

Riverdale Cmty Unit SD 100

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# Local Wellness Policy for Riverdale School District #100

Generated using Healthier Generation's builder on May 3, 2022, by Melissa Olson

<https://www.healthiergeneration.org/app/account/organizations/305903/builder/wellness-policy>

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## 1. Preamble

The district is committed to the optimal physical and academic development of every student. For students to achieve personal, academic, developmental and social success, we must create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year. The district will align health and wellness efforts with other school improvement endeavors to ensure the optimal health and academic success of all students.

This local school wellness policy (LWP) outlines the district's approach to ensuring that the school environment provides opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. This policy applies to all students, staff and schools in the district. Specific measurable goals and outcomes are identified within each section.

## 2. District Wellness Council

### Purpose of the Council

The district will convene a representative District Wellness Council (DWC) that meets at least four times a year to establish goals for and oversee school health and safety policies and programs -- including the development, implementation and periodic review and update of this local school wellness policy.

### Council Membership

The superintendent (or designee) will convene the DWC, facilitate development of and updates to the Local Wellness Policy (LWP) and ensure each school's compliance with the policy. The names and contact information of the superintendent (or designee) and the council members will be made readily available to the public.

The DWC membership for the district includes:

Josh Temple, superintendent  
Melissa Olson, district nurse  
Deb Beale, food services director  
Korey Lambert, pe teacher (elementary teacher)  
Melissa Secker, health teacher (middle school)  
Melissa Creen, pe teacher (high school)  
Rianne Howard, nurse (ms/hs)

### **Public Involvement**

The district is committed to ensuring that the community is aware of and involved in the development and implementation of the LWP. The district will actively communicate the ways in which representatives of the DWC, School Wellness Council (SWC) and others can participate in the development, implementation and periodic review and update of the LWP.

## **3. Accountability**

### **Triennial Assessment**

At least once every three years, the district will assess the LWP by measuring the following:

- the extent to which the LWP meets the requirements of the final rule
- the extent to which schools under the jurisdiction of the district are complying with the LWP
- the progress made in attaining the goals of the LWP
- the extent to which the LWP compares to model local wellness policies

### **Documentation**

The district will retain records to document the presence of and compliance with the LWP, including but not limited to the following:

- the current and previous board-approved LWP
- documentation demonstrating that the LWP has been made available to the public
- documentation of the most recent district- and school-level assessments of implementation

- documentation of efforts to review and update the LWP, including who was involved and how the district made stakeholders aware of their ability to participate

### **Policy Updates**

The district will update the LWP based upon the following:

- the results of the triennial assessment
- district priorities
- community needs
- the results of school health assessment
- school-level implementation progress
- emerging scientific information
- new federal or state regulations or guidance

### **Notification to the Public**

The district will actively inform caregivers and the public each year of basic information about the LWP, including but not limited to the following:

- its content and any updates
- district- and school-level implementation status
- an explanation of why updates were made, who was involved and how stakeholders were made aware of their ability to participate
- the effective dates of any policy changes
- the names and contact information of the district and school officials leading and coordinating the DWC
- information on how the public can get involved with the DWC
- information about DWC meetings including dates, times, locations, agendas and meeting minutes
- mechanisms for the public to provide feedback and comments

The policy can be found here: [www.riverdaleschools.org](http://www.riverdaleschools.org)

The district will use multiple methods to distribute this information to the community, including but not limited to the following:

- electronic mechanisms (e.g., email)
- displaying notices on the district and school websites
- non-electronic mechanisms (e.g., newsletters)
- presentations to caregivers
- sending information home to caregivers

## **4. Nutrition Services**

### **School Meals**

All schools within the district will participate in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) and will provide meals that meet the nutrition standards for school meals by including the following:

- fruits and vegetables, including a variety of fruits and vegetables that meet the required vegetable subgroups (dark green, red and orange, dry beans and peas and legumes)
- grains (whole grain-rich)
- meats and meat alternatives
- fat-free and low-fat milk
- access to free drinking water

In addition, the district will ensure the following:

- School meals will be accessible to all students, and the district will accommodate special dietary needs and food allergies as required by federal regulations.
- School meals will be administered by a team of qualified nutrition professionals who meet or exceed the hiring and annual continuing education/training requirements of the USDA.
- The district will make every effort to ensure, to the maximum extent practicable, that the method of payment does not identify a student as eligible for free or reduced-price meals (e.g., using prepayment systems which mask students' eligibility status).

