

Leyden High School District Wellness Policy Practices

Belief Statement

The Board of Education of Leyden School District is committed to providing a complete school environment that supports and promotes wellness, good nutrition, and an active lifestyle.

Intent

The purpose of these practices is to ensure a total school environment that promotes and supports student health and wellness, helps to reduce childhood obesity, and meets the requirements of the Child Nutrition and WIC Reauthorization Act of 2004 and the Illinois School Code, including, without limitation, goals for nutrition education, physical activity, and other school based activities designed to promote student wellness; nutrition guidelines for all foods available during the school day; a plan for measuring implementation.

Rationale

Due to lack of physical activity and poor eating habits, a disturbing number of children in America (over 16 percent) are considered obese. This is three times as much since 1980. Schools, more than ever, have an important role in promoting health and wellness by improving school nutrition environment, promoting student health, and reducing childhood obesity.

Nutrition Education

-Students have the opportunity to learn about nutrition through the family consumer science, culinary, and health courses offered throughout the year.

-Nutrition education covers USDA's MyPlate, nutrient breakdowns, how to read/interpret food labels, how to develop an individualized diet plan, and the dangers of eating disorders.

-The nutrition education is presented through activities, lectures, readings, and websites that utilize calorie counters and BMI calculations.

-Instructors that teach health education encourage students to make healthy nutrition choices.

School Meals

-Leyden School District offers freshly cut vegetables, fresh fruit, deli meats, and whole wheat bread and pizza dough on a daily basis as the highlights of the program. A salad bar is a lunch option every day.

-A la carte items are reevaluated regularly to provide the healthiest choices for the students.

-All food items are also under revision to lower sodium and fat content. Fat free chocolate milk, low fat milk, and a variety of 100 percent fruit juices are offered to help reduce the fat and sugar content of items.

-Many of the items are made fresh and homemade style in the Leyden School District kitchens, which is something that the school takes pride in every day.

Physical Activity

-Students must choose from a variety of physical education classes before each semester which include individual sports, team sports, adventure education, and athletic physical education. Students are required to participate and receive a passing grade (to be eligible to graduate) in the 30 minutes of physical activity during each class period.

-Students must participate in the main activity for the day.

-To promote physical activity before and after the school day; swimming, soccer, intermural sports, and football are offered at different times throughout the year.

-Teachers are encouraged to provide students with the best opportunities to stay active and seek improvements to better promote health and wellness.

-Students have the opportunity to develop an exercise plan based on their fitness levels during their Wellness Safety class in their sophomore year and/or take a Physical Management class during their Junior and Senior year.

-Physical Education teachers keep track of the students' physical activity levels. Fitness Gram and Presidential Tests are required to be performed every school year to monitor the physical activity levels of the students.

-Physical Education teachers are required to follow a set curriculum that includes cardio every Monday and core class every Wednesday to encourage lifelong fitness.