



## WELLNESS POLICY

### Danville Community Consolidated School District No.118

#### **Belief Statement:**

Danville School District No.118 acknowledges the link between health and academic achievement. To meet this goal, Danville Community Consolidated School District No.118 adopts the school wellness policy with the following commitments to nutrition, physical activity, health education, marketing, and implementation. This policy shall be carried out with respect for the diversity of the district's students, staff, and families. It is designed to effectively utilize school and community resources and to equitably serve the needs and interests of all students and staff.

#### **Intent:**

The purpose of this policy is to ensure a school environment that both promotes and supports student health so that all students can achieve their full potential.

#### **Goal:**

It is the goal for all Danville Schools that students shall possess the knowledge and skills necessary to make nutritional food choices and physical activity choices for a lifetime. Staff members in Danville Schools are encouraged to model healthful eating and physical activity as a valuable part of daily life. The ultimate goal is to create a culture of healthy choices in District No. 118.

To meet this goal, Danville Community Consolidated School District No.118 adopts this school wellness policy with the following commitments to nutrition, physical activity, health education, marketing, and implementation. This policy is designed to effectively utilize school and community resources and to equitably serve the needs and interests of all students and staff.

#### **Nutrition Education**

- **Classroom Teaching**

Danville School District will follow health education and physical activity achievement standards as outlined by the Illinois State Board of Education. Students in K-12 will receive nutrition education that is interactive and teaches the skills needed to adopt healthy eating behaviors.

To maximize class time and to achieve positive changes in students' eating behaviors, nutritional education shall be integrated into the standards-based lesson plans or other school subjects like math, science, English language arts, and physical education. To achieve positive changes in students' eating behaviors, nutritional education will also be offered in the cafeteria. Visual aids such as MyPlate will be posted in all lunchrooms.

- **Teacher Training**
  - Middle school and high school health teachers will be certified with a teaching endorsement in health.
  - Health/nutrition education will be available through District No. 118 professional development opportunities.

### **Physical Activity**

- **Physical education (high school graduation requirements)**

Physical education will remain a high school graduation requirement for all students. Each student must pass six (6) semesters of physical education in order to meet graduation requirements.
- **Physical education (time, frequency, and/or intensity)**

Schools will provide physical activity opportunities for students in K-12 during the school day, including daily recess. Students will meet the following minimum requirements at each grade level:

  - Elementary (Grades K-4) - 60 minutes per week in addition to recess
  - Upper Elementary (Grades 5-6)- 150 minutes per week
  - Middle School (Grades 7-8) – 100 minutes per week
  - High School (Grades 9-12) – 200 minutes per week.

Students will spend at least 50 percent of physical education class time participating in physical activity.
- **Physical education (teacher-to-student ratio)**

All physical education classes will have student enrollment consistent with the state guidelines for all other subjects.
- **Physical education (standards/requirements based)**

The school district is committed to meeting all standards, including State Goal 20 – Achieve and maintains a health-enhancing level of physical fitness based upon continual self-assessment. Students will participate in a yearly fitness test for students (i.e. Fitness Gram). Additionally, high school students will follow state guidelines regarding CPR and AED training.
- **Physical education (waivers)**

High school students in marching band and JROTC may receive waivers for PE. Any high school student that participates in a sport may waive out of PE for the duration of the sport.
- **Physical education (staff training/certification)**

All PE teachers will be certified with a teaching endorsement in physical education.
- **Physical activity outside of physical education**

Students are given opportunities for physical activity through school programs. Intramurals are provided at the elementary level and interscholastic sports are provided at the middle and high school levels.

- **Recess to promote physical activity**  
All elementary (K-4) school students will have at least 10-15 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.
- **Walking or biking to school to promote physical activity**  
The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts.

### **Nutrition Standards (All foods available on school campus during the school day)**

Schools are in an ideal position to help students develop healthy eating habits. Children who have healthy food and beverage choices available to them are more likely to make wise decisions and will understand the relationship between selecting nutritious foods and maintaining wellness.

- **Nutritional value of foods and beverages**  
The local school authority will offer reimbursable meals (both breakfast and lunch) in accordance with all USDA Guidelines as specified in the Healthy, Hungry-Free Kids Act of 2010.
  - Fresh or water packed fruit offered daily
  - All vegetable sub groups offered weekly
  - All grains must be whole grain rich
  - Offer only fat free flavored or low-fat milk
  - Weekly/daily calorie ranges for K-8 & 9-12
  - Sodium restrictions for K-8 & 9-12
  - All items must have zero grams trans-fat per portion
- **A 'la carte, vending, student stores, or concession stands**  
A 'la carte items will be available as follows:
  - A 'la Carte offerings will not be available in grades K thru 4.
  - A 'la Carte offerings at all grade levels will include a variety of nutritious choices that meet the USDA "Smart Snack" guidelines as follows:
    - Calorie limits: Snacks <200, Entrees <350
    - Sodium limits: Snacks <230mg, Entrees <480mg
    - Fat limits: Total fat <35% of calories, Zero trans fat
    - Sugar limits: <35% of weight from total sugars in foods
- **Fundraising**  
All foods sold for fundraising purposes, with the intent to be consumed during the school day, on school campus, must meet the "Smart Snack" guidelines outlined above. The Illinois State Board of Education encourages non-food items be sold for fundraising efforts.

