



## **Administrative Guidelines for District 97 Wellness Policy**

- To maximize classroom time and to promote proper nutrition and eating habits, staff is encouraged to integrate nutrition education in other school subjects and activities when appropriate. Nutrition education may include activities such as contests, tastings, cooking demonstrations, and planting and harvesting school gardens. These activities may include participation from community organizations and agencies as long as those activities are conducted in accordance with board policy.

Staff is also encouraged to promote nutrition education beyond the classroom, including the benefits of a balanced diet and appropriate exercise.

- Food shall not be used as a reward or incentive in conjunction with any instructional or classroom activity. This applies to activities in which a reward or incentive is earned for successful completion of a task (e.g., a contest or competition, performance on an assignment, etc.).
- Any food that is sold on school property during the school day must meet the state and federal guidelines for nutrition, and be done in conjunction with board policy and the law. While the district encourages the use of the same practices during school-related events or activities that take place after school hours and/or off school property (e.g., a fundraiser organized by a PTO at a local restaurant), it does not have the authority to stop or prevent such events or activities from taking place.
- Bringing outside food (i.e., food not provided through the district's lunch program) on school property during regular school hours for an event or activity such as a classroom celebration will only be allowed if approved by the building principal or designee prior to the event or activity taking place. This is to ensure that the plan adheres with school rules and board policy, and protects the health and safety of students and staff, especially those individuals who have food allergies.
- All students in kindergarten through eighth grade will engage in physical activities on a daily basis. Teachers are encouraged to promote brief, organized periods of physical activity (e.g., standing and stretching) during extended periods of class work.

The district shall engage families as partners in providing physical activity beyond the school day, with a goal of performing a combined total 60 minutes of physical activity per day in school, at home and in the community.

In addition to provided planned physical education, the school is encouraged to provide age-appropriate physical activities (e.g., recess during the school day, intramurals, teacher-led physical education activity, clubs before and after school, and interscholastic sports) that are inclusive and meet the needs of all students. Using physical activity as a reward, such as teacher or principal walking or playing with students at recess, is also encouraged.

School personnel shall not use physical activity as a consequence or punishment.

- As it relates to school meals, the board believes that menu offerings should optimize nutritional value, include fresh and seasonal foods whenever possible, and meet or exceed the state and federal guidelines on nutrition.

The district will continue to seek out opportunities to include food that is locally grown in the meals it offers through its lunch program.

The district may solicit feedback from students and parents/guardians regarding its lunch program, with the goal of assessing the quality of the program and making possible enhancements to it through the selection of new food options.

District 200, which manages the District 97's lunch program, shall work with District 97's food service personnel and business office to ensure that food suppliers provide nutritious meals that feature age-appropriate portions.

Students shall be provided with adequate time during the lunch period to consume meals and participate in recess.

Students and staff shall be encouraged to drink water throughout the day. Students may also be allowed to consume a healthy, nut-free snack, as needed and appropriate.

Students may be taught and shall be encouraged to use proper hand washing techniques to promote health and wellness, and avoid the spreading of germs and bacteria.

- Physical and health education teachers are encouraged to offer staff health education workshops that help establish them as healthy role models and provide them with the information and training they can use to promote consistent health messages.
- When appropriate and undertaken in conjunction with board policy, the district and its schools will support, promote and/or host wellness education events and activities for students, staff, parents/guardians and the community-at-large.
- A Wellness Council shall be developed at the district level featuring members that may include, but not be limited to:
  - Parents/guardians
  - School food service personnel
  - School nurses
  - Physical education and/or health education teachers
  - School administrators
  - School board members
  - Members of the general public