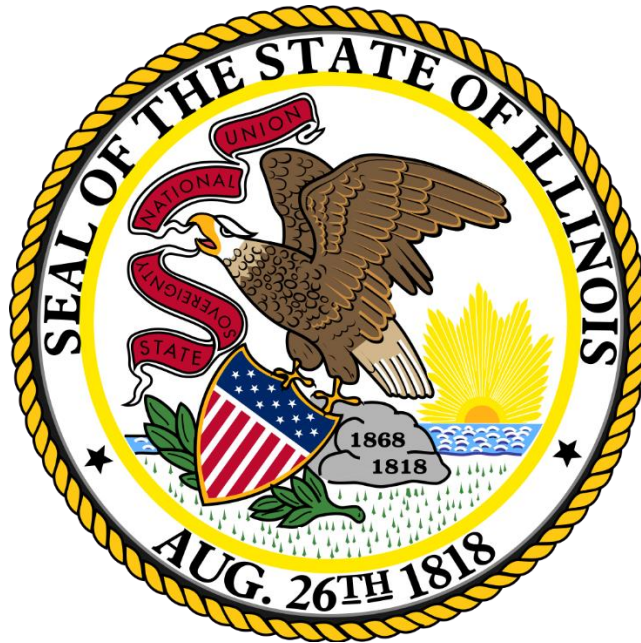


# Illinois School for the Deaf



## Wellness Policy



May 2021

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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 Responsibilities

## Public Involvement

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

- The ISD wants feedback from the general public and requests input to the Wellness Policy be emailed to the Wellness committee.

## Assessments

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

- Ensure the wellness policy is in compliance with USDA, State, and Local rules and regulations
- Compare ISD's wellness policy to model wellness policies
- Measure the progress made in achieving the goals as outlined in ISD's wellness policy
- Use the WellSAT-1 assessment tool

## Updates

The Wellness Policy Committee must update the Local Wellness Policy as appropriate in order to fit the needs and goals of the school. ISD shall make the following available to the public:

- The 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:

- ISD posts the Wellness Policy and yearly updates on the website under the Wellness Policy icon.

### Updates 2021:

**Goal 1:** Increase our Smart Snack options in our school stores by 20% by the end of the 2021-2022 school year.

**Goal 2:** Increase participation in ECA's by 10% by the end of the 2021-2022 school year.

**Goal 3:** A fruit taste test is offered at least once a year.

**Goal 4:** A vegetable taste test is offered at least once a year.

**Goal 5:** A new entrée taste test is offered at least once a year.

## Records

ISD shall maintain record of the 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

ISD 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.

In order to be compliant with the USDA final rule, ISD will participate in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) and will provide meals that meet the nutrition standards for school meals by including:

- Fruits and vegetables, including a variety of fruits and vegetables that meet the required vegetable subgroups (dark green, red and orange, dry beans and peas and legumes)
- Grains (whole grain-rich)
- Meats and meat alternates
- Fat-free and low-fat milk
- Access to free drinking water

### 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 machine and à la carte items.

ISD does not vending machines available for students.

### Other Foods and Beverages

The following policy refers to all foods and beverages provided, but not sold to students. ISD will begin eliminating 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:

- Field Day
- Movie Party
- Dance Party
- Stickers
- Use the principal's chair for the day
- Listening to music while working
- Various non-food items available in school store
- Walking field trip to a nearby park
- Extra recess

### 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, ISD may participate in infrequent exempted fundraising days, in which food and beverage items do not meet Smart Snacks standards, as ISD sees fit. These exempted fundraising days shall not exceed nine days within one year. The LEA shall comply with the following procedures when managing exempted fundraising days:

- ISD's superintendent must approve any fundraiser forms. Only high school students are permitted to sell food items as fundraisers during exempted days of the school year.

## Nutrition Education

In accordance with the Illinois Learning Standards, ISD shall meet all Illinois requirements and standards for Health Education. The Local Education Agency shall 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 information, research, and materials from the following resources:

- Health and Fitness Class incorporates 1-2 hours a week of nutrition education. The Health Advocacy Program curriculum (modified, but as guide) has been implemented. ISD also incorporates making healthy snacks that are simple and quick. There is also lessons about healthy cooking methods (fry vs bake, etc.). ISD also uses YouTube fitness videos and workouts instruction. These videos included choosing the healthier option, when given two, and doing exercise for 20-30 seconds associated with their choice.

ISD shall incorporate nutrition education into the following curriculums for the following grade levels:

Course Title: Nutrition and Culinary Arts I (ISBE # 16054A001)

- Course Description: This course includes classroom and laboratory experiences needed to develop a knowledge and understanding of culinary principles and nutrition for people of all ages. Course content encompass: food service and preparation management using the decision-making process; meeting basic needs by applying nutrition concepts; meeting health, safety, and sanitation requirements; maximizing resources when planning /preparing/preserving/serving food; applying hospitality skills; analyzing nutritional needs in relation to change; and careers in nutrition and culinary arts, including entrepreneurship investigation. This course will also include the Food Handlers Class where students will have the opportunity to earn their food handler certification. This is a two semester course.