- **After-school programs, field trips, or school events**  
All foods provided by the school district will comply with state nutrition guidelines and the food safety and sanitation regulations.
- **Parties, celebrations, or meetings**  
Administrators, parents, teachers, and students are encouraged to promote healthy lifestyle principles, replacing unhealthy food offerings with more healthy options. Treats for class celebrations must be store-bought in pre-packaged containers. All buildings will designate one day per month to celebrate birthdays. Parents and teachers will be provided information regarding healthy snacks and non-food alternatives for celebrations.
- **Food or beverage contracts**
  - Pursue healthier choices with the current food and beverage vendors.
  - Provide only nutritional choices in all vending machines accessible by students.
- **Qualifications of food-service staff**  
The program will maintain the highest standards regarding the health, safety, and sanitation conditions of the kitchen and cafeteria.  
Each kitchen is required to have no less than two (2) staff members with a current Food Handlers Sanitation License. In addition, all kitchen staff are required to receive a sanitation certificate.

## **Mental Health**

Growing evidence accumulated over recent decades demonstrates a consistent link between students' social and emotional well-being and mental health and their school success and academic achievement. Increased physical, social, and emotional well-being can improve academic performance. The district recognizes the challenges teachers and administrators face as research indicates 10-20% of students may face a mental illness. The district continues to prepare teachers to address the social and emotional needs of students with professional development in research-based approaches and trauma-informed practices. The Board of Education and district administration also recognize the supports that are necessary to provide adequate services to students. District supports include:

- Partnerships with Crosspoint Human Services, Rosecrance and other agencies to provide school-based counseling.
- A contract with a psychiatrist to provide a monthly clinic, working in partnership with area pediatricians to provide comprehensive support to students with identified needs.

## **Other School-Based Activities**

- **Access to school nutrition programs**  
The program will ensure that all children receive access to nutritional and well-balanced meals, for both breakfast and lunch, at no cost to families.
- **Breakfast After the Bell**  
Districts in which at least 70 percent of the students were eligible for free or reduced-price lunches in October of the preceding year must operate a breakfast after the bell

program. Breakfast must be provided to children after the instructional day has officially begun. This mandate does not prohibit schools from additionally providing breakfast before instructional day begins. All schools will be participating in Breakfast After the Bell.

- **Time and scheduling for meals**

- **Bus schedule.** All students must be offered breakfast regardless of bus scheduling.
- **Length of time for dining.** Sufficient time will be allowed for dining (both breakfast and lunch).
- **Recess.** Recess will be accommodated at each K-4 building.

- **After-school programs**

Community sponsored programs offered at district sites are strongly encouraged to adhere to the wellness plan.

- **Holistic school health approach**

The district-wide wellness committee will provide leadership in decisions made related to physical activity and nutrition that encompasses all aspects of the school, from education to staff wellness.

- **School health councils**

The district will maintain an on-going wellness committee to help oversee and coordinate physical activity and/or nutrition or other aspects of student health.

- **Community/family involvement**

Schools in the district will communicate health and nutrition topics through a variety of avenues such as school newsletters and websites. In addition, the district will seek parent and community involvement in wellness committees and/or taskforces.

- **Staff wellness**

Staff wellness is an integral part of a healthy school environment, since school staff can be daily role models for healthy behaviors. A district wellness committee promotes activities and events that encourage staff members to consider mental and physical health. Schools are strongly encouraged to create wellness committees.

## **Measurement and Evaluation**

- **Funding support for policy**

The district will budget, as appropriate, through district and grant resources in support of this policy.

- **Monitoring and evaluation monitoring**

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the superintendent or designee.

School food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the school principal and Director of Food Service. In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes.

The superintendent or designee will develop a summary report annually on district-wide compliance with the district's established nutrition and physical activity wellness

policies, based on input from schools within the district. That report will be provided to the school board and also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the district.

- **Evaluation.** The policy will be reviewed annually to help with policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review the nutrition and physical activity policies, provision of an environment that supports healthy eating and physical activity, and nutrition and physical education policies and program elements. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

### **Available Community Resources**

- YMCA
- Boys and Girls Club
- Danville Parks and Recreation Department
- Kickapoo State Park
- Forest Glen and Kennekuk County Parks
- City Pool
- Danville Soccer Association
- Summer Baseball/Softball Programs
- AMBUCS Playground for Everyone
- University of Illinois Extension Office
- Vermilion County Health Department

### **Resources and Implementation Tools**

The following links are resources, programs, and curricula related to nutrition and wellness:

- <http://fitness.gov>
- <http://www.fns.usda.gov>
- <http://www.cdc.gov>
- <http://www.actionforhealthykids.org>
- <http://www.cspinet.org>
- <http://www.take10.net>
- <http://www.aahperd.org>
- <http://www.teachfree.com>

### **Education Links outside the Classroom**

The following links are resources, programs, and curricula related to nutrition:

- <http://homeworkspot.com/elementary/health/>
- <http://www.nojunkfood.org>
- [www.eatright.org](http://www.eatright.org)
- [www.americanheart.org](http://www.americanheart.org)
- [www.kidshealth.org](http://www.kidshealth.org)
- [www.gonoodle.com](http://www.gonoodle.com)
- [www.preventobesityil.org](http://www.preventobesityil.org)