

Regional Office of Education #3

Youth Education Services

Effingham - Litchfield - Vandalia



Local Wellness Policy

Table of Contents

Preface.....	1
Wellness Policy Committee.....	1
Leadership.....	1
Members.....	1
Responsibilities.....	2
Involvement.....	2
Assessments.....	2
Updates.....	2
Records.....	3
Nutrition.....	3
Standards.....	3
Nutrition Education.....	4

	Nutrition	
Promotion.....		4
Marketing.....		5
	Physical	
Activity.....		5
	Physical	
Education.....		5
Other Opportunities for Physical Activity.....		6
	Physical Activity	
Promotion.....		6
	Other School-Based	
Activities.....		6

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

Julie Wollerman, Regional Superintendent
Contact: 618-283-5011

Wellness Policy Committee Members

Laura Benhoff, Principal
Contact: 618-283-9311

Jake Elliott, Principal
Contact: 217-408-2185

Amber Kidd, Principal
Contact: 217-342-2865

Paula Wright, Administrative Assistant
Contact: 618-283-9311

Meredith Yard, Administrative Assistant
Contact: 217-408-2185

Dannielle Harden, Administrative Assistant
Contact: 217-342-2865

Macy Lux, Paraprofessional
Contact: 618-267-6852

Wellness Policy Committee Responsibilities

Public Involvement

The Local Education Agency permits and encourages public involvement in Local Wellness Policy development, implementation, updates, and reviews. Therefore, the LEA 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:

- The Local Wellness Policy is shared at school registration annually. It is posted on our website.

Assessments

Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three years. Regional Office of Education #3 shall conduct assessments of the Local Wellness Policy every three years, beginning in May 2020, 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 the LEA's wellness policy to model wellness policies.
- Measure the progress made in achieving the goals as outlined in the LEA's 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 Local Education Agency. The LEA 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:

- Available on Regional Office of Education #3's website.

Records

The Local Education Agency 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 are available to the public on our website.
- 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

The Local Education Agency 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, Between August 2021–August 2023, an estimated 21.1% of U.S. children and adolescents ages 2–19 years had obesity, including 7.0% with severe obesity and another 15.1% who were overweight. This percentage increased 2.6 percent when compared to the previous years. 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, the LEA 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 machines 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 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. Instead, schools will implement the following methods for rewards and celebrations:

- In an effort to promote healthier habits the following rewards will be encouraged:
 - Outside Recess or Gym Recess
 - Classroom Games/Activities
 - Team competitions

Fundraisers

Regional Office of Education #3 does not participate in fundraisers.

Nutrition Education

In accordance with the Illinois Learning Standards, the Local Education Agency 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. Various grade levels and curriculums shall use nutrition education information, research, and materials from the following resources:

- School will support and promote good nutrition for all of our students.
- Students shall receive nutrition education that is coordinated with the health education and science curriculums. The health and science curriculum shall be consistent with and incorporate relevant Illinois Learning Standards.
- School will foster the positive relationship between sound nutrition, physical activity and the capacity of students to develop and learn.

The Local Education Agency shall incorporate nutrition education into the following curriculums for the following grade levels:

- Schools will support and promote an active lifestyle for all students.
- Health and science education courses will foster the development of movement skills, enhance health-related fitness, increase students' knowledge, offer cooperative learning, and encourage healthy habits and attitudes for a healthy lifestyle and incorporate Illinois Learning Standards.
- Students will participate in physical education, unless otherwise exempted.
- The physical education program shall encourage families as partners in providing physical activity beyond the school day.

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:

- Menus are posted throughout the buildings.
- Students are encouraged to sign up for breakfast and lunch upon arrival and made aware of the day's menu.
- Meal pattern posters are placed in serving areas.

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. Therefore, the District shall follow the established food sharing plan, in accordance with Public Act 102-0359, and federal and local regulations and sanitation codes:

- Students are encouraged to use the food sharing areas that are in classrooms/eating areas.

Marketing

Regional Office of Education #3 prohibits food and beverage marketing.

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. The Local Education Agency 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, the Local Education Agency shall meet all Illinois requirements and standards for Physical Education. The LEA shall offer Physical Education class as follows:

- Physical education courses will foster the development of movement skills, enhance health-related fitness, increase students' knowledge, offer cooperative learning, and encourage healthy habits and attitudes for a healthy lifestyle and incorporate Illinois Learning Standards.
- Students will participate in physical education, unless otherwise exempted.
- The physical education program shall encourage families as partners in providing physical activity beyond the school day.

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:

- Schools will support and promote an active lifestyle for students.

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

- Students are encouraged to participate in home district activities and community activities when applicable.

Physical Activity Promotion

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

- Students are encouraged to participate in home district activities and community activities when applicable.

Other School-Based Activities

Just as it takes a comprehensive curriculum to provide education to support students' futures, the Local Education Agency's 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, the LEA commits to making additional wellness-based activities available to all students beyond the cafeteria and gymnasium.

The Local Education Agency shall offer other school-based activities to support student health and wellness, including coordinated events and clubs. The following events shall be organized and promoted each year:

- Students are encouraged to participate in home district activities and community activities when applicable.

The following health, wellness, and/or nutrition clubs shall be offered to students each year:

- Students are encouraged to participate in home district activities and community activities when applicable.

Updated September 28, 2026