### **Water**

Free, safe, unflavored drinking water will be available to all students during mealtimes where school meals are served.

The district will implement the following:

- Free, safe and unflavored drinking water is available to students during the school day and during the extended school day (including during out-of-school time and before and after school).
- Students can bring and carry approved water bottles filled with only water before, during and after the school day across the school campus.

### **Competitive Foods and Beverages**

The district will ensure that all foods and beverages sold to students on the school campus **during the school day** support healthy eating, including those provided outside of the school meal programs. All foods and beverages **sold** outside of the school meal programs, **during the school day** will, at a minimum, meet Smart Snacks. These standards will apply in all locations and through all services where foods and beverages are sold, which may include but are not limited to À la carte, vending machines, school stores and snack or food carts, as well as any food-based fundraising meant for consumption **during the school day**.

### **Celebrations and Rewards**

The district will ensure that celebrations and rewards are consistent with their nutrition policies. All foods and beverages served and offered on the school campus outside of the school meal programs **during the school day** will meet:

#### Smart Snacks

This includes foods and beverages offered during celebrations and parties, for classroom snacks and as rewards and incentives. The district recommends utilizing rewards that promote physical activity and/or promote educational messages (e.g., a coupon for a free book at the book fair for consistently returning books to the library on time). Foods and beverages will not be withheld as a punishment for any reason.

### **Fundraising**

The district will allow only foods and beverages that meet or exceed Smart Snacks to be sold through fundraisers on the school campus during the school day.

The district encourages schools to use fundraisers that promote physical activity (e.g., walk-a-thons, Jump Rope for Heart or fun runs).

### **Food and Beverage Marketing**

The district will ensure all foods and beverages marketed to students on the school campus during the school day will meet or exceed Smart Snacks standards. This includes the marketing of products on the following:

- the exterior of vending machines
- posters, flyers, menu boards, coolers, trash cans and other foodservice equipment
- cups used for beverage dispensing

## **5. Nutrition and Health Education**

The district will teach, model, encourage and support healthy eating among students. Schools will provide nutrition education integrated into other subjects, as part of health education and/or offer stand-alone classes at each grade level.

The district will ensure it will meet the following goals for nutrition education:

- The curricula used are designed to provide students with the knowledge and skills necessary to promote and protect their health.

### **Nutrition Promotion**

The district will ensure that students and staff receive consistent nutrition messages throughout the school campus including in classrooms, gymnasiums and cafeterias. The district and all schools will promote healthy food and beverage choices for all students across the school campus during the school day and will encourage participation in school meal programs.

The district will ensure it will meet the following goals:

- School announcements, newsletters and website postings will promote healthy food and beverage choices.

## **6. Physical Activity**

The district will ensure that a combination of physical activity opportunities will be offered to students in the form of the following:

- classroom physical activity, daily recess, physical education
- before- and after-school activities and sports
- active academics and transportation

The district requires that all students receive education on the benefits of physical activity.

The district prohibits the use or withholding of physical activity (including recess) as a punishment during the school day and during the extended school day (including during out-of-school time and before and after school).

The district will ensure it will meet the following goals:

- Schools will provide all students with adequate and safe spaces, facilities, equipment and supplies for recess. Students will not be excluded from recess for disciplinary reasons or academic performance.
- Classroom physical activity will be offered in addition to physical education and recess at all school levels.
- Classroom teachers receive resources and annual training on promoting physical activity and integrating physical activity in the classroom.

## **Classroom Physical Activity**

The district will implement the following:

- Physical activity will be provided in the classroom outside of planned instruction (physical activity breaks).
- Classroom physical activity will be offered in addition to physical education and recess at all school levels.
- Barriers to classroom physical activity, such as lack of equipment or available space, will be minimized.
- Schools do not utilize activities or materials that are the product of a food, beverage or dietary supplement company.
- Classroom physical activity will not be withheld from or required of students as a disciplinary approach.
- Classroom teachers will receive resources and annual training on promoting physical activity and integrating physical activity in the classroom.

