

**Bartonville Grade School District #66**

**Local Wellness Policy**

***Bartonville Grade School District #66, in order to help families and children become whole and healthy, is committed to providing a learning environment that supports and promotes wellness, good nutrition, and an active lifestyle. BGS recognizes the positive relationship between good nutrition, physical activity, and the capacity of our students to develop and learn. We have a responsibility to help students acquire the knowledge and skills necessary to establish and maintain lifelong healthy eating and living habits. It is the Bartonville Grade School Belief that a well-planned and well implemented wellness program will positively influence our students’ health.***

**Assessment**

**Bartonville Grade School District #66 will update the Local Wellness Policy as appropriate in order to fit the needs and goals of the Local Education Agency. Bartonville Grade School District #66 shall make the following available to the public: a) The Local Wellness Policy, including any updates to the policy. B) The triennial assessment, including progress toward meeting the goals outlined in the wellness policy. Both will be made available through www.bgs66.org, the district Facebook Page, and messaging system.**

**Nutrition**

**Bartonville Grade School District #66 recognizes the important role nutrition plays in academic performance as well as overall quality of life. The National Education Association references numerous articles supporting the effects of nutrition on the classroom, for example, hunger often has a negative impact on students’ success, attendance, and behavior. According to the Centers for Disease Control and Prevention, 18.5 percent of the nation’s youth was considered obese in 2015-16. This percentage increased 1.3 percent when compared to the previous year. Conversely, 15.7 percent of American families experienced food hardship in 2017. Through participation in the U.S. Department of Agriculture’s School Nutrition Programs, the LEA commits to serving nutritious meals to students in order to prevent both over consumption of nutrient-poor foods and food insecurity to give students the best chance to succeed inside and outside the classroom.**

**Meals: All reimbursable meals served for the purposes of the National School Lunch Program (NSLP) and School Breakfast Program (SBP) must meet or exceed USDA nutrition standards and regulations. This includes meeting standards for each of the meal pattern components (i.e. Grains, Meat/Meat Alternates, Fruits, Vegetables, and Milk) as well as meeting/exceeding limitations set for calories, sodium, saturated fat, and trans fat.**

**Competitive Foods: All competitive foods and beverages sold must comply with the USDA Smart Snacks in Schools nutrition standards (7 CFR 210.31(c)(3)(iii)). Competitive foods and beverages refer to those that are sold to students outside the reimbursable meal on the school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day). This includes, but is not limited to, vending machine and à la carte items.**

**Other Foods and Beverages:**

1. **The following policy refers to all foods and beverages provided, but not sold to students. Bartonville Grade School District #66 will prohibit the use of food as a reward or as part of a celebration. Providing alternatives to food as a reward promotes healthier habits by reducing exposure to less nutritious food items and, therefore, the amount of calorie-dense food items consumed (e.g. cakes, cookies, candy, etc.). This helps children develop improved food preferences and hunger cues to carry them throughout life. Instead, schools will implement the following methods for rewards and celebrations: Individual recognition, extra recess, going to the lunchroom first, holding class outdoors, dancing to music, games, free choice time, field trips, school celebrations.**
2. **The following policy refers to all foods and beverages provided, but not sold to students. Bartonville Grade School District #66 will prohibit food and beverage items that do not meet Smart Snacks nutrition standards for reward and celebration purposes. More than 25 percent of children’s daily calories may come from snacks, therefore, providing Smart Snacks allows for a more nutrient-dense calorie intake.**
3. **All fundraisers promoting food and/or beverage items that are held on school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day) must meet Smart Snacks nutrition standards. The school shall also utilize non-food fundraisers to promote healthy habits and well-being. The school will implement non-food fundraising such as the Book Fair.**
4. **Fundraisers promoting food and/or beverage items that are held at BGS during the school day (i.e. the midnight before to 30 minutes after the end of the school day) must meet Smart Snacks nutrition standards. However, the LEA may participate in infrequent exempted fundraising days, in which food and beverage items do not meet Smart Snacks standards, as the LEA sees fit. These exempted fundraising days shall not exceed nine days within one year and must be BOE approved.**

**Nutrition Education: In accordance with the Illinois Learning Standards, Bartonville Grade School District #66 shall meet all Illinois requirements and standards for Health Education. The Local Education Agency shall include nutrition education within the health education curriculum and integrate nutrition education into other core subjects, as appropriate. Various grade levels and curriculums shall use nutrition education information, research, and materials from the *Dietary Guidelines for Americans.***

*Goals for Nutritional Education*

* **Incorporate nutrition education during physical education-- for 30 minutes daily.**
* **Promote a positive relationship between good nutrition, physical activity, and a health-minded environment for students to develop and learn.**
* **The nutritional education program shall include enjoyable interactive activities such as contests, promotions, and field trips.**

