

# Springfield Public Schools #186 Wellness Policy

## **Belief Statement**

Springfield Public School District 186 is committed to providing a learning environment that supports and promotes wellness, good nutrition, and an active lifestyle and recognizes the positive relationship between good nutrition, physical activity and the capacity of students to develop and learn. The entire school environment shall be aligned with healthy school goals to positively influence students' beliefs and habits and promote health and wellness, good nutrition and regular physical activity. In addition, school staff shall be encouraged to model healthy eating and physical activity as a valuable part of daily life.

<b>Required Components</b>	<b>Suggested Actions</b>
<p><b>Goals for Nutrition Education</b></p>	<ul style="list-style-type: none"> <li>• Schools must take a closer look at the Learning Standards in the areas of health and nutrition education.</li> <li>• Students receive consistent nutrition and healthy eating messages throughout the classroom and entire school community.</li> <li>• Students receive opportunities to practice skills to adopt healthy lifestyles. The nutrition education program shall include emphasis on moderation and portion control.</li> <li>• Every class, every subject, every grade is encouraged to look for opportunities to incorporate healthy eating and nutrition education.</li> </ul>
<p><b>Goals for Physical Activity</b></p>	<ul style="list-style-type: none"> <li>• All who teach physical education shall participate in professional development/continuing education in physical education at least once a year and their efforts to meet this requirement will be supported.</li> <li>• Schools shall provide a supervised daily recess period to elementary students.</li> <li>• Schools are encouraged to limit extended periods of inactivity by periodic breaks during which students are moderately active.</li> <li>• PE teachers will ensure that all students are moderately to vigorously active at least 50% of the time while participating in physical education classes.</li> <li>• Schools will prohibit the use of physical activity as punishment, will prohibit the withholding of participation in physical education class as punishment, and will prohibit the use of physical education class time to complete assignments from other classes.</li> <li>• The District will ensure that all physical education classes are taught by state-certified Physical Education teachers.</li> </ul>
<p><b>Goals for Other School-based Activities Designed to Promote Student Wellness</b></p>	<ul style="list-style-type: none"> <li>• Prohibit giving students low nutritive food as a reward or withholding food as punishment.</li> <li>• Engage in fund-raising efforts that support healthy eating through the sale of healthy foods as well as nonfood products and services.</li> <li>• Lunch times should be in the middle of the school day. Research shows that an early lunch start (before 10:30 AM) is related to higher a la carte sales, thus foods that are primarily unregulated and possible of lower nutritional value.</li> <li>• Provide students with at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they are seated.</li> <li>• Maintain safe, clean, and pleasant areas to eat.</li> <li>• Offer after-school intramural programs and/or physical activity clubs that meet the needs and interests of all students, including those who are not athletically inclined and/or those with special health care needs.</li> <li>• Provide community access to and encourage students and community members to use the school's physical activity facilities outside of school hours.</li> </ul>

<p><b>Nutrition Guidelines For All Foods Available in Schools</b></p>	<p><b>For the School Lunch Program:</b></p> <ul style="list-style-type: none"> <li>• Continue to emphasize meals that meet nutrition standards established by the U.S. Department of Agriculture, conform to good menu planning principles, and feature a variety of healthy choices that are tasty attractive and of excellent quality.</li> <li>• Continue to use food preparation techniques to provide school meals that are lower in saturated fats, sodium, and sugar.</li> <li>• Emphasize healthy food choices that include lean meats, fruits, vegetables, whole grains and low-fat or non-fat milk. Locate these choices where they are readily accessible to students.</li> <li>• Meal type salads and/or small salads are offered daily at the secondary level and every other day at the elementary levels.</li> <li>• Consider using only whole grain breads for school meals when available.</li> <li>• Provide training for school managers in low fat cooking techniques and use the methods in meal preparation.</li> <li>• Provide a wide variety of low fat milk, fruit juices, and waters.</li> <li>• Ala carte options should emphasize a variety of choices of nutritious foods and beverages that are low in fat and sugar.</li> <li>• Provide parents with a monthly/quarterly newsletter, “helpful hints” featuring recipes, nutritional facts, and information about healthy choices.</li> <li>• Display information posters in each school building and cafeteria that illustrate concerns associated with obesity, diet, and healthy activities.</li> <li>• Provide students with the nutritional value of food served in the cafeteria by posting that information.</li> <li>• Encourage teachers to promote good nutrition through their lesson plans. Work with physical education teachers in promoting healthy eating with physical activity</li> <li>• Provide taste testing and student survey in selecting foods offered through the meal program.</li> </ul>
<p><b>Community Involvement</b></p>	<ul style="list-style-type: none"> <li>• Parents are encouraged to help their child or teen get 30 minutes of physical activity daily. Include every-day activities like walking to the park instead of driving or taking the stairs instead of the elevator.</li> <li>• Parents are encouraged to feed their children healthy food and snacks. Serve water, milk, or 100% fruit juice rather than soda and fruit drinks. Snack on fruits and vegetables instead of chips or cookies.</li> <li>• Parents are encouraged to limit television and computer time. The American Academy of Pediatrics recommends no more than two hours a day of TV/computer time. Too much sitting still and zoning out does not help fight obesity.</li> <li>• Parents are encouraged to model good behavior. In other words, show your children that you believe in regular exercise and healthy eating. Children “learn what they live” so parents can show them a healthy lifestyle that will last a lifetime.</li> <li>• Schools are encouraged to develop community partnerships with other child-serving organizations such as 21<sup>st</sup> Century, Urban League, the Springfield Park District, the YMCA, etc. to provide students with opportunities for physical activity.</li> <li>• Schools are encouraged to encourage student and community access to, and to promote the use of, the school’s physical activity facilities outside of the school day, as according to District policy.</li> <li>• Students should engage in a minimum of 60 minutes of physical activity a day, the school community shall actively engage families as partners in providing physical activity beyond the school day.</li> </ul>
<p><b>Evaluation plan</b></p>	<ul style="list-style-type: none"> <li>• The District Wellness Committee will work with staff, students, parents, and the community to develop and to implement an ongoing plan for improving school health policies and programs.</li> <li>• Use CDC’s <i>School Health Index</i> or similar tool to reassess school policies and programs on a regular basis.</li> <li>• Communicate results of this policy and program assessment and the action plan to the school community.</li> <li>• Continue to bring students together for ideas.</li> </ul>