

District 189

East St. Louis School District 189

Local Wellness Policy

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Preface

District 189 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.

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.

This policy applies to all students, staff and schools in the District. Specific measurable goals and outcomes are identified within each section below.

Relevant Data

St. Clair County has the highest obesity rate in the state of Illinois at 40% (Behavioral Risk Factor Surveillance Systems, 2012). The county's premature mortality rate for diabetes has consistently been 2-3 times higher than the state and national equivalents since 2004¹. Additionally, St. Clair County ranks 93 out of 102 Illinois counties in the National County Healthy Rankings for overall health². The St. Clair County food insecurity rate is well above the national average, with East St Louis residents experiencing much higher rates of food insecurity. This often results in residents having to turn to food pantries to meet one of the most basic of needs. Ten of the twenty-six food pantries in the County are located in the District 189 footprint. For many students in our district, the school meal program serves as an important source of sustenance and exposure to balanced meals. Through our district meal program, physical education and wellness initiatives, District 189 is a critical player in promoting the health and safety of young people and helping them establish lifelong healthy behavior patterns.

Wellness Policy Committee

The District will convene a representative district wellness committee that meets two times per year 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.

Wellness Policy Leadership

The Superintendent or designee(s) will convene the DWC and facilitate development of and updates to the wellness policy, and will ensure each school's compliance with the policy. The designated official for oversight is: Carla DeBoe, Food Service Coordinator (District) at carla.deboe@est189.com.

Each school will designate a school wellness policy coordinator, who will ensure compliance with the policy.

Wellness Policy Committee Members

Name	Title	Email
Lawrence Tourijigian	Program Manager of 21 Century, District	Lawrence.Tourijigian@est189.com
Tawanda Wright	Assistant Director (Chartwells)	TaWanda.Wright@compass-usa.com
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Irma Golliday	Board Member (District)	Irma.Golliday@est189.com
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Sydney Stigge-Kaufman	Director of Strategic Partnerships (District)	sydney.stigge-kaufman@est189.com
Joey Fonseca-Islas	SNAP-Ed Educator, University of Illinois Extension	joeyjf@illinois.edu
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Nelson Perez	Site Manager, RDN, East Side Health District WIC Program	NPerez@eshd.org
David Kober	PE Teacher & Wellness Champion	David.Kober@est189.com

Wellness Policy Committee Responsibilities

The wellness committee delineates roles, responsibilities, actions and timelines as well as 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.

Public Involvement

The Local Education Agency permits and encourages public involvement in Local Wellness Policy development, implementation, updates, and reviews. Therefore, the District shall invite a variety of stakeholders within the general public to participate in Local 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 District will use electronic mechanisms, such as email, social media, and the district's website, as well as non-electronic mechanisms, such as newsletters, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy.

Assessments

Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three years. District 189 shall conduct assessments of the Local Wellness Policy every three years, beginning in 2017 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 the District wellness policy to model wellness policies
- Measure the progress made in achieving the goals as outlined in this wellness policy

Updates

The Wellness Policy Committee must update the Local Wellness Policy as appropriate in order to fit the needs and goals of the District. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.** 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 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
- This wellness policy and the progress reports can be found at:
<https://www.estl189.com/domain/62>

Through the following channels:

- The District will use electronic mechanisms, such as email or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents.

Records

The District shall maintain record of the Local Wellness Policy. The District will retain records to document compliance with the requirements of the wellness policy at District's Administrative Offices. Records will include 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

The District 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 19.3 percent of the nation's youth was considered obese in 2017-2018. This percentage increased 0.8 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 District 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

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program the School Breakfast Program. All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs. All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and the Fresh Fruit & Vegetable Program (FFVP) (if eligible), Summer Food Service Program (SFSP), Supper programs. The District is also working to offer additional nutrition-related programs and activities as part of Breakfast after the Bell using a combination of Breakfast in the Classroom and Grab and Go.

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.

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. Schools are also encouraged to permit all full-day students a daily lunch period.

No exempt fundraiser foods or beverages may be sold in competition with school meals in the food service area during the meal service in any District school.

The school shall also utilize non-food fundraisers to promote healthy habits and well-being. For ideas see the Action for Healthy Kids Tip Sheet on [Healthy Fundraisers](#).

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, school stores and à la carte items.

A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at: <https://www.fns.usda.gov/cn/tools-schools-focusing-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at www.foodplanner.healthiergeneration.org.

Other Foods and Beverages

All foods offered on the school campus during the school day are encouraged to meet or exceed the USDA Smart Snacks in School nutrition standards. The District will discourage staff to use food/beverage as a reward and encourage staff to explore alternatives to food for celebrations and incentive programs. 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.

For ideas on non-food alternatives, please review [Constructive Classroom Rewards Bonus Tip Sheet from The Quick & Easy Guide to School Wellness](#) from the Healthy Schools Campaign.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day* and throughout every school campus. The District will make drinking water available where school meals are served during mealtimes.