## **Daily Recess**

The district will implement the following:

- Recess will be offered at all elementary schools for 20 or more minutes on all days during the school year which will complement, not substitute for, physical education class.
- Schools and students will be provided with adequate spaces, facilities, equipment and supplies for recess.
- Spaces and facilities for recess will meet or exceed recommended safety standards.
- Students will not be excluded from recess for disciplinary reasons or academic performance in the classroom.
- Staff members who lead or supervise recess will be provided with ongoing professional development.
- Staff will provide strategic inclusion and oversight of opportunities for students with special needs or disabilities to participate in recess.
- The accessibility of playgrounds and outdoor play areas will be assessed, and changes made to improve access.
- Equipment will be provided to allow for inclusion of students with disabilities into activities.

## **Physical Education**

Physical education teachers will assess student knowledge, motor and social skills and provide instruction in a safe and supportive environment.

Though important for increasing physical activity, other physical activity experiences such as recess, intramural sports or recreational endeavors should not be used as a replacement for physical education.

The district will ensure all PE classes are based upon age-appropriate, sequential physical education curricula that are consistent with national and state standards, promote the benefits of a physically active lifestyle and help students develop skills to engage in lifelong healthy habits.

The district will ensure it will meet the following goals:

- All students are engaged in moderate to vigorous physical activity (MVPA) for at least 50% of class time during most or all PE classes.
- All PE teachers in the district receive professional development in PE at least once per year.
- All PE classes are taught by licensed teachers who are certified or endorsed to teach PE.
- PE teachers provide appropriate accommodations to ensure that all students, including students with disabilities, are provided with an equal opportunity to participate.

## **7. Other Activities That Promote Student Wellness**

The district will integrate wellness activities across the entire school setting, including the cafeteria, other food and beverage venues, classrooms, and physical activity facilities.

The district will ensure it will meet the following goals:

- Wellness activities are coordinated and integrated throughout the school day, as well as culturally inclusive, accessible to all students and staff across the district and are age appropriate.
- Schools in the district will offer school-sponsored events, whether before, during or after school, and will adhere to the LWP guidelines and include physical activity and healthy eating opportunities when appropriate throughout the school year.

## **8. Whole School, Whole Community, Whole Child (WSCC)**

### **Employee Wellness**

The district is committed to supporting the physical and mental health and well-being of all district employees. The district will support employee health and well-being in the following ways:

- engaging educators as stakeholders in all school improvement and planning processes
- designating employee wellness (both physical and mental) as a priority in the district organizational structure
- disseminating physical and mental health information resources to school and school-based OST staff (e.g., pamphlets, flyers and posters)
- conducting free or low-cost physical and mental health risk screenings at least once per year
- conducting employee wellness/health (physical and mental) promotion activities at least once per year
- providing access (for free or at low-cost) to and encouraging participation in and use of physical and mental health programs/resources for:
  - healthy eating and weight management
  - physical activity
  - stress management
  - tobacco avoidance and cessation
  - social-emotional health
- considering the disabilities of staff and ensuring access by all staff to health and wellness programs and resources that are offered
- promoting a positive workplace climate with a focus on diversity and inclusion practices
- designating a consistent and systemic approach for employee conflict resolution
- addressing space and break time for lactation/breastfeeding
- including employees in regularly assessing and reporting on the district- and building-level implementation of these practices and providing appropriate resources and training for continuous improvement

## 9. Glossary

### **21st Century Community Learning Centers (CCLC)**

The 21st Century Community Learning Center initiative is the only federal funding source dedicated exclusively to supporting local afterschool, before-school and summer learning programs. Each state receives funds based on its share of Title I funding to support academic enrichment, drug and violence prevention programs, career and technical programs, counseling programs, art, music, STEM programs and physical activity and nutrition education programs for low-income students. Services are also provided to the caregivers of children who are served by the program.

### **Boys and Girls Clubs of America (BGA)**

Boys and Girls Clubs of America is a national, nonprofit organization that provides programs and services to promote and enhance the development of boys and girls by installing a sense of competence, usefulness, belonging and influence. The mission of the organization is to enable all young people, especially those most in need, to reach their full potential as productive, caring, responsible citizens by providing a safe place to learn and grow, developing ongoing relationships with caring, adult professionals and participating in life-enhancing programs and character development experiences.

### **Child Nutrition Programs**

The Child Nutrition Programs are federally funded programs aimed at providing low-income children with nutritionally balanced, low-cost or free meals and snacks in schools, childcare centers and out-of-school time programs. These programs include the National School Lunch Program, the School Breakfast Program, the Special Milk Program, the Child and Adult Care Food Program and the Summer Foodservice Program.