**Nutrition Promotion**

**Bartonville Grade School District #66 shall implement nutrition promotion techniques through multiple channels, including the cafeteria, classroom, and home. The District shall make cafeteria menus and nutrition information available through the following platforms: District website and Facebook Page. Bartonville Grade School District #66 shall participate in the Ag in the classroom program.**

**Food loss and waste continue to be an issue facing the nation’s food supply. In order to prevent food waste, Bartonville Grade School District #66 will make every effort to produce the precise number of meals needed on any given day by using production records and resources such as the USDA’s Food Buying Guide. However, in the event excess food remains, the District will continue to provide food to students in need beyond the meals provided through the USDA School Nutrition Programs. Therefore, the District shall follow the established food sharing plan, in accordance with Public Act 102-0359, and federal and local regulations and sanitation codes.**

**Marketing: The Local Education Agency will prohibit the marketing and advertising of all foods and beverages that do not meet Smart Snacks nutrition standards on the school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day). The marketing standards described above apply, but are not limited to, oral, written, and graphic statements made for promotional purposes. Items subject to marketing requirements include, but are not limited to, posters, menu boards, vending machines, coolers, trash cans, scoreboards, and other equipment. This policy does not require schools to immediately replace equipment that does not meet this requirement, however, the District shall implement these standards as equipment needs replaced in the future.**

*Goals for Nutrition Promotion*

* **Bartonville Grade School will display positive promotion in the dining areas and helpful hints for healthy eating.**
* **Bartonville Grade School will utilize the ag in the class program.**
* **Bartonville Grade School will utilize a sharing table.**

**Physical Activity**

**Physical activity is a key component of the health and well-being of all students. Physical activity lowers the risk for certain diseases, including obesity, heart disease, and diabetes. Physical activity also helps improve brain function, allowing students to perform better in school. The Centers for Disease Control and Prevention recommends adolescents get at least 60 minutes of physical activity five days per week. Nearly 79 percent of school-age children fall short of meeting this requirement. The Local Education Agency recognizes this connection and commits to promoting and providing opportunities for physical activity during and outside the school day.**

**Physical Education: In accordance with the Illinois Learning Standards, the Local Education Agency shall meet all Illinois requirements and standards for Physical Education. Bartonville Grade School District #66 shall offer Physical Education class taught daily for 30 minutes for all grades levels equaling 2 hours and 30 minutes weekly**

**Other Opportunities for Physical Activity: Bartonville Grade School District #66 shall include additional physical activity opportunities, outside of Physical Education class, and during the school day. The following opportunities for participation in school-based sports shall be offered to students each year: Baseball, softball, basketball, volleyball, cheerleading, and track. These are offered to all students in grades 5-8.**

*Goals for Physical Activity*

* **Promote physical activity through participation in the Fuel up to play 60 program.**
* **Bartonville Grade School District #66 will have daily recess for all students.**
* **Will have 30 minutes of PE daily for all students.**

**Other School-Based Wellness Activities**

**Just as it takes a comprehensive curriculum to provide education to support students’ futures, Bartonville Grade School District #66’s wellness approach must also be comprehensive in its intent to provide students with the tools they need to live a healthy lifestyle. In order to further establish positive behaviors related to nutrition, physical activity, and health, the LEA commits to making additional wellness-based activities available to all students beyond the cafeteria and gymnasium. Bartonville Grade School shall offer other school-based activities to support student health and wellness, including coordinated events and clubs. The following events shall be organized and promoted each year: Cafeteria try days The District shall make cafeteria menus and nutrition information available through the district website and Facebook Page. In addition, the District shall participate in the following Farm to School activities: Ag in the classroom**

**Food loss and waste continue to be an issue facing the nation’s food supply. In order to prevent food waste, the District will make every effort to produce the precise number of meals needed on any given day by using production records and resources such as the USDA’s Food Buying Guide. However, in the event excess food remains, the District will continue to provide food to students in need beyond the meals provided through the USDA School Nutrition Programs.**

**Marketing: Bartonville Grade School District #66 will prohibit the marketing and advertising of all foods and beverages that do not meet Smart Snacks nutrition standards on the school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day). The marketing standards described above apply, but are not limited to, oral, written, and graphic statements made for promotional purposes. Items subject to marketing requirements include, but are not limited to, posters, menu boards, vending machines, coolers, trash cans, scoreboards, and other equipment. This policy does not require schools to immediately replace equipment that does not meet this requirement, however, the District shall implement these standards as equipment needs replaced in the future.**

*Goals for Other School Based Wellness Activities*

* **Bartonville Grade School District #66 will offer wellness activities including cafeteria “try” days and a walking program at lunch/recess.**
* **Will utilize a sharing table for both breakfast and lunch.**
* **The District shall make cafeteria menus and nutrition information available through the district website and Facebook Page.**