

## Instruction

### Wellness

Arlington Heights School District 25 promotes healthy schools and students by supporting wellness, good nutrition, and regular physical activity as a part of the total learning environment. The district supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of children. Improved health optimizes student performance potential and ensures that "no child is left behind".

The District 25 curriculum is based upon the Illinois Learning Standards for Physical Development and Health, which were developed using National Standards for Physical Education, National Health Education Standards, the 1985 State Goals for Physical Development and Health, other states standards, and local outcomes from Illinois school districts.

The goals and standards for physical development and health foster workplace skills, including identifying short- and long-term goals, utilizing technology, following directions, and working cooperatively with others. Problem solving, communication, responsible decision-making, and team-building skills are major emphases as well. Through comprehensive K-8 physical development and health programs, students will achieve active and healthy lives that will enable them to achieve personal goals and contribute to society. The Superintendent or designee will ensure each school building complies with this policy, the policy is available to the community on an annual basis, and that the community is informed about the progress of this policy's implementation.

### Goals for Nutrition Education and Nutrition Promotion

1. The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition, social and mental well-being, and regular physical activity.
2. The school district supports and promotes proper dietary habits contributing to students' health status and academic performance. All foods available on school grounds and at school-sponsored activities during the instructional day shall meet or exceed the District Nutrition Standards. Emphasis shall be placed on foods that are nutrient dense per calorie. Foods shall be served with consideration toward variety, appeal, taste, safety, and packaging to ensure high-quality meals and snacks,
3. The school district shall make nutrition education a part of its comprehensive health education curriculum.

### Goals for Physical Activity

1. A quality physical education program is an essential component for all students to learn about and participate in physical activity. The school district shall encourage and promote an active lifestyle in students.
2. Physical activity shall include regular instructional physical education, co-curricular activities, and recess that will enable students to achieve and maintain a high level of personal fitness, emphasize self-management skills, and be coordinated within a comprehensive health education curriculum. Physical activity shall be included in a school's daily education program for all students, kindergarten through eighth grade. See Board policy 6:60, *Curriculum Content* and Board policy 7:260, *Exemption from Physical Education*.
3. The curriculum will be consistent with and incorporate the relevant Illinois Learning Standards for Physical Development and Health as those are established by the Illinois State Board of Education.

4. Physical education shall include a developmentally planned and sequential curriculum that fosters the development of movement skills, enhances health-related fitness, increases students' knowledge, offers direct opportunities to learn how to work cooperatively in a group setting, and encourages healthy habits and attitudes for a healthy lifestyle. See Board policy 6:60, *Curriculum Content* and Board policy 7:260, *Exemption from Physical Education*.

#### Nutrition Guidelines for All Foods and Beverages Available On School Campus During the School Day

The school shall promote student health and reduce child obesity by having food providers offer a variety of age-appropriate, appealing food and beverage choices and employ food preparation, purchasing, and meal-planning practices consistent with the current Dietary Guidelines for Americans and/or shall meet, at a minimum, the nutrition requirements and regulations of the National School Lunch Program and/or School Breakfast Program and all other applicable state and local laws and regulations.

The Superintendent or designee shall establish administrative procedures to regulate the sale of foods in competition with meals served under the National School Lunch Program. Such procedures shall prohibit the sale of foods of minimal nutritional value as defined by the U.S. Department of Agriculture in the food service areas during the meal periods and comply with all applicable rules of the Illinois State Board of Education.

#### Guidelines for Foods in Classrooms and School Celebrations

1. Promote and encourage healthy snacks at snack time in classrooms. AHSD25 allows the consumption of healthy snacks at school and reinforces healthy eating habits for all students.
2. Promote and encourage healthy snacks for classroom parties and celebrations. AHSD25 fosters healthy food alternatives at celebrations such as Valentine's Day, Halloween, Lunch with the Principal, and extracurricular events, in addition to typical sweet treats. Regarding birthday celebrations, birthdays are to be celebrated at school without student-provided food or other treats.
3. Restrict use of foods as an instruction tool. In the rare event when foods are used in class, or in school sponsored events, teachers must notify the parent/student in advance.

#### Guidelines for Reimbursable School Meals

Reimbursable school meals shall be no less restrictive than the regulations and guidelines issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C.1779) and section 9(f)(1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(f)(1),1766(a)0), as those regulations and guidance apply to schools.

#### Implementation and Monitoring

The Superintendent or designee shall establish administrative procedures to implement this policy and to measure its implementation and shall make periodic reports to the Board concerning the implementation of this policy such that the Board may monitor the policy and make changes as necessary. This report must include without limitation each of the following:

- An assessment of the District's implementation of the policy
- The extent to which schools in the District are in compliance with the policy
- The extent to which the policy compares to model local school wellness policies
- A description of the progress made in attaining the goals of the policy

#### Community Involvement

The Superintendent or designee shall encourage the involvement of parents, students, representatives of the school food authority, teachers of physical education, school health professionals, school administrators, and community.

Recordkeeping

The Superintendent or designee shall retain records to document compliance with this policy.

LEGAL REF.: Child Nutrition and WIC Reauthorization Act of 2004, PL 108-265, Sec. 204.  
Child Nutrition Act of 1966, 42 U.S.C. §1771 et seq.  
National School Lunch Act, 42 U.S.C. §1751 et seq.  
Healthy, Hunger-Free Kids Act of 2010, 42 U.S.C. §1758b, PL 111-296.  
42 U.S.C. §1779, as implemented by 7 C.F.R. §§210.11 and 210.30.  
105 ILCS 5/2-3.139.  
23 Ill.Admin.Code Part 305, Food Program.  
ISBE's "School Wellness Policy" Goal, adopted Oct. 2007.

CROSS REF.: 4:120 (Food Services), 5:100 (Staff Development Program), 6:60 (Curriculum Content), 7:260 (Exemption from Physical Education)

ADOPTED: February 16, 2017