

6:50 School Wellness

Leyden Community High School District 212 recognizes the positive relationship between sound nutrition, physical activity, and the capacity of students to develop and learn. To that end, student wellness shall be promoted through the District's educational programs, activities, and meal programs.

Nutritional Guidelines for Foods Available During the School Day

The District shall promote nutritious food and beverage choices consistent with the current *Dietary Guidelines for Americans*, as published jointly by the United States Departments of Agriculture (USDA) and Health and Human Services. In addition, in order to promote student health and reduce childhood obesity, the Superintendent or designee shall restrict the sale of *competitive foods*, as defined by the USDA, in the food service areas during meal periods and comply with all ISBE rules.

Exempted Fundraising Day (EFD) Requests

All food and beverages sold to students on the school campuses of participating schools during the school day must comply with the "general nutrition standards for competitive foods" specified in federal law, unless the Superintendent or designee in a participating school has granted an exempted fundraising day (EFD). To request an EFD and learn more about the District's related procedure(s), contact the Superintendent or designee. The District's procedures are subject to change. The number of EFDs is set by ISBE rule.

Goals for Nutrition Education

The District shall support and promote sound nutrition for students. Nutrition education shall be part of the District's comprehensive health education program, and nutrition education shall be integrated into the standards-based lesson plans of other school subjects such as science, math, language arts, social science and physical education.

Goals for Physical Activity Into the Educational Program

Physical education shall be taught in all grades and shall include a developmentally planned and sequential curriculum that fosters the development of movement skills, enhances health related fitness, and encourages healthy habits. Unless otherwise exempted, all students shall participate in physical education classes.

Parent and Community Input

The Superintendent or designee shall actively invite suggestions concerning the development, implementation, and improvement of the school wellness policy from community members, parents, students, school staff members, and members of the school food authority.

Monitoring

The Superintendent or designee shall provide an annual report to the Board of Education regarding the implementation of this policy.

Recordkeeping

The Superintendent or designee shall retain records to document compliance with this policy.

LEGAL REF.:Child Nutrition and WIC Reauthorization Act of 2004, PL 108-265, Sec. 204.

Child Nutrition Act of 1966, 42 U.S.C. §1771 et seq.

National School Lunch Act, 42 U.S.C. §1751 et seq.

Healthy, Hunger-Free Kids Act of 2010, 42 U.S.C. §1758b, PL 111-296.

42 U.S.C. §1779, as implemented by 7 C.F.R. §§210.11 and 210.30.

105 ILCS 5/2-3.139.

23 Ill.Admin.Code Part 305, Food Program.

ISBE's "School Wellness Policy" Goal, adopted Oct. 2007.

CROSS REF.:4:120 (Food Services), 5:100 (Staff Development Program), 6:60 (Curriculum Content), 7:260 (Exemption from Physical Education)

ADOPTED:January 19, 2017