

WELLNESS POLICY
MOMENCE COMMUNITY UNIT SCHOOL DISTRICT #1

BELIEF STATEMENT

Momence Community School District #1, in complying with the Child Nutrition and WIC Reauthorization Act of 2004, has adopted a wellness policy that supports and promotes an active lifestyle, good nutrition, health and wellness, physical activity, and strives to ensure a school environment that positively promotes the capacity of students to develop and learn. Furthermore, school administrators, faculty, and staff are encouraged to promote healthy eating and physical activity as an important part of daily life.

RATIONALE

The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth and lifelong health and well-being. Healthy eating is linked to reduced risk for mortality and development of many chronic diseases. Schools have a responsibility to help students acquire the knowledge and skills necessary in maintaining healthy eating patterns.

A committee consisting of administrators, staff, faculty, food service professionals, health officials, interested community members, and parents shall be responsible for the implementing, evaluating and revising, as necessary, any part of this policy, in order to maintain its effectiveness. Parental support will be encouraged to monitor district-wide nutrition and physical activity policies.

NUTRITIONAL EDUCATIONAL GOALS

Children who eat well-balanced meals and are healthy are more likely to learn in the classroom. The board supports emphasis on nutrition as well as physical activity at all grade levels. Therefore, it is the policy of the Momence Community Unit School District #1 that:

All schools in our district will participate in the National School Lunch Program, and the School Breakfast Program.

The district shall provide free and reduced-price breakfasts and lunches to students according to the terms of the National School Lunch and Breakfast programs and the laws and rules of the state. Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of students who are eligible for free and reduced-price meals.

All meals served will meet, at a minimum, the nutritional requirements established by local, state, and federal regulations.

Each school in the district will use food commodities made available under the Commodity program for school menus.

Qualified, certified child nutrition professionals will provide students with access to breakfast and lunch meals every day that school is in session.

Food providers will work with suppliers to obtain foods and beverages that meet the nutrition requirements, while keeping high priority a tasty, appealing, and healthy meal. Menus will meet the nutrition standards established by the U.S. Department of Agriculture, conforming to good menu planning principles, offering a variety of age-appropriate foods and beverage choices and display the importance of food preparation, purchasing and meal planning consistent with the current Dietary Guidelines for Americans. Efforts will be taken to promote nutritious choices such as a variety of fruits and vegetable choices, low-fat dairy products, using whole grain products as much as possible.

It is recommended that food providers share information concerning contents, and, or nutritional information about meals and individually sold foods with any interested party.

Meals will be served in clean, safe, and pleasant settings.

Safe drinking water and convenient access to facilities for hand washing and oral hygiene shall be available during all meal periods.

Each school within the district will comply with USDA's disability requirements for modified diets.

All foods made available within the schools in the district shall comply with local food safety and sanitation regulations.

Food safety will be a key part of the school foodservice operation.

SCHOOLS BASED ACTIVITY GOALS TO PROMOTE STUDENT WELLNESS

Schools will not use foods or beverages, especially those that do not meet the nutrition standards, as rewards for performance of good behavior, and will not withhold food or beverages, including food served through school meals, as a punishment. Examples of rewards follow:

- A Smile
- Going first
- Verbal praise
- Helping the teacher
- Choosing a class Activity
- Walk with a teacher during lunch
- Eat lunch with a teacher or principal
- Extra credit or class participation points
- A note commending the achievement
- Recognition on the morning announcements

Adequate time will be provided for each student to eat, in accordance with state and federal guidelines.

Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions for some children's dietary needs.

Foods sold outside of reimbursable school meals, such as candy and other ala carte items, will not be allowed at the elementary and junior high school levels. The management of foods sales on school grounds shall be under the management of the school food service program (except foods sold as part of a fundraising activity). If food and beverages are sold from vending machines during school hours and are not under the management of the school's food service programs, the nutrition requirements of USDA's School Lunch Program and the nutrition environment requirements set forth in the policy must still be met.

If available, the allowable vending machine sales at the elementary and junior high level will include 100% juice, and water products only.

Any vending sales of pop drinks will not be permitted at the elementary and junior high school level during the instructional day. The vending sale of soda may be allowed at those special school events that begin after the conclusion of the instructional day.

No vending sales of candy will be permitted at the conclusion of the instructional day.

Candy is defined as any item that has sugar, including brown sugar, corn sweetener, corn syrup, fructose, glucose, high fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, table sugar, listed as one of the first two ingredients.