Course Title: Nutrition and Culinary Arts II (ISBE # 16054A002)

- Course Description: Nutrition and Culinary Arts II provides principles of application into the hospitality industry, including nutrition, culinary, and entrepreneurial opportunities. Course content includes the following: selection, purchase, preparation, and conservation of food, dietary needs and trends, regional & international cuisine, safety and sanitation, and careers in

food service industries. All of these concepts can be interpreted through laboratory experiences. This is a two semester course.

Course Title: FLS/TLP Health and Fitness (ISBE #08052A000)

- Course Description:

Students will recognize and apply appropriate health habits and practices including nutrition, fitness and health care with an active fitness component (typically including aerobic activity and fitness circuits) utilizing community resources. Students will identify preferred activities as well as following the safety equipment and/or facility guidelines with the intention of conveying the importance of life-long wellness habits. This course is an alternate to adaptive PE.

## Nutrition Promotion

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

- Daily newsletter from ISD is emailed to all parents and staff which includes the weekly lunch menu

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. ISD shall participate in the Smarter Lunchrooms Movement by utilizing the Smarter Lunchrooms 60-point Scorecard and other educational and promotional tools. ISD shall implement the following Smarter Lunchrooms techniques:

- A fruit taste test is offered at least once a year.
- A vegetable taste test is offered at least once a year.
- A new entrée taste test is offered at least once a year.

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 District shall participate in the following Farm to School activities:

- ISD does not have a Farm to School program.

## Marketing

ISD will prohibit the marketing and advertising of all foods and beverages 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. *This policy does not require schools to*

*immediately replace equipment that does not meet this requirement; however, the District shall implement these standards as equipment needs replaced in the future.*

Goal met: ISD does not promote any marketing of food or beverages to students on campus.

## 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, the ISD shall meet all Illinois requirements and standards for Physical Education. ISD shall offer Physical Education class as follows:

- P.E. Classes are offered daily for Jr. High and High School students grades 7 – 12. Class time is 43 minutes.
- TLP Students can take P.E. dependent on their course eligibility.
- Adaptive P.E. class is offered for FLS students one period a day.
- Courses: Standard P.E. curriculum for junior high and high school students. Coursework includes fitness, fitness testing, competitive and non-competitive athletic games, leisure activities, Fitnessgram fitness testing, Brockport Physical Fitness tests, Presidential physical fitness guide, motor skills, basic weightlifting, basic Crossfit activities, and personal fitness monitoring.
- Recent past history an Early Bird Fitness class has been offered to high school age students. This course was a fitness class including Crossfit activities ie. weightlifting, cardio, stretching and personal fitness activities.
- Elementary P.E. Classes are offered daily for students grade Prek-6<sup>th</sup> Grade for 40 minutes daily.
- Courses: Standard P.E. curriculum (C.A.T.C.H.) for Pre-k through 6<sup>th</sup> Grade students. Coursework includes fitness activities, fitness testing (Fitnessgram and Brockport), competitive and non-competitive games, leisure activities, Presidential physical fitness guide, locomotor skills, and basic Crossfit activities.

## **Other Opportunities for Physical Activity**

ISD shall include additional physical activity opportunities, outside of Physical Education class, during the school day through the following:

- Students walk on campus from class to class. (4 minutes between classes)
- There are additional recess activities at ISD.
- Students walk to and from the dormitory before and after school. (5 minutes)
- Some students, dependent on their IEP, may visit the LRE room or sensory room for brain breaks or sensory stimulation.

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

- Junior High sports: \*Some sports may utilize a co-op with other local schools dependent on numbers.
- Girls: volleyball, basketball, cheerleading, and track and field
- Boys: basketball, cheerleading, track and field
- High School Sports: \*Some sports may utilize a co-op with other local schools dependent on numbers.
- Girls: volleyball, basketball, cheerleading, wrestling, and track and field
- Boys: football, basketball, wrestling, cheerleading, and track and field
- Elementary Sports: JSA Soccer League, and YMCA/ Fitness World Basketball League

## Physical Activity Promotion

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

- ISD organizes a 5K Fun Run, Walk or Push yearly to support our out of state travel fund

## Other School-Based Activities

Just as it takes a comprehensive curriculum to provide education to support students' futures, ISD'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, the LEA commits to making additional wellness-based activities available to all students beyond the cafeteria and gymnasium.

The Local Education Agency shall offer other school-based activities to support student health and wellness, including coordinated events and clubs. The following health, wellness, and/or nutrition clubs shall be offered to students each year:

ISD offers after school clubs which include:

- Cooking club
- Tiger Fitness club

**Goal:** Increase participation in ECA's by 10% by the end of the 2021-2022 school year.