

## School Wellness

School wellness, including good nutrition and physical activity, shall be promoted in the District's educational program, school activities and meal programs. This Policy shall be interpreted consistently with Section 204 of the "Child Nutrition and WIC Reauthorization Act of 2004 and the Healthy Hunger-Free Kids Act of 2010 (HHFKA). The Superintendent or designee will ensure each school building complies with this Policy.

### Goals for Nutrition Education

- The school will support and promote good nutrition;
- The school will foster the positive relationship between good nutrition, physical activity, and the capacity of all to develop and learn; and
- Nutrition education will be part of the District's comprehensive health education curriculum. (See Board Policy 6.060, Curriculum Content Mandates.

### Goals for Physical Activity

The school will support and promote an active lifestyle for all.

### Nutrition Guidelines for Foods Available in Schools during the School Day

Students will be offered and the school will promote nutritious food and beverage choices consistent with the current Dietary Guidelines for Americans and food Guidance System published jointly by the U.S. Department of Agriculture. In addition, in order to promote health and healthy weights in children, the designee shall restrict the sale of competitive foods as defined by the U.S. Department of Agriculture in the food service areas during the meal periods and comply with all Smart Snack rules of the Illinois State Board of Education.

### Guidelines for Reimbursable School Meals

Reimbursable school meals served shall meet, at a minimum, the nutrition requirements and regulations for the National School Lunch Program and School Breakfast Program.

### Wellness Professional Development

Wellness-related professional development opportunities will be provided each year for staff.

### Community Input

The designee will invite suggestions and comments concerning the development, implementation, and improvement of the school wellness policy from community members, including parents, students, and representatives of the school food authority, school administrators, and the public. The community is encouraged to develop support for the District wellness goals in school and in the community as well as participate on the committee.

LEGAL REF.: Child Nutrition and WIC Reauthorization Act. Of 2004  
Child Nutrition Act of 1966  
National School Lunch Act,  
Healthy, Hunger-Free Kids Act of 2010  
23 Ill.Admin.Code Part 305, Food Program