

# NCHS District 18 Wellness Policy

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# NCHS District 18 Wellness Policy

## Preamble

Newark Community High School District 18 (hereto referred to as the District) is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes.<sup>2,3,4,6,10,11</sup> However, less-than-adequate consumption of specific foods, including fruits, vegetables and dairy products, is associated with lower grades among students.<sup>7,8</sup> In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities – do better academically.<sup>3,4,5,10,11</sup> Finally, there is evidence that adequate hydration is associated with better cognitive performance.<sup>9</sup>

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day, both through reimbursable school meals, provided by Newark Grade School District 66, in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The District, in conjunction with Newark Grade School District 66, establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all student and staff in the District. Specific measureable goals and outcomes are identified within each section below.

## **School Wellness Committee**

### ***Committee Role and Membership***

The District will convene a representative district wellness committee (hereto referred to as the DWC) that meets triennially to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy (heretofore referred as “wellness policy”).

The DWC membership will include to the extent possible, but not be limited to: parents and guardians, students, representatives of the school nutrition program, physical education teachers, health education teachers, school health professionals (e.g. health education teachers, school health service staff), mental health and social services staff (e.g. school counselors, psychologists, social workers, or psychiatrists), school administrators (e.g., superintendent, principal, vice principal), school board members, health professionals (e.g., dietitians, doctors, nurses, dentists), and the general public. To the extent possible, the DWC will reflect the diversity of the community.

### ***Leadership***

The Superintendent or designee (s) will convene the DWC and facilitate development of and updates to the wellness policy, and will ensure the school’s compliance with the policy.

The designated official for oversight is Karen Sapsford, Nurse for Newark Community High School.

<b>Name</b>	<b>Title/Relationship to the School or District</b>	<b>Email Address</b>	<b>Role on Committee</b>
Alyssa Olin	Social Worker	<a href="mailto:aolin@nchs18.org">aolin@nchs18.org</a>	Assists in the evaluation of the wellness policy implementation
Hannah Kotora	FACS Teacher	<a href="mailto:hkatora@nchs18.org">hkatora@nchs18.org</a>	Assists in the evaluation of the wellness policy implementation
Josh Cooper	PE Teacher	<a href="mailto:jcooper@nchs18.org">jcooper@nchs18.org</a>	Assists in the evaluation of the wellness policy implementation
Brittany Prentice	Athletic Trainer	<a href="mailto:bprentice@nchs18.org">bprentice@nchs18.org</a>	Assists in the evaluation of the wellness policy implementation
Tonya Grayson	Health Teacher	<a href="mailto:tgrayson@nchs18.org">tgrayson@nchs18.org</a>	Assists in the evaluation of the wellness policy implementation
Jan Ingraham	Administrative Assistant	<a href="mailto:jingraham@nchs18.org">jingraham@nchs18.org</a>	Assists in the evaluation of the wellness policy implementation
Edward Boswell	Superintendent	<a href="mailto:eboswell@nchs18.org">eboswell@nchs18.org</a>	Assists in the evaluation of the wellness policy implementation
	School Brd Member/Parent		Assists in the evaluation of the wellness policy implementation

Name	Title/Relationship to the School or District	Email Address	Role on Committee
Karen Sapsford	School Nurse	<a href="mailto:ksapsford@nchs18.org">ksapsford@nchs18.org</a>	Assists in the evaluation of the wellness policy implementation
Mary Compton	Food Service Director	<a href="mailto:mcompton@ngsd66.org">mcompton@ngsd66.org</a>	Assists in the evaluation of the wellness policy implementation

## I. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

### ***Implementation Plan***

The District will develop and maintain a plan for implementation and execution of this wellness policy. The plan delineates specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness.

This wellness policy and the progress reports can be found at: [www.newarkhs.k12.il.us](http://www.newarkhs.k12.il.us)

### ***Recordkeeping***

The District will retain records to document compliance with the requirements of the wellness policy in the Superintendent’s office and the School Nurse’s office. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Local School Wellness Policy; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the DWC;
- Documentation to demonstrate compliance with the annual public information requirements;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

### ***Annual Notification of Policy***

The District will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The District

will make this information available via the district website and/or district-wide communications. The District will provide as much information as possible about the school nutrition environment. This will include a summary of the District's events or activities and updates related to wellness policy implementation. Annually, the District will also publicize the name and contact information of the District/school officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

## **II. Nutrition**

### ***School Meals***

Our school district, in conjunction with Newark Grade School District 66, is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams trans-fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements.