### **Competitive Foods and Beverages**

Competitive foods and beverages are those sold outside of the federal school meals programs. They include those offered in vending machines, À la carte, school stores, snack bars, canteens, classroom parties, classroom snacks, school celebrations, fundraisers or school meetings. These foods and beverages are required to meet science-based nutrition standards (Smart Snacks), as published by the USDA and required by the Healthy Hunger-Free Kids Act of 2010.

### **Comprehensive School Physical Activity Program (CSPAP)**

A Comprehensive School Physical Activity Program is a multi-component approach by which schools and districts use all opportunities for students to be physically active, meet the nationally-recommended 60 minutes of physical activity each day and develop the knowledge, skills and confidence to be physically active throughout their lives.

### **District Wellness Council (DWC)**

A District Wellness Council is sometimes referred to as the School Health Advisory Council (SHAC). It is comprised of district, school and community members who meet at least four times per year to establish district goals and to oversee school health and safety policies and programs, including development, implementation, evaluation and updates of the Local School Wellness Policy.

### **Diversity and Inclusion Practices**

Diversity and inclusion practices are the methods undertaken by an organization to ensure that the value of differences is recognized and that all have the opportunity to participate and succeed regardless of gender, race/ethnicity, mental, emotional, psychological or physical disabilities, learning styles, geographic residence, languages used, cultural heritage, educational level and more. This includes not only how programming is presented, but also reaching out to people, engaging them in ways that address their needs and perspectives and encouraging all to become actively involved.

### **Evidence-based**

Evidence-based interventions have been rigorously studied and have been shown to improve student outcomes.

**Extended School Day**

The extended school day is the time during, before and after school that includes activities such as clubs, intramural sports, band and choir practice, drama rehearsals and more.

**Food and Beverage Marketing**

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often include oral, written or graphic statements, made for promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product.

**Health Equity**

Health equity means that everyone has a fair and just opportunity to be as healthy as possible. This requires removing obstacles to health such as poverty, discrimination and their consequences including powerlessness, lack of access to good jobs with fair pay, quality education and housing, safe environments, and health care.

**Healthy, Hunger-free Kids act of 2010**

The Healthy, Hunger-Free Kids Act of 2010 authorized funding for federal school meal and child nutrition programs and increased access to healthy food for low-income children. The law updated the meal patterns and nutrition standards for the National School Lunch Program (NSLP) and the School Breakfast Program (SBP) to align with the 2010 Dietary Guidelines for Americans and for the first time, set nutritional standards for foods sold in schools outside of the school meal programs (competitive foods).

**Local Education Agency (LEA)**

A Local Education Agency is the local/district agency that is responsible for education within their jurisdiction and/or school district.

**Local School Wellness Policy (LWP)**

A Local School Wellness Policy is a written document of official policies that guide a local education agency (LEA) or school district's efforts to establish a school environment that promotes students' health, well-being and ability to learn by supporting healthy eating and physical activity.

**Moderate to Vigorous Physical Activity (MVPA)**

Moderate to vigorous physical activities cause an increase in heart rate, breathing and body temperature. Breathing hard and sweating lightly should occur when engaged in MVPA.

**National School Lunch Program (NSLP)**

The National School Lunch Program is a federally assisted meal program operating in public and nonprofit private schools as well as residential childcare institutions. It provides nutritionally balanced, low-cost, or free lunches to children each school day.

**Nutrition Education**

Nutrition education involves using a curriculum-based model to teach essential knowledge and skills to improve healthy eating habits. Nutrition education can be provided in schools as a separate subject or it can be integrated into other subjects. For example, teaching a science lesson about how food is grown can address science standards while addressing the importance of consuming fresh fruits and vegetables.

### **Nutrition Promotion**

Nutrition promotion is using evidence-based techniques and messages to influence lifelong healthy eating behaviors. For example, displaying posters about healthy eating in the cafeteria.

### **Offered**

Offered is used to describe foods in schools that are provided, not sold, to students throughout and beyond the school day. These may include foods provided as snacks or during classroom celebrations.

### **Out-of-School Time (OST) SETTINGS**

Out-of-school time settings are supervised programs that young people regularly attend when school is not in session. This can include before- and after-school programs on (or offsite from) a school campus or facilities, academic programs (e.g., reading or math-focused programs), specialty programs (e.g., sports teams, STEM programs or arts enrichment programs) and multipurpose programs that provide an array of activities (e.g., 21st Century Community Learning Centers, Boys & Girls Clubs or YMCAs).

