

ASHLEY GRADE SCHOOL WELLNESS POLICY

Objective: Promoting student wellness, preventing and reducing childhood obesity, and providing assurance that school meal nutrition guidelines meet the minimum federal school meal standards.

A wellness policy helps create a healthy school environment. Our wellness policy includes four important components:

- Wellness Committee
- Nutrition Education
- Nutrition Promotion
- Physical Activity

Public Involvement: Ashley Grade School #15 permits and encourages public involvement in Local Wellness Policy development, implementation, updates, and reviews. Therefore, Ashley Grade School #15 shall invite stakeholders within the general public to participate in Local Wellness Policy processes. The District website will be utilized to notify the general public of the opportunity to participate in these processes.

Ashley Grade School #15 will ensure public involvement in the Local Wellness Policy process in order to promote transparency and inclusion. Therefore, the District 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. The District 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.

The Wellness Committee can be contacted at the school office (618) 485-6611.

Assessments: Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three years. As a result, Ashley Grade School #15 shall conduct assessments of the Local Wellness Policy every three years. These assessments will:

- Ensure the wellness policy is in compliance with USDA, State, and Local rules and regulations;
- Compare Ashley Grade School #15 wellness policy to model wellness policies;
- Measure the progress made in achieving the goals as outlined in the District'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 Ashley Grade School #15. The District 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 District website will be utilized to notify the general public of the wellness policy updates
 - Board of Education Public Meetings

Local Wellness Policy Report

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:

Brian Hodge - Superintendent / bhodge@ashleyccsd15.org

Angela M. Smith – Bookkeeper/Secretary / asmith@ashleyccsd15.org

Wellness Policy Committee Members:

Karen Berry – District Food Services / kberry@ashleyccsd15.org

Lynn Fields – District Food Services / lfields@ashleyccsd15.org

Donna Hicks – AGS Paraprofessional / dhicks@ashleyccsd15.org

Stacie Schultze – AGS Paraprofessional / sschultze@ashleyccsd15.org

Roxanna Crain – AGS Teacher / rcrain@ashleyccsd15.org

Kristen Rollie – AGS Teacher / krollie@ashleyccsd15.org

Candace Reid – AGS Board Member / candacereid051410@gmail.com

Wellness Policy Committee Responsibilities

Public Involvement: Ashley Grade School #15 permits and encourages public involvement in Local Wellness Policy development, implementation, updates, and reviews. Therefore, Ashley Grade School #15 shall invite a variety of representatives within the general public to participate in Local Wellness Policy processes. The District website will be utilized to notify the general public of the opportunity to participate in these Processes.

Ashley Grade School #15 will ensure public involvement in the Local Wellness Policy process in order to promote transparency and inclusion. Therefore, Ashley Grade School #15 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. Ashley Grade School #15 also encourages participation by members of the school community, including teachers, food service professionals, administrators, 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. Ashley Grade School #15 shall conduct assessments of the Local Wellness Policy every three years. These assessments will:

- Ensure the wellness policy is in compliance with USDA, State, and Local rules and regulations;
- Compare Ashley Grade School #15 wellness policy to model wellness policies;
- Measure the progress made in achieving the goals as outlined in the Ashley Grade School #15 wellness policy.

Updates: The Wellness Policy Committee must update the Local Wellness Policy as appropriate in order to fit the needs and goals of Ashley Grade School #15. Ashley Grade School #15 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 District website will be utilized to notify the general public of the wellness policy updates;
 - Board of Education Public Meetings.

Records: Ashley Grade School #15 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 representatives of their ability to participate in the process.

Nutrition

Ashley Grade School #15 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. Through participation in the U.S. Department of Agriculture's School Nutrition Programs, Ashley Grade School #15 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

- Nutrition Education In accordance with the Illinois Learning Standards, Ashley Grade School #15 shall meet all Illinois requirements and standards for Health Education. Ashley Grade School #15 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. Elementary grade levels participate in Ag in the Classroom program, in partnership with the University of Illinois Extension, which covers healthy food along with farm-to-table content.
- The District shall make cafeteria menus and nutrition information available through the district website.

