

# Riverview CCSD #2



## 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

## **Wellness Policy Leadership**

Daren Lowery, Superintendent

Contact: 309-822-8550

## **Wellness Policy Committee Members**

Dianne Maxheimer, Food Service Director

Contact: 309-822-8550

Angie Horan, Food Service Manager

Contact: 309-822-8550

Frank Cole Stanley, Physical Education Teacher

Contact: 309-822-8550

Susan Messer, Bright Beginnings Teacher

Contact: 309-822-8550

Angila Schalk, Parent/Board Member

Contact: 309-822-8550

# Wellness Policy Committee Responsibilities

## **Public Involvement**

Riverview Grade School permits and encourages public involvement in Local Wellness Policy development, implementation, updates, and reviews. Therefore, Riverview Grade School shall invite a variety of stakeholders within the general public to participate in Local Wellness Policy processes. Scheduled meetings are posted on our website ([www.rgschool.com](http://www.rgschool.com)) and in our newsletter.

## **Assessments**

Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three years. Riverview Grade School shall conduct assessments of the Local Wellness Policy at least once every three years, the District will evaluate compliance with the wellness policy. These assessments will:

- Ensure the wellness policy is in compliance with USDA, State, and Local rules and regulations
- Compare Riverview Grade School'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 Daren Lowery, Superintendent at 1421 Spring Bay Road, East Peoria, IL.

## **Updates**

The Wellness Policy Committee must update the Local Wellness Policy as appropriate in order to fit the needs and goals of Riverview Grade School. Riverview Grade School 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**

Riverview Grade School will 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

Riverview Grade School 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, Riverview Grade School 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. Riverview Grade School will limit 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.

## **Fundraisers**

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day. The District will make available to parents and teachers a list of healthy fundraising ideas (examples from the Alliance for a Healthier Generation -

<https://www.healthiergeneration.org/> and the USDA [www.usda.gov](http://www.usda.gov))

## **Nutrition Education**

In accordance with the Illinois Learning Standards, Riverview Grade School shall meet all Illinois requirements and standards for Health Education. The Local Education Agency 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 health;
- 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;
- Promotes 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.

## **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:

- School website – [www.rgschool.com](http://www.rgschool.com)
- [www.teacherease.com](http://www.teacherease.com) – menu
- Monthly newsletters

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.

## Marketing

Riverview Grade School will limit the marketing and advertising of all foods and beverages 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. Riverview Grade School 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, Riverview Grade School meets all Illinois requirements and standards for Physical Education by offering every grade a minimum of 30 minutes of Physical Education class daily.

## **Other Opportunities for Physical Activity**

Riverview Grade School also offers at least 20 minutes of outside recess on all days during the school year weather permitting. In the event that the school must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students. The District is committed to offering extracurricular activities for junior high students such as baseball, softball, basketball, cheer, track, and volleyball.

## **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 opportunity 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, Riverview Grade School partnered with local lacrosse organization to promote kids playing lacrosse. Student Council also promotes monthly activities after school, which often times involve dancing or physical movement and Riverview Grade School participates in a Zumba program.