Fundraisers

All grades 8 and below 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.**

For school year 2015-16 and after, the number of exempted fundraising days shall be:

- Prohibited in participating schools with grades 8 and below;
- Limited to no more than nine exempted fundraising days for participating schools with grades 9 through 12.

All School Staff must apply to the District by completing a Food Fundraiser Exemption Request Form at least 30 days prior to the anticipated date.

No exempt fundraiser foods or beverages may be sold in competition with school meals in the food service area during the meal service in any District school.

The school shall also utilize non-food fundraisers to promote healthy habits and well-being. For ideas, please see the Action for Healthy Kids Tip Sheet on [Healthy Fundraisers](#).

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques; and
- Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards. Additional promotion techniques that the District

and individual schools may use are available at
<http://www.foodplanner.healthiergeneration.org/>

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 platforms:

- School website, Chartwell NutriSlice App, posted in cafeteria, e-mailed to classroom teachers for posting.

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. The District shall participate in the Smarter Lunchrooms Movement and implement the following Smarter Lunchrooms techniques:

- Daily fruit options are displayed in a location in the line of sight and reach of students.
- Fruit is offered in at least two locations on all service lines, one of which is right before the point of sale.
- Sliced or cut fruit is offered.
- White milk is placed in front of other beverages in all coolers.
- Student artwork is displayed in the service and/or dining areas.
- Implement a Share Table to reduce food waste
- Daily announcements are used to promote and market menu options.
- Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas.
- Students are offered a taste test of a new entrée at least once a year.
- Students provide feedback (informal – “raise your hand if you like...” or formal – focus groups, surveys) to inform menu development.

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.

The District will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

In accordance with the Illinois Learning Standards, the District shall meet all Illinois requirements and standards for Health Education. The District 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:

- Dietary Guidelines for Americans, MyPlate, Team Nutrition, and OrganWise Guys

Marketing

The District prohibits the marketing and advertising of all foods and beverages that do not meet Smart Snacks nutrition standards 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.

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 District is committed to quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement opportunities. It is encouraged that physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) will not be withheld as punishment for any reason, [This does not include participation on sports teams that have specific academic requirements]. The district will provide teachers and other school staff with a list of ideas for alternative ways to discipline students and discourage assigning physical activity as student punishment.

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

In accordance with the Illinois Learning Standards, the District shall meet all Illinois requirements and standards for Physical Education. Physical education will enable students to acquire the knowledge and skills necessary to maintain physical fitness.

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 elementary students in each grade will receive physical education for at least 30 minutes per week with a goal of 100 minutes per week throughout the school year.

- All District secondary students (middle and high school) are required to take more than one academic year of physical education unless a waiver is granted.

The District physical education program will promote student physical fitness through Enhanced Physical Education using individualized fitness, activity FitnessGram, and/or other state assessments and will use criterion-based reporting for each student. District 189 will also strive for physical classes to be taught by licensed teachers certified or endorsed to teach physical education. All physical education teachers will also be encouraged to participate in at least a once a year professional development in education

Other Opportunities for Physical Activity

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

Recess (Elementary)

All students will receive at least 20 minutes of recess on all days during the school year. This policy may be waived on early dismissal or late arrival days. Outdoor recess will be offered when weather is feasible for outdoor play. In the event that the district must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active and will serve as role models by being physically active alongside the students whenever feasible.

It is encouraged that physical activity during the day (including but not limited to recess, classroom physical activity breaks or physical education) will not be withheld as punishment for any reason, (this does not include participation on sports teams that have specific requirements).

Classroom Physical Activity Breaks

The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Staff are encouraged to offer periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. The District recommends teachers provide short (3-5-minute) physical activity breaks to students during and between classroom times at least three days per week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

The District will provide resources and links to resources, tools, and technology with ideas for classroom physical activity breaks. Resources and ideas are available through USDA and the Alliance for a Healthier Generation.

Before and After School Activities

The District will encourage students to be physically active before and after school by participation in: 21st Century after School Programs (which include a physical fitness component), school-sponsored sports, and, where applicable, Girls on the Run.

Other School-Based Activities

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

The District will work to offer other school-based activities to support student health and wellness, including coordinated events and clubs.

The District will continue and develop additional relationships with community partners (e.g., hospitals, universities/colleges, local businesses, SNAP-Ed providers and coordinators, etc.) in support of this wellness policy's implementation. Existing relationships include

- Jackie Joyner-Kersey Foundation, Winning in Life Program
- University of Illinois Extension EFNEP, Cooking Matters curriculum
- University of Illinois Extension, SNAP-Ed OrganWise curriculum
- East Side Health District

Staff Wellness and Health Promotion

The District promotes staff participation in school health promotion programs and activities. District Schools are encouraged to promote strategies that support staff in modeling healthy eating and physical activity behaviors.

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.

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