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. Ashley Grade School #15 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, Ashley Grade School #15 shall meet all Illinois requirements and standards for Physical Education. Ashley Grade School #15 shall offer Physical Education class as follows:

- 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, as well as health and fitness.

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 - minimum of 30 minutes per day
- Jr High school recess - minimum of 20 minutes per day
- Movement breaks - as needed
- Transitions between class for all students

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

- Cross Country, Basketball, Volleyball, Track

Other School-Based Activities

Just as it takes a comprehensive curriculum to provide education to support student futures, Ashley Grade School #15 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, Ashley Grade School #15 commits to making additional wellness-based activities available to all students beyond the cafeteria and gymnasium.

2023-2024 Local School Wellness Triannual Progress Assessment

Tri-Annually, the District will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the schools within the district in meeting wellness goals. This annual report will be published around the same time each year. This report will include, but is not limited to:

- An assessment on the implementation of the local school wellness policy;
- A description of the progress made in attaining the goals of the district's wellness policy;
- The Ashley Grade School #15 wellness policy is available at: https://docs.google.com/document/d/1orTFrtSYtmEW0pCRJ5sq5DVNVPmD8wM/edit?usp=drive_link&oid=101824330999581547132&rtpof=true&sd=true;

With the policy and procedure update, the wellness committee completed the triannual review to make any relevant updates to our plan consistent with changes in the policy, procedure and current practice. This is an assessment of the implementation of the local school wellness policy including the extent to which schools under the jurisdiction of the district are in compliance with the wellness policy.

School Wellness Committee – Ashley Grade School #15 has a wellness committee comprised of each of the following:

- Superintendent
- School Secretary

- District Food Service Representatives
- Parent/Guardians
- Teachers
- Paraprofessionals

School Wellness Committee Mission Statement - To promote student wellness, including good nutrition and physical activity in the District's educational programs, school-based activities and meal programs through the collaborative efforts of the classroom, school, district and community.

Nutrition Standards – Ashley Grade School #15 will provide meals for students that meet meal pattern requirements for the National School Lunch and Breakfast Program.

Ashley Grade School #15 takes food allergies very seriously and implements necessary precautions to keep our cafeterias and kitchens safe for your children. As such, we do not purchase any foods that contain any type of nuts or tree nuts. Our school kitchen is free of any type of nuts to eliminate the possibility of cross contamination. Our food contractors are required to label foods with nutritional information and ingredients. None of the ingredients in the manufacturers' facility lists include nuts nor soy made or processed in a plant that contains nuts. The U.S. Department of Agriculture's (USDA) nondiscrimination regulation (7 CFR 15b), as well as the regulations governing the National School Lunch Program and School Breakfast Program, make it clear that substitutions to the regular meal must be made for children who are unable to eat school meals because of their allergy and special dietary needs, when that need is certified by a licensed physician.

Students with allergies or special dietary needs are required to have a signed physicians form filed with the District. The medical statement must include:

- an identification of the medical or other special dietary condition which restricts the child's diet;
- the food or foods to be omitted from the child's diet.

School food service staff will work closely with the support personnel who are familiar with the needs of the child. The child's parents or guardians, teachers, special education staff, and the school secretary are valuable resources.

Schools may not charge children with disabilities or with certified special dietary needs who require food substitutions or modifications more than they charge other children for program meals or snacks.

Physical Education - 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, and Health and fitness.

- Minimum of 20 minutes per day during lunch/recess time
- Movement breaks are provided at all levels as needed
- Transitions between class for all students
- School-based sports teams – Cross Country, Basketball, Volleyball, and Track.

Progress towards the wellness policy goals:

- School Health and Safety Policies and Environment
 - No current goals
- Health Education
 - No current goals
- