

Kings CSD#144



Local Wellness Policy

Updated 23/24

Preface

In accordance with 7 CFR 210.31(c), a Local Education Agency that participates in the National School Lunch Program (NSLP) and/or School Breakfast Program (SBP) must establish a Local School Wellness Policy for all schools under its jurisdiction. As of June 30, 2017, Local Wellness Policies must meet the minimum requirements set forth in the Final Rule: Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010.

Local Wellness Policies are a valuable tool in the promotion of student health and wellness through the NSLP and SBP. Schools play an essential role in preparing students for successful futures, and proper nutrition and physical activity are key to creating constructivist learning environments. Local Wellness Policies provide guidance to further support schools efforts to provide students with a successful and healthy future.

Wellness Policy Committee

Wellness Policy Leadership

Matthew Lamb Superintendent
Contact: 815-562-7191

Wellness Policy Committee Members

Jodi Horn Administrative Assistant
Contact: 815-562-7191

Tracy Nason, Food Service Manager
Contact: 815-562-7191

Hannah Anderson, Physical Education Teacher
Contact: 815-562-7191

Nicole Adamski, Parent/Board Member
Contact: 815-562-7191

Wellness Policy Committee Responsibilities

Public Involvement

KingsCSD #144 permits and encourages public involvement in Local Wellness Policy development, implementation, updates, and reviews. Therefore, KingsCSD #144 shall invite a variety of stakeholders within the general public to participate in Local Wellness Policy processes. The following methods of communication will be utilized to notify the general public of the opportunity to participate in these processes:

- Meetings posted on our website

Assessments

Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three years. KingsCSD #144 shall conduct assessments of the Local Wellness Policy at least once every three years, beginning in 2017 and occurring every three years thereafter. These assessments will:

- Ensure the wellness policy is in compliance with USDA, State, and Local rules and regulations
- Compare the LEA's wellness policy to model wellness policies
- Measure the progress made in achieving the goals as outlined in the LEA's wellness policy

The position/person responsible for managing the triennial assessment and contact information is Matthew Lamb, Superintendent at 100 1st St, Kings, IL.

Updates

The Wellness Policy Committee must update the Local Wellness Policy as appropriate in order to fit the needs and goals of the Local Education Agency. The LEA shall make the following available to the public:

- The Local Wellness Policy, including any updates to the policy, on a yearly basis
- The triennial assessment, including progress toward meeting the goals outlined in the wellness policy

The district will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum through email, school newsletter, or displaying notices on the district's website.

Records

KingsCSD #144 shall maintain record of the Local Wellness Policy. This includes keeping a copy of the current wellness policy on file and maintaining documentation of the following actions:

- The most recent assessment of the policy
- Availability of the wellness policy and assessments to the public
- Reviews and revisions of the policy, including the individuals involved and the efforts made to notify stakeholders of their ability to participate in the process

Nutrition

KingsCSD #144 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, approximately 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 overconsumption of nutrient-poor foods and food insecurity to give students the best chance to succeed inside and outside the classroom.

Nutrition Standards

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 or exceeding the limitations set for calories, sodium, saturated fat, and trans fat.

<https://www.fns.usda.gov/cn/nutrition-standards-school-meals>

<https://www.fns.usda.gov/sbp/meal-pattern-chart>

<https://www.fns.usda.gov/nslp/national-school-lunch-program-meal-pattern-chart>

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 machines and à la carte items.

Other Foods and Beverages

- A.** The following policy refers to all foods and beverages provided, but not sold to students. KingsCSD #144 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:

Classroom Rewards: A smile, Going first, Verbal praise, Sit by friends, Teaching the class, Helping the teacher, Enjoy class outdoors, A field trip for the class, Choosing a class activity, Walk with a teacher during lunch, Eat lunch outdoors with the class, Eat lunch with a teacher or principal, Extra credit or class participation points, Taking care of the class animal for a day, Have lunch or breakfast in the classroom, A photo recognition board in a prominent location in the school, A note from the teacher to the student commending his or her achievement, A phone call, email, or letter sent home to parents or guardians commending a child's accomplishment, Recognition of a child's achievement on the school-wide morning announcements or school website Ribbon, certificate in recognition of achievement or a sticker with an affirming message (e.g. "Great job") Take a trip to the treasure box (filled with: stickers, temporary tattoos, pencils, pens, highlighters, sidewalk chalk, notepads, erasers, bookmarks, etc.)

