

Lake Forest School District 67 Implementation Guide

TITLE: WELLNESS THROUGH NUTRITION AND PHYSICAL ACTIVITY

I. Nutrition Education

Lake Forest School District aims to teach, encourage, and support healthy eating by students. Schools are encouraged to provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health; **(Director of Wellness/K-8 Wellness and Health teachers)**
- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social studies, and elective subjects; **(Curriculum area Directors)**
- includes enjoyable, developmentally-appropriate, culturally relevant, participatory activities, such as contests, promotion, taste testing, field trips; **(Building Principals/Team Leaders)**
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices; **(K-8 Wellness and Health teachers/Home Arts teacher/ Food Service provider)**
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise); **(K-8 Wellness and Health teachers/Home Arts teacher/Food Service provider)**
- links school meal programs, other school foods, and nutrition-related community services; **(Food Service provider)**
- teaches media literacy with an emphasis on food marketing; and **(K-8 Wellness and Health teachers/ Home Arts teacher)**
- includes training for teachers and staff. **(Director of Wellness)**

II. Physical Education/Wellness

Students at all grade levels have access to a Physical Education/Wellness curriculum that includes; opportunities to learn, meaningful content, and appropriate instruction.

A. Quality of Instruction

The Physical Education curriculum is taught by a certified physical education instructor at all levels. Extended day kindergarten through 4th grade students receive daily physical education instruction, while half day kindergarten students receive instruction two days a week and pre-kindergarten students receive instruction once a week. Middle school students receive a minimum of four days of instruction per week.

B. Content Integration

Staff are encouraged to teach physical education through content integration in all curricular areas. **(Building Principals/ K-8 Wellness and Health teachers)**

III. Physical Activity

To promote learning, staff members are encouraged to incorporate physical activity within the school day and to limit extended periods of inactivity. In addition, schools will adhere to the following guidelines:

A. Elementary Schools (PreK-4)

1. Each school should provide recess daily. Recess should be supervised. Appropriate equipment and space should be made available so that students can be physically active and safe. **(Building Principal)**
2. Staff should be encouraged to avoid using recess as a time for students to make up work or as a time to administer discipline. **(Building Principal/All staff)**

B. Middle School (5-8)

1. The middle school will offer extracurricular physical activity opportunities through clubs, intramurals and interscholastic programs. **(Building Principals/ Athletic Director)**

2. Time permitting, the middle school will provide students with an opportunity for supervised physical activity during their lunch period. **(Building Principal)**

3. Staff will not use wellness class as a time for students to make up course work or to administer discipline **(Building Principal/All staff)**

IV. Foods and Beverages

A. Scope

1. These procedures apply to all foods and beverages made available to students in schools or through school-sponsored events on school campuses, including but not limited to the following:
 - a. School Meal Programs
 - b. A la carte items
 - c. Vending/Beverage machines
 - d. Classroom activities
 - e. Fundraisers
 - f. Concession stands
 - g. School stores
 - h. Food brought from home for classes/groups
 - i. Student rewards
 - j. School parties/celebrations/events/etc.

2. All such foods and beverages should comply with the current United States Department of Agriculture (USDA) Dietary Guidelines for Americans; federal, state and local laws, including safety standards set by the Health Department and this policy. (See Attachment A)

B. School Meals Program

The School Food Service provider shall provide approved school lunches each day that school is in a full-day session. School meals shall meet nutrition standards established by the USDA (Attachment A) It is recommended that students be given adequate time, at least 20

minutes, to eat lunch during the day. **(Food Service provider/Building Principals)**

1. Foods

- a. Main course food items offered in the elementary and middle schools as an alternative to or in addition to the reimbursable meal will be offered in reasonable portion sizes that are consistent with the guidance provided by the USDA for Child Nutrition Programs. **(Food Service provider)**
- b. All a la carte food items will meet the recommended guidelines from the USDA. (Attachment A) **(Food Service provider)**

2. Beverages

The sale of beverages in school cafeterias during the school day is limited to the following: (Food Service provider)

- a. Water, non-flavored, non-sweetened and non carbonated
- b. Flavored water
- c. Flavored or plain reduced fat (2%), lowfat (1%) and skim/nonfat
- d. 100% fruit/vegetable juice

C. Food and Beverage sources during the school day

1. Schools will promote healthy food and beverage choices at all events where foods and beverages are available to students. **(Building Principals/All staff)**
2. Students should have access to water throughout the school day. This may include access to water fountains and/or permission to carry water with them throughout the day. **(Building Principals/All staff)**
3. Foods of minimal nutritional value and all other candy will not be sold or given without charge to students on school campuses or at school sponsored events. Examples of acceptable food or beverages can be found in Attachment B. **(Building Principals/All staff)**

4. Note: Building Principals may make exceptions to the acceptable food and beverage list (Attachment A) on a case by case basis.
(Building Principals)

D. Vending Machines and Concessions

1. Access – All vending machines shall have and use a timing device to automatically prohibit access to the vending machines during school hours. **(Building Principals)**
2. Beverages – All beverages sold after the end of the school day through vending machines in schools or concessions at school-sponsored activities on school campuses shall be limited to:
 - a. Water, plain or enhanced – (Non flavored, non-sweetened and non carbonated)
 - b. Flavored water
 - c. 100% fruit/vegetable juice
3. Foods – The following guidelines apply to foods sold after the end of the school day or concessions at school-sponsored activities on school campuses. Attachments A and B
(Building Principals/Sponsor heads)

E. Food Safety and Security – For the safety and security of the food and facility, access to the food service facilities is limited to authorized personnel. To help ensure the health and safety of the students and staff in our schools the following procedures should be followed:

1. All foods made available on school campuses or through school-sponsored activities should comply with state and local food, safety, and sanitation regulations. **(Food Service Provider)**
2. Plans and guidelines should be implemented to prevent food borne illness. **(Food Service Provider)**
3. Lake County Health Department regulations require that food served to the public be prepared in a licensed facility.
(Food Service Provider)
4. Schools should provide students the opportunity to wash their hands before and after eating meals or snacks.
(Building Principals/All staff)

- F. Other activities – Schools are encouraged to consider wellness issues and student allergies when planning incentive and promotional activities. Foods and beverages may be used as a reward, provided they comply with Attachment B. **(Building Principals/All staff)**

V. Community Collaboration

Lake Forest School District 67 will partner with the D67 APT, Lake Forest Rec, CROYA, LEAD, and other agencies to support the practice of healthy eating, nutrition education, and physical activity in the school environment. **(Director of Wellness/LWP Committee)**