The District participates in USDA National School Lunch Program (NSLP). The District is committed to offering school meals that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are eaten in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state and Federal statutes and regulations. (The District offers reimbursable school meals that meet USDA nutrition standards)

### ***Staff Qualifications and Professional Development***

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

### ***Water***

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day. The District will make drinking water available where school meals are served during mealtimes. Students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

### ***Competitive Foods and Beverages***

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards (Appendix A). These standards will apply in all locations and through all services where foods and beverages are sold.

### ***Celebrations and Rewards***

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards.

### ***Fundraising***

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day.

### ***Nutrition Promotion***

The District will promote healthy food and beverage choices for all students throughout the school campus. This will occur by:

- Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards.
- Incorporation of the nutrition standards listed above.

### ***Nutrition Education***

The District will teach, model, encourage and support healthy eating by all students. Schools will provide 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 part of not only health education classes, but also integrated into other classroom instruction.
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities.
- 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); and
- Teaches media literacy with an emphasis on food and beverage marketing.

### ***Essential Healthy Eating Topics in Health Education***

The District will include in the health education curriculum a minimum of 12 of the following essential topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from MyPlate
- Reading and using FDA's nutrition fact labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- The Dietary Guidelines for Americans
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

### ***Food and Beverage Marketing in Schools***

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health and physical activity. These efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote students' health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy.

As the District/school nutrition services/Athletics Department reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the District wellness policy.

### **III. Physical Activity**

According to the US Department of Health and Human Services Physical Activity Guidelines for Americans ([https://health.gov/sites/default/files/201909/Physical\\_Activity\\_Guidelines\\_2nd\\_edition.pdf](https://health.gov/sites/default/files/201909/Physical_Activity_Guidelines_2nd_edition.pdf)), to see health benefits adults need moderate physical activity for a total of at least 30 minutes most days of the week, preferably daily, and children need at least 60 minutes per day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement and the district is committed to providing these opportunities. Schools will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education. Physical activity during the school day **will not be withheld** as punishment for any reason.

To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

#### ***Physical Education***

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. The curriculum will support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All District students are required to take the equivalent of 4 academic years of physical education.

The District physical education program will promote student physical fitness through individualized fitness and activity assessments (via the Fitness Gram Program) and will use criterion-based reporting for each student.

- All physical education teachers in the District will be required to participate in at least a once a year professional development in education.

- All physical education classes in the District are taught by licensed teachers who are certified or endorsed to teach physical education.

### ***Essential Physical Activity Topics in Health Education***

Health education will be required and all high school students will take and pass at least one health education course. The District will include in the health education curriculum a minimum of 12 of the following essential topics on physical activity:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise and fitness
- Phases of an exercise session, that is, warm up, workout and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as screen time
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity

### ***Active Academic***

Teachers may incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.

### ***Before and After School Activities***

The District makes efforts to offer opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods.

#### **IV. Other Activities that Promote Student Wellness**

The District will integrate wellness activities across the entire school setting, not just in the student center, but also at other food and beverage venues and physical activity facilities. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

##### ***Community Health Promotion and Family Engagement***

The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

The District will use electronic mechanisms (e.g., email or displaying notices on the district's website), as well as non-electronic mechanisms (e.g., newsletters, presentations to parents or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

##### ***Professional Learning***

When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school. Professional learning will help District staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

##### ***Social Emotional Learning***

The district will promote school wide social emotional wellness within and out of the classroom environment. Educators will encourage students to seek the assistance of the school social worker to ensure that support being provided is appropriate for their needs. When possible, the district will provide continuing education and professional development to district staff on social emotional learning and how mental wellness impacts educational success. If the mental health needs of the student are beyond that which the school can provide, staff must respond accordingly to ensure the safety and wellness of the student.