Food or Physical Activity as a Reward or Punishment- School personnel shall be encouraged to use nonfood incentives or rewards with students (see above) and shall not withhold food from students as punishment. School personnel shall not use physical activity as a punishment or withhold participation in recess or physical education class as a punishment.

- B.** The following policy refers to all foods and beverages provided, but not sold to students. The Local Education Agency 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.

Fundraisers

- A.** 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 following are non-food fundraising ideas:

- [https://www.healthiergeneration.org/sites/default/files/documents/20190328/9da51885/08-459 AlternativeFundraisingIdeas.pdf](https://www.healthiergeneration.org/sites/default/files/documents/20190328/9da51885/08-459%20AlternativeFundraisingIdeas.pdf)

Nutrition Education

In accordance with the Illinois Learning Standards, the Local Education Agency shall meet all Illinois requirements and standards for Health Education. KingsCSD #144 shall include nutrition education within the health education curriculum and integrate nutrition education into other core subjects, as appropriate. The District will teach, model, encourage and support healthy eating by all students. We will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their healthy;
- Is a part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Teaches media literacy with an emphasis on food and beverage marketing; and
- Includes nutrition education training for teachers and other staff.
- Various grade levels and curriculums shall use nutrition education information, research, and materials from the following resources:
 - o <https://healthyschoolscampaign.org/f21-online-resources/>

GOALS FOR NUTRITION EDUCATION

- Students in preschool through grade 8 shall receive nutrition education as part of a sequential program that is coordinated within a comprehensive health education curriculum. The program shall be designed to provide students with the knowledge and skills necessary to adopt healthy eating behaviors and aimed at influencing students' knowledge, attitudes and eating habits. Special emphasis should be placed on nutrition education in preschool through primary grades as eating habits are established at a young age. The curriculum shall be consistent with and incorporate relevant Illinois Learning Standards.
- To maximize classroom time and to achieve positive changes in students' eating behaviors, nutrition education shall be integrated into the standards-based lesson plans of other school subjects like math, science, language arts, physical education, health, family and consumer science and social sciences.
- To achieve positive changes in students' eating behaviors, it is recommended that a minimum of fifty contact hours of nutrition education opportunities be provided to students each year. Contact hours may include a combination of classroom instruction; nutrition education provided in the cafeteria; or health fairs, field trips and assemblies providing nutrition education.
- The nutrition education program shall include enjoyable interactive activities such as contests, promotions, taste testing, field trips and school gardens.
- Ideas may be found at <https://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum>

Nutrition Promotion

The District 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 platform:

- School website: www.crestonschool.org

The Smarter Lunchrooms Movement uses behavioral economics to positively influence food choices made by children. The evidence-based techniques implemented through the Movement have been proven to increase children's consumption of nutritious foods. The District shall participate in the Smarter Lunchrooms Movement by utilizing the Smarter Lunchrooms 60-point Scorecard and other educational and promotional tools. The District shall implement the following Smarter Lunchrooms techniques:

- Implementing evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques; and
- Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in school nutrition standards.
- <https://www.isbe.net/Documents/Smarter-Lunchroom-Techniques.pdf>

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. 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:

- Share Table: Share table is a general term to describe how uneaten food items from Child Nutrition Programs can be collected to reduce food waste. Acceptable foods are allowed per USDA guidance. However, your local health department may have stricter rules and/or food safety requirements.

ACCEPTABLE FOODS

- Whole fruits with inedible peels (bananas, oranges, etc.)
- Whole fruits with edible skin/peels (apples, peaches, etc.)
- Packaged non-perishable items (breakfast bars, applesauce, cereal, etc.)
- Packaged cold items (milk, sliced/cut fruits and vegetables in sealed packages, yogurt, etc.)
- Packaged hot items (omelet, grilled cheese, etc.)

NOT ACCEPTABLE

- Any items that have been opened
- Items in re-sealable packaging
- Items served without a lid or top
- Foods served directly on the tray
- Items brought from home

Marketing

A. KingsCSD #144 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.

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. KingsCSD #144 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. Physical education is required to be taught by a certified/licensed teacher who is endorsed to teach physical education. Physical education teachers are offered professional development opportunities focused on physical education/ health specifically for physical education teachers. The LEA shall offer Physical Education class as follows:

- 30 minutes daily physical education class for all students

Other Opportunities for Physical Activity

The District shall include additional physical activity opportunities, outside of Physical Education class, during the school day through the following:

- 30 minutes of recess daily for grades k-5
- 25 minutes of recess daily for grades 6-8

The following opportunities for participation in school-based sports shall be offered to students each year:

- Cheerleading
- Co-ed volleyball
- Boys' basketball
- Girls' basketball
- Coed track and field

Physical Activity Promotion

The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical

school week. The District recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom times at least three days per week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

Other School-Based Activities

Just as it takes a comprehensive curriculum to provide education to support students' futures, the Local Education Agency'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.

The Local Education Agency shall offer other school-based activities to support student health and wellness, including coordinated events and clubs. The following shall be organized and promoted each year:

- Permit students to bring and carry water bottles filled with water throughout the day.
- The school district will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school district will:
 - encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the established nutrition standards for individual foods and beverages;
 - provide parents a list of foods that meet the school district's snack standards and ideas for healthy celebrations/parties, rewards and fundraising activities;
 - provide information about physical education and other school-based physical activity opportunities before, during and after the school day;
 - support parents' efforts to provide their children with opportunities to be physically active outside of school; and, include sharing information about physical activity and physical education through a web site, newsletter, other take-home materials, special events or physical education homework.

Meal Charge Policy

1. Free and Reduced Meal Students:

a. Students approved for free meals can receive one free reimbursable meal per meal session. Each additional meal will be charged at full price.

b. Students approved for reduced-price meals can receive one reimbursable meal at the reduced-price rate per meal session.

c. The Food Service Department will send notices of deficit balances totaling greater than or equal to 5 meals to parents/guardians at monthly intervals during the school year via email. Students who request a meal will be served one reimbursable meal per meal session regardless of their account balance.

****Applications for free reduced priced meals are available in the office.**

2. All Other Students:

a. Students will be served one reimbursable meal at full price per meal session to each student who requests it regardless of the ability to pay for the meal.

3. Charging: Student Meal Accounts

a. The Food Service Department will send notices of deficit balances totaling greater than or equal to 5 meals to parents/guardians at monthly intervals during the school year via email.

b. Any payments made by check that are returned to the district by the bank with notice of "insufficient funds" will incur a penalty fee of \$25.00 by party writing the check

4. Account information:

a. The Food Service Department maintains a record of all monies deposited and spent for each student and that record will be made available to the parent upon request. The Food Service Department shall inform parents that meals can be paid for in advance and the balances maintained in their child's account to minimize the possibility that the child may be without meal money on any given day. If a student is without meal money on a consistent basis, the Food Service Department will investigate the situation more closely, including contacting the parent/guardian to bring money to the school and/or encouraging the parent to apply for free or reduced price meals.

5. End of Year:

a. All meal charges must be paid off at the end of the school year. Any unpaid charges will be carried forward to the next school year and count towards the student's ability to charge. Money remaining in a student's account will be carried forward to the next school year.

Breakfast

Breakfast is not served at King's.

Lunch

Lunch is served daily from 11:30-12:45. Students are assigned 20 minute lunch periods and 25 minute recess periods for their lunch/recess break.

Water

Water bottle filling stations/ water fountains are located throughout the building. Water fountains are available throughout the lunch period.

Food Service Training

All food service staff will meet hiring and annual continuing education/training requirements.

Exhibit 1 Smart Snacks

<https://www.fns.usda.gov/tn/guide-smart-snacks-school>

The following is a list of approved snacks that will be allowed for all classroom parties, which includes holiday and birthday. ONLY items on the list will be allowed, so please keep this in mind when purchasing items for your child's special events. Please note that all items must be individually wrapped, factory sealed and have intact nutritional information. (Items in multi-pack containers need not be individually labeled, however, must be sent to school in the original sealed container.)

