

Taft School District 90 Local Wellness Policy

PHILOSOPHY AND COMMITMENT

The School Board of Taft School District 90 is committed to providing a learning environment that supports and promotes wellness, good nutrition and an active lifestyle for our students. The positive relationship between good nutrition, emotional support, physical activity and positively influence students' beliefs and habits to promote health and wellness emotionally and physically. In addition, school staff shall be encouraged to model healthy activities throughout the day.

LEADERSHIP AND COMMITTEE DEVELOPMENT

1. The district superintendent shall be charged with the operational responsibility for ensuring that Taft school meets the local wellness policy requirements. The district superintendent shall appoint a well-rounded district wellness committee that includes administration, teachers, staff members, and community members to oversee the development, implementation, and evaluation of the wellness policy.
2. The appointed district wellness committee shall be responsible for:
 - assessment of the current school environment.
 - development of a wellness policy.
 - measuring the implementation of the wellness policy; and
 - recommending revision of the policy, as necessary.
3. The principal/superintendent shall be responsible for implementation of the local wellness policy and shall appoint a school-based evaluation team to develop and implement an annual evaluation plan.
4. The school-based evaluation team shall evaluate policy implementation and identify areas for improvement. The evaluation team shall report their findings to the campus principal and develop with him/her a plan of action for improvement, as needed.

PUBIC INVOLVEMENT

Taft School District 90 permits and encourages public involvement in Local Wellness Policy development, implementation, updates, and reviews. The school district will seek input and guidance from our community by using the following communication methods to promotes public involvement.

- Weekly newsletter notifications
- School Website
- Communication blasts through school system

ASSESSMENTS

Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three years. Taft School District 90 shall conduct assessments of the Local Wellness Policy every 3 years, beginning in 2023 and occurring every 3years thereafter. These assessments will:

- Ensure the wellness policy is in compliance with USDA, State, and Local rules and regulations
- Compare Taft School District 90's wellness policy to model wellness policies
- Measure the progress made in achieving the goals as outlined in Taft SD 90's wellness policy

UPDATES

The Wellness Committee must update the Local Wellness Policy as appropriate in order to fit the needs and goals of Taft SD 90. Taft SD 90 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:

- Weekly newsletter notifications
- School Website
- Communication blasts through school system

INTENT OF THE WELLNESS PLAN

The purpose of these guidelines is to ensure a total 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, without limitation:

- Goals for nutrition education
- Physical activity and other school-based activities designed to promote student wellness.
- Nutrition Guidelines for food available during the school day.
- Involving parents, students, school food service providers, the school board, school administrators, school nurses, and the public in developing these guidelines.

NUTRITION

Taft SD 90 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 EDUCATION

1. Nutrition Education Curriculum will be consistent with the current state of Illinois standards.
2. Nutrition education will be integrated across the curriculum as possible and focused on as a part of the health and physical fitness curriculum.

NUTRITION PROMOTION

The district shall implement nutrition promotion techniques through multiple channels, including the cafeteria, classroom, and home. The District shall make cafeteria menus and nutrition information available through the following platform: www.taft90.org

UNUSED FOOD SHARING PLAN

Taft School District makes every effort to only order the precise number of meals needed on a daily basis. Since our lunch program is a vended meal program the unused food is already strictly limited since our meals are ordered on a monthly basis based on parents completing order forms for all students, even those students who qualify for free or reduced lunches. However, in the event excess food remains, the district will continue to provide food to students in need beyond the meals provided through the USDA School Nutrition Programs.

NUTRITIONAL QUALITY OF FOODS AND BEVERAGES SOLD AND SERVED IN SCHOOLS

A. School Meals

All reimbursable meals served for the purposes of the National School Lunch Program (NSLP) 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.

Meals served through the National School Lunch Program will:

- Be appealing and attractive to children.
- Be served in a clean and pleasant setting.
- Meet, at minimum, nutritional requirements established by local, state, and federal statutes and regulations. See Attachment C.
- Expansion of Farmers Market Bar (fresh fruit and vegetables).
- Providing students with at least 20 minutes for lunch.
- Working to schedule meal periods at appropriate times.
- Not scheduling tutoring, clubs, or student meetings during lunch unless the students may eat during such activities.

B. Encourage Hand washing

1. Hand Sanitizer (lunch).
2. Wash Hands (snack break).

C. Food and Beverages Sold Individually/Competitive Foods

1. No outside food and beverages will be sold in competition to the approved meals during the school day.
2. Milk will be the only beverage sold separately during the lunch period.

D. Celebrations, Classroom Rewards, and School-Sponsored Events

1. Non-edible treats and incentives are preferred. See Attachment A.
2. Schools should work to ensure that foods and beverages for classroom reward parties and celebrations are healthy snacks. See Attachment B.

3. K-4 students are permitted to participate in a daily snack. The snack should be high in fiber and low in fat such as fresh fruits and vegetables. All snacks should be sent from home on a daily basis.
4. Snack for parties. See Attachment B.

E. Fundraisers

All 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) should meet Smart Snacks nutrition standards.

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.

1. School will support and promote an active lifestyle for students.
2. Provide every student in grades K-8, including students with disabilities, a minimum of 150 minutes of physical activity per week. Middle school students as much as 215 minutes per week.
3. Students will receive supervised recess daily
4. Students will receive a physical fitness class up to 3 days per week.
5. Grades 3, 5, & 7 - Fitness Gram Assessment.

MONITORING OF THE WELLNESS PLAN

Taft School District 90 Wellness Committee will be responsible for monitoring the effective implementation of the wellness guidelines. Parent and faculty input will be sought during the school year to measure the effectiveness of the plan.

Attachment A

Suggestions for Classroom Rewards and Student Incentives

- Line Leader
- Verbal praise
- Sit by friends
- Teacher's assistant
- Enjoy class outdoors
- A field trip for the class
- Choosing a class activity
- Walk with a teacher during recess
- Eat lunch outdoors with the class
- Eat lunch with the principal/superintendent
- Taking care of the class animal for a day
- Have lunch in the classroom
- A note from the teacher to the student commending his or her achievement
- A phone call, email, or letter sent home to parents or guardians commending a child's accomplishment
- Recognition of a child's achievement on the school-wide morning announcements or school website
- Ribbon and/or certificate in recognition of achievement or a sticker with an affirming message (e.g. "Great Job")
- Take a trip to the PBIS cart (filled with: stickers, temporary tattoos, pencils, pens, highlighters, sidewalk chalk, notepads, erasers, bookmarks, etc.)
- Extra computer time
- No homework pass
- Videos
- Time outdoors
- Free gym time

Attachment B

Healthful Food and Beverage Options for School Functions

At any school function (parties, celebrations, meetings, etc.) suggested healthful food options should be made available to promote student, staff and community wellness. **ITEMS MUST BE STORE PURCHASED, INDIVIDUALLY PACKAGED AND TEACHER/NURSE APPROVED.**

Examples of nutritious food and beverages that are consistent with the Dietary Guidelines for Americans are listed below.

- Raw vegetable sticks/slices with low-fat dressing or yogurt dip
- Fresh fruit wedges – cantaloupe, honey dew, watermelon, pineapple, oranges, tangelos, etc.
- Sliced fruit – nectarines, peaches, kiwi, star fruit, plums, pears, mangos, apples, etc.
- Fruit salad
- Cereal and low-fat milk
- 100% fruit or vegetable juice
- Frozen fruit pops with fruit juice or fruit as the first ingredient
- Dried fruits – raisins, cranberries, apples, apricots
- Single serving applesauce or canned fruit in juice
- Sun butter with apple wedges or celery sticks
- Fruit smoothies made with fat-free or low-fat milk
- Trail mix (dried fruits)
- Lean meats and reduced fat cheese sandwiches (use light or reduced fat mayonnaise in chicken/tuna salads)
- Party mix (variety of cereals, pretzels, etc.)
- Pretzels or reduced fat crackers
- Baked chips with salsa or low-fat dip (Ranch, onion, bean, etc.)
- Low-fat muffins (small or mini), granola bars and cookies (graham crackers, fig bars)
- Mini bagels with whipped light or fat-free cream cheese
- Pasta salad
- Bread sticks with marinara
- Fat-free or low-fat flavored yogurt & fruit parfaits
- Fat-free or low-fat pudding cups
- Fat-free or low-fat milk and milk products (string cheese, single-serving cottage cheese, cheese cubes)
- Flavored soy milk fortified with calcium.
- Pure ice-cold water
- Skinny Pop Popcorn

**This list is not all inclusive and is meant only to provide parents and school staff with guidance for healthier food and beverage choices. Not all food and beverage items on this list will necessarily meet district nutrient standards (Attachment A) as items vary in sugar, fat and calorie content from brand to brand. However, all of the items in the list are believed to be consistent with the intent of the wellness policy to promote student health and reduce childhood obesity*

Attachment C:

Amount of Food¹ per Week (minimum per day)

Meal Components	Grades K-5	Grades 6-8	Grades 9-12
Fruits (cups) ²	2 ½ (½)	2 ½ (½)	5 (1)
Vegetables (cups) ²	3 ¾ (¾)	3 ¾ (¾)	5 (1)
Dark green subgroup ³	1/2	1/2	1/2
Red/orange subgroup ³	3/4	3/4	1 ¼
Beans, peas, and lentils subgroup ³	1/2	1/2	1/2
Starchy subgroup ³	1/2	1/2	1/2
Other vegetables subgroup ^{3,4}	1/2	1/2	3/4
Additional vegetables from any subgroup to reach total	1	1	1 ½
Grains (oz. eq.) ⁵	8-9 (1)	8-10 (1)	10-12 (2)
Meats/meat alternates (oz. eq.) ⁶	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk (cups) ⁷	5 (1)	5 (1)	5 (1)

Daily Amount Based on the Average for a 5-Day Week⁸

Dietary Specifications	Grades K-5	Grades 6-8	Grades 9-12
Minimum-maximum calories (kcal)	550-650	600-700	750-850
Saturated fat (% of total calories)	< 10	< 10	< 10
Added sugars (% of total calories) - must be implemented by July 1, 2027	< 10	< 10	< 10
Sodium limit - in place through June 30, 2027	≤ 1,110 mg	≤ 1,225 mg	≤ 1,280 mg
Sodium limit - must be implemented by July 1, 2027	≤ 935 mg	≤ 1,035 mg	≤ 1,080 mg

Endnotes

¹ Food items included in each group and subgroup and amount equivalents.

² Minimum creditable serving is ¼ cup. One quarter-cup of dried fruit counts as ¼ cup of fruit; 1 cup of leafy greens counts as ½ cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100 percent full-strength.

³ Larger amounts of these vegetables may be served.

⁴ This subgroup consists of "Other vegetables" as defined in paragraph (c)(2)(ii)(E) of this section. For the purposes of the NSLP, the "Other vegetables" requirement may be met with any additional amounts from the dark green, red/orange, and bean, peas, and lentils vegetable subgroups as defined in paragraph (c)(2)(ii) of this section.

⁵ Minimum creditable serving is 0.25 oz. eq. At least 80 percent of grains offered weekly (by ounce equivalents) must be whole grain-rich as defined in § 210.2 of this chapter, and the remaining grains items offered must be enriched.

⁶ Minimum creditable serving is 0.25 oz. eq.

⁷ Minimum creditable serving is 8 fluid ounces. All fluid milk must be fat-free (skim) or low-fat (1 percent fat or less) and must meet the requirements in paragraph (d) of this section.

⁸ By July 1, 2027, schools must meet the dietary specification for added sugars. Schools must meet the sodium limits by the dates specified in this chart.

Discretionary sources of calories may be added to the meal pattern if within the dietary specifications.