## **References**

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- <sup>2</sup> Bradley, B, Green, AC. *Do Health and Education Agencies in the United States Share Responsibility for Academic Achievement and Health? A Review of 25 years of Evidence About the Relationship of Adolescents' Academic Achievement and Health Behaviors*, Journal of Adolescent Health. 2013; 52(5):523–532.
- <sup>3</sup> Centers for Disease Control and Prevention. *The association between school-based physical activity, including physical education, and academic performance*. Atlanta, GA: US Department of Health and Human Services, 2010.
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- <sup>7</sup> Neumark-Sztainer D, Story M, Dixon LB, Resnick MD, Blum RW. *Correlates of inadequate consumption of dairy products among adolescents*. Journal of Nutrition Education. 1997;29(1):12–20.
- <sup>8</sup> Neumark-Sztainer D, Story M, Resnick MD, Blum RW. *Correlates of inadequate fruit and vegetable consumption among adolescents*. Preventive Medicine. 1996;25(5):497–505.
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- <sup>10</sup> Singh A, Uijtendewilligne L, Twisk J, van Mechelen W, Chinapaw M. *Physical activity and performance at school: A systematic review of the literature including a methodological quality assessment*. Arch Pediatr Adolesc Med, 2012; 166(1):49-55.
- <sup>11</sup> Taras, H. *Nutrition and student performance at school*. Journal of School Health. 2005;75(6):199–213.

## Appendix A

### Best Practices for Smart Snacks

Smart Snacks in School—Nutrition Standards for Food	
<p><b>Any food sold in schools during the school day other than those foods provided as part of the school meal programs, must:</b></p> <ul style="list-style-type: none"> <li>• Be a grain product that contains 50% or more whole grains by weight or have whole grains as the first ingredient; or</li> <li>• Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food (e.g. beans, eggs, poultry, meat, nuts, seeds, etc.); or</li> <li>• Be a combination food that contains at least ¼ cup of fruit and/or vegetable</li> </ul>	<p><b>Foods must also meet several nutrient requirements:</b></p> <p>Calorie limits:</p> <ul style="list-style-type: none"> <li>• Snack items: ≤ 200 calories</li> <li>• Entrée items: ≤ 350 calories</li> </ul> <p>Sodium limits:</p> <ul style="list-style-type: none"> <li>• Snack items: ≤ 200 mg</li> <li>• Entrée items: ≤ 480 mg</li> </ul> <p>Fat limits:</p> <ul style="list-style-type: none"> <li>• Total fat: ≤ 35% of calories</li> <li>• Saturated fat: &lt; 10% of calories</li> <li>• Trans fat: zero grams</li> </ul> <p>Sugar limit:</p> <ul style="list-style-type: none"> <li>• ≤ 35% of weight from total sugars</li> </ul>

**The following foods or combinations of foods are exempt from certain nutrient standards.**

- Fresh and frozen fruits and vegetables, canned fruits packed in 100% juice or light syrup, with no added ingredients except water, canned vegetables (no salt added/low sodium), with no added fats are exempt from all nutrient standards.
- Reduced-fat cheese (including part-skim mozzarella); nuts, seeds, or nut/seed butters; apples with reduced-fat cheese; celery with peanut butter (and unsweetened raisins); whole eggs with no added fat are exempt from total fat and saturated fat standards, but must meet all other nutrient standards.
- Seafood with no added fat (e.g., canned tuna packed in water) are exempt from the total fat standard, but must meet all other nutrient standards.
- Dried fruits with no added sugars, dried cranberries, tart cherries, or blueberries, sweetened only for processing and/or palatability, with no added fats are exempt from the sugar standards, but must meet all other nutrient standards.
- Trail mix of only dried fruits and nuts and/or seeds, with no added sugars or fats are exempt from the total fat, saturated fat, and sugar standards, but must meet all other nutrient standards.

## Smart Snacks in School—Nutrition Standards for Beverages

All schools may sell:	Additional options for high school:
<ul style="list-style-type: none"><li>• Plain water (with or without carbonation)</li><li>• Unflavored or flavored low-fat or fat-free milk and milk alternative permitted by National School Lunch Program</li><li>• 100% fruit or vegetable juice</li><li>• 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners</li></ul> <p><i>There is no portion size limit for plain water. Middle schools and high schools may sell up to 12-ounce portions of milk and juice.</i></p>	<ul style="list-style-type: none"><li>• Calorie-free beverages that are labeled to contain &lt;5 calories per 8 fluid ounces or &lt;10 calories per 20 fluid ounces in up to 20 ounce portions</li><li>• Lower-calorie beverages with a maximum of &lt;40 calories per 8 fluid ounces, or &lt;60 calories per 12 ounces in up to 12 ounce portions (equivalent to 5 calories per fluid ounce)</li></ul>

From USDA [A Guide to Smart Snacks in School \(for school year 2019-2020\)](https://www.fns.usda.gov/tn/guide-smart-snacks-school).  
<https://www.fns.usda.gov/tn/guide-smart-snacks-school>

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