FRUIT/VEGETABLES

- Fruit Cups (applesauce, peaches, mandarin oranges, pears, mixed fruit, etc)
- Nature's Bakery Bars (strawberry, raspberry, blueberry)
- Cuties/Clementines
- Bananas
- Apple Slices (bags)
- Carrot Sticks (bags)
- Celery Sticks (bags)
- Bare Apple Chips
- Raisins

CHIPS

- Cheetos, 1 oz bags
- Doritos, all flavors, 1 oz bags
- Sunchips, all flavors, 1 oz bags
- Fritos, 1 oz bags

Funyuns, ¾ oz bags
Smartfood or Skinny Pop Popcorn, 1 oz bags
Veggie Straws
Pringles Variety Cups
Chips, Plain, BBQ, Sour Cream (includes Frito Lay, Kroger, Great Value)

COOKIES

Keebler Chips Deluxe, 1 oz bags (also includes Great Value brand)
Mother's Frosted Animal Crackers
Chocolate Chip Cookies, 1 oz bags (Famous Amos, Great Value, Kroger)
Oreo Minis, 1 oz bags

SNACK CAKES

Hostess Cupcakes (includes Great Value Brand, Baker's Treat)
Hostess HoHo's
Little Debbie Birthday Cakes
Little Debbie Fudge Cakes
Rice Krispie Treats, assorted flavors up to 1.4 oz (includes Kellogg's, Great Value)
Mini Muffins, Blueberry, Choc Chip, Banana (includes Hostess, Enteman's, Baker's Treat)
**Please check calorie content per flavor. Some flavors of some brands are over the allotted 200 CAL per serving)

CRACKERS

Handi Snacks, crackers, breadsticks & pretzels (includes Kraft, Kroger, Dollar Tree, Great Value)
Goldfish
Ritz Bitz Cheese Crackers (includes Kroger brand)

MISC

Fruit Roll Up
Fruit by the Foot
Scooby Doo Fruit Snacks
Pudding Cups, all flavors (includes Snack Pack, Kroger, Great Value, Lunch Buddies)
Jello Cups, all flavors (includes Snack Pack, Kroger, Great Value, Lunch Buddies)

BEVERAGES (single serve containers only)

Water
100% Fruit Juice Capri Sun
100% Fruit Juice Boxes (Minute Maid, Juicy Juice)

Any item not listed above will not be allowed into the schools. For items requiring spoons/straws, they must be supplied along with the treat or the treat will not be served.

Exhibit 2

Dear Parents or Guardians,

This letter is written to share information with you about our district wellness policy/practice that addresses treats and treat bags. Our school district organized a wellness committee composed of teachers, parents, an administrator, and our district's food service director. As a committee, this team enacted a health and wellness practice of not allowing home baked treats, bakery treats, or treat bags containing food items. All birthday or special day treats must be commercially packaged with an intact nutrition label (see example on the back). We encourage families to send healthy snacks. Fresh fruit and vegetables are allowed if they are factory or commercially sealed and packaged (ie: packaged apple slices, packaged celery). Snacks requiring freezing or refrigeration will not be allowed unless cleared by an administrator. If there is an allergy in the classroom, an allowable treat list will be sent home by the classroom teacher. Schools have the right to refuse any birthday treats, special treats or snacks that do not meet school requirements.

This decision was made after much thought and discussion at a District level, as a community, and as a staff. There are a variety of reasons why this change has been made, the main one being; to coordinate and align our district's wellness policy with federal regulations. The purpose of the wellness policy and committee is to assure a school environment that promotes and protects students health, well-being, and ability to learn by supporting healthy eating and physical activity. The complete policy is available on the KingsElementary School website at crestonschool.org.

Other rationale for restricting treats at school includes: Expense, Equity, and Allergies. Our new no home baked or bakery treats policy compliments our healthy snack policy of fruits and/or vegetables, cheese and yogurt snack break guidelines. We realize not everyone supports this change. We have learned that parental support has been more than favorable from the schools and classrooms that have moved in this direction. Please know that we are not trying to take the fun out of birthdays or classroom parties. Classroom teachers will continue to recognize children on their special day in special ways. Thank you in advance for your support and for helping to promote healthy snacks at KingsElementary School. If you have any questions, please do not hesitate to contact your school's principal.

Sincerely,

KingsElementary School Wellness Committee

Exhibit 3- Newsletter Samples for Family Education/Involvement

<https://cns.ucdavis.edu/programs/shcp/newsletter>

<https://www.actionforhealthykids.org/news-sign-up/>

<https://www.trumbullps.org/departments/food-service/wellness-newsletter.html>