### **Parent Teacher Association/Parent Teacher Organization (PTA/PTO)**

Parent Teacher Associations and Parent Teacher Organizations are associations of caregivers and teachers that play a pivotal role in how educational standards and other policies are enacted and implemented at the state, district and school levels. PTA/PTO leaders are encouraged to meet with their school, district and/or state administrators to ensure a school environment where all students can learn.

### **Positive Behavioral Intervention and Supports (PBIS)**

Positive Behavioral Intervention and Supports is an approach schools can use to improve school safety and promote positive behavior. It also helps schools decide how to respond to a child who misbehaves. PBIS ensures that schools teach kids about behavior, just as they would teach about any other subject, and recognizes that kids can only meet behavior expectations if they know what the expectations are.

### **Park and Recreation Agencies**

Park and recreation agencies oversee parks and recreation facilities that are for the purposes of leisure, entertainment, and recreational pursuits. These may include public spaces and facilities like parks, nature preserves, open space areas, greenways, trails and built structures for sport, recreation, or arts programs. Examples of services include recreation activity programs, athletic leagues, special events, arts programs, and environmental education programs. Many recreation agencies provide OST programming for children and youth.

**School Breakfast Program (SBP)**

The School Breakfast Program is a federally funded meal program that provides free- and reduced-price breakfast meals to low-income students across the country. School breakfast can be offered in the cafeteria, though many schools offer breakfast in the classroom or through grab-and-go carts to increase participation in the meal programs, and to reduce the stigma of receiving school breakfast.

**School Campus**

The school campus encompasses the areas that are owned or leased by the school and used at any time for school-related activities. Additional areas include the outside of the school building, school buses or other vehicles used to transport students, athletic fields and stadiums and parking lots.

**School Day**

The school day is represented by the time between midnight the night before to 30 minutes after the end of the instructional day.

**School Food Authority (SFA)**

The School Food Authority is the governing body that is responsible for the administration of one or more schools and has the legal authority to operate the federal meal programs.

**School Wellness Committee (SWC)**

A School Wellness Committee is a school-level committee that focuses on the health and wellness needs of the student, staff, and community partners at a specific school. The SWC is comprised of school staff, students, caregivers, and community stakeholders, and supports school-level implementation of the local school wellness policy.

**Smart Snacks in School Nutrition Standards (Smart Snacks)**

The Smart Snacks in School Nutrition Standards are a set of science-based nutrition standards for all foods and beverages sold to students on the school campus during the school day. These standards, published by the USDA and required by the Healthy Hunger-Free Kids Act of 2010, went into effect July 1, 2014. These standards are required for all foods and beverages sold outside the school meals programs, including through vending machines, À la carte, school stores, snack or food carts and in-school fundraising.

**Social-emotional Climate**

The social-emotional climate refers to the physical, social, academic, and disciplinary environment in a school building, school campus or out-of-school time site. This includes norms, values, culture, policies, practices, characteristics of relationships and organizational structure. A positive school climate supports the overall mental and physical health of children while meeting their academic needs and ensuring positive interactions between students and staff.

**Social-emotional Learning (SEL)**

Social-emotional learning is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show

empathy for others, establish and maintain positive relationships and make responsible decisions.

### **State Education Agency (SEA)**

A State Education Agency, often referred to as the Department of Education, is responsible for providing information, resources and technical assistance on educational areas related to schools and residents. The primary function of the SEA is to administer and coordinate education in a state, including distributing and monitoring federal funds intended for education. The SEA is also responsible for collecting data on schools within their state and enforcing federal educational laws regarding privacy and civil rights.

### **Trauma-informed Approaches**

Trauma-informed refers to the delivery of services in a way that includes an understanding of trauma and an awareness of the impact it can have across settings, services, and populations.

### **Trauma-sensitive Approaches**

Trauma-sensitive approaches ensure that all children and youth feel safe, welcomed, and supported. Youth-serving organizations that utilize trauma-sensitive approaches acknowledge the impact of trauma on learning on an organization-wide basis and assist children and youth in managing this trauma as a central part of their educational mission.

### **Whole School, Whole Community, Whole Child (WSCC) Model**

The Whole School, Whole Community, Whole Child, or WSCC model, is the Centers for Disease Control and Prevention's framework for addressing health in schools. The WSCC model is student-centered and emphasizes the role of the community in supporting the school, the connections between health and academic achievement and the importance of evidence-based school policies and practices.