HEALTHFUL FOOD AND BEVERAGE OPTIONS

Raw Vegetable Sticks

Fruit Salad or Sliced Fruit

Frozen Fruit pops using fruit or fruit juice as the first ingredient

Dried Fruits

Smoothies

Trail Mix

Pretzels/Soft Pretzels or reduced fat crackers

Cold Water

Gold Fish crackers in individual serving bag

Graham crackers

String Cheese

Popcorn

Granola bars

Yogurt

Baked chips

Cheez-its

Fig/Fruit Newtons

Tortilla chips

Sugar Free Pudding

Dried cereal

Animal Crackers

Yogurt covered raisins

Single serving fruit cups

Others items approved by Principal

PHYSICAL ACTIVITY

According to the National Institutes of Health, obesity is now an epidemic among today's children. It is a fact that overweight children are a public health crisis. Over 30 years, the percentage of children diagnosed as being overweight has more than doubled. Over 23% of 2 to 5 year olds and 32 % of 6-19 year olds are classified as being at risk of becoming overweight. One in five children is overweight, and obese children now have diseases like type 2 diabetes that used to only occur in adults. Children urgently need to adopt healthy eating and exercise habits that will serve them well for the rest of their lives.

Public schools are a big part of every child's environment, and one of the most important places to promote regular exercise and healthful food choices. Physical education should be daily and focus on vigorous activity. Physically active students do better academically, engage in less disruptive behavior and reduce their risk of diabetes.

Adolescents need to make independent decisions, but allowing easy access to unhealthful foods, while restricting time for vigorous physical activity, sends the wrong message. Linking survival of extracurricular activities to the sale of non-nutritive calorie sources sends an even worse message.

To confront childhood obesity, we must change our environment of excess calories and reduced physical activity. For children, schools are unavoidably an important part of that environment. We shall encourage the district schools to make the difficult but necessary changes for the health of our children. Therefore, our goal shall be to establish an awareness of nutrition and fitness in every child.

Schools also have a responsibility to help students establish and maintain lifelong habits of being physically active. Regular physical activity is one of the most important things people can do to maintain and improve their physical health, mental health, and overall well-being. Regular physical activity reduces the risk of heart disease, high blood pressure, and diabetes.

All students in grades K-12 shall have the opportunities, support, and encouragement to be physically active on a regular basis.

Physical education shall be taught by well-prepared and well-supported staff that is certified by the state to teach physical education. Physical education and physical activity shall be an essential element of each school's instructional program. The program shall provide the opportunity for all students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of healthful physical activity.

The physical education program shall be designed to stress physical fitness and encourage healthy, active lifestyles.

Teachers and other school and community personnel will not use physical activity, (running laps, pushups) or withhold opportunities for physical activity, such as recess, as punishment.

Students shall be supported in setting and meeting personal fitness goals that result in the maintenance of a health enhancing level of physical fitness.

Students shall be provided varied opportunities for challenge, self-expression and social interaction that will lead to a physically active lifestyle.

Schools shall provide a daily-supervised recess period to elementary students.

Momence High School students participate in a physical education class that introduces lifetime activities that can be enjoyed by all students regardless of strengths or limitations. The course is developed to give students the basic skills of a variety of physical activities to improve fitness levels. Students are required to participate in a daily Core workout, weight lifting workout, and cardio workout to improve their individual fitness level. The course is divided into several units varying from two week units.

A major component to Momence physical education is cardiovascular. Workouts vary through out the year. Many of the workouts take place outside and are done the entire school year. Each day students take part in a whole body lifting routine.

MEASURING IMPLEMENTATION

Therefore, it is our policy that the school district and/or each school within the district will create, strengthen, or work within existing health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies.

Momence CUSD #1 Wellness Team

Zoe Luedtke, Food Service Director

Zach Handley, Je-Neir Physical Education

Megan Brosseau, Junior High Physical Education

Wayne Walker, Junior High Physical Education

Krista Hollaway, High School Physical Education

Brian Lorenz, High School Health

Ted Round, High School Physical Education

Brenda Stewart, Special Education Nurse

Dee Potempa, Special Education/Early Childhood Coordinator

LaShawn Stewart, Je-Neir Principal

Jacqanai Gipson, Junior High Principal

William Geasa, Associate Principal/AD

Shannon Anderson, High School Principal

Gary R. Miller, Superintendent

