

# GRIGGSVILLE-PERRY CUSD 4



## Local Wellness Policy

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# 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 constructive learning environments. Local Wellness Policies provide guidance to further support schools efforts to provide students with a successful and healthy future.

# Wellness Policy Committee

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# Wellness Policy Committee Responsibilities

## **Public Involvement**

The Griggsville-Perry CUSD 4 permits and encourages public involvement in Local Wellness Policy development, implementation, updates, and reviews. Therefore, Griggsville-Perry CUSD 4 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:

Griggsville-Perry CUSD 4 will ensure public involvement in the Local Wellness Policy process in order to promote transparency and inclusion. Griggsville-Perry CUSD 4 wellness policy can be found on the District's website, [www.giggsvilleperry.org](http://www.giggsvilleperry.org). Therefore, Griggsville-Perry CUSD 4 encourages the general public to be a part of the Wellness Policy Committee. Examples of the general public include parents, students, healthcare professionals, local farmers, and community leaders. Griggsville-Perry CUSD 4 also encourages participation by members of the school community, including teachers, food service professionals, administrators, health professionals, and school board members. Responsibilities of Wellness Policy Committee members may include policy development, implementation, and review.

## **Assessments**

Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three years. Griggsville-Perry CUSD 4 shall conduct assessments of the Local Wellness Policy every three years, beginning in 2024-2025 school year 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 Griggsville-Perry CUSD 4 wellness policy to model wellness policies
- Measure the progress made in achieving the goals as outlined in the Griggsville-Perry CUSD 4 wellness policy

## **Updates**

The Wellness Policy Committee must update the Local Wellness Policy as appropriate in order to fit the needs and goals of the Griggsville-Perry CUSD 4. Griggsville-Perry CUSD 4 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

Through the following channels:

- The Griggsville-Perry CUSD 4 website will be utilized to notify the general public of the wellness policy updates

- Board of Education Policy Readings
- Board of Education Public Meetings

## Records

Griggsville-Perry CUSD 4 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

Griggsville-Perry CUSD 4 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, Griggsville-Perry CUSD 4 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.

### 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

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

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. However, the Griggsville-Perry CUSD 4 may participate in infrequent exempted fundraising days, in which food and beverage items do not meet Smart Snacks standards, as the Griggsville-Perry CUSD 4 sees fit.

## **Nutrition Education**

In accordance with the Illinois Learning Standards, the, Griggsville-Perry CUSD 4 shall meet all Illinois requirements and standards for Health Education. Griggsville-Perry CUSD 4 shall include nutrition education within the health education curriculum and integrate nutrition education into other core subjects, as appropriate.

## **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 platforms: the District's website as each building's daily announcements.

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.

### **Food Sharing Plan**

Griggsville-Perry CUSD 4 will incorporate a food sharing plan for unused food. The plan will focus on providing food for our needy students. Griggsville-Perry CUSD 4 will adhere to the provisions of the Richard B. Russell National School Lunch Act, as well as accompanying guidance for the U.S. Department of Agriculture on the Food Donation Program, to ensure that any leftover food items are properly donated to combat potential food insecurity in our community. In addition to following public act 102-0359, we will also follow all IDHS administrative directives for leftover food donations.

## **Marketing**

Griggsville-Perry CUSD 4 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. Griggsville-Perry CUSD 4 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, Griggsville-Perry CUSD 4 shall meet all Illinois requirements and standards for Physical Education. Griggsville-Perry CUSD 4 shall offer Physical Education class as follows:

- Elementary - Students learn, develop, and apply skills needed for participation in personal fitness and activities that contribute to a healthy lifestyle. Grade level Physical Education/Health content includes: Fundamental gross motor skills, Movement and spatial awareness. Health and fitness.
  - Grades K through 4 - Daily PE for 30 minutes
- Middle school - Physical Education plays a major role in a student's overall educational experience. All students are required to participate in grade level Physical Education/Health.
  - 5<sup>th</sup>, 6<sup>th</sup>, and 8<sup>th</sup> Grade Physical Education 5 days per week at 40 minutes per day (200 minutes weekly)
  - 7<sup>th</sup> grade PE: 3 days per week at 40 minutes per day (120 minutes weekly) 7<sup>th</sup> grade Health: 2 days per week at 40 minutes (80 minutes weekly)
- High school grades 9 through 12 - All students are required to participate in grade level Physical Education/Health.
  - Grade 9, 11 and 12 PE
  - Grade 10 do a semester (18 weeks) of Health Education) and then a semester of PE.

## **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:

- Elementary school recess
- Movement breaks - as needed

- Transitions between class for middle and high school students
- Elementary school youth sports opportunities

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

- Middle school – Baseball, Softball, Volleyball, Basketball, Cheerleading, Track and Field.
- High school - Baseball, Basketball, Golf, Track and Field, Volleyball, Cheerleading, Softball.

## **Physical Activity Promotion**

The District shall promote physical activity through the participation in the following initiative(s):

- Elementary schools - Activities vary by building.
- Middle school / high schools - Activities vary by building. New this year is a weight lifting/fitness club that works before school three days a week.
  
- Due to the size and location of our District we have limited extra activities.

## Other School-Based Activities

Just as it takes a comprehensive curriculum to provide education to support students' futures, Griggsville-Perry CUSD 4 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, Griggsville-Perry CUSD 4 commits to making additional wellness-based activities available to all students beyond the cafeteria and gymnasium.

- Due to the size and location of our District we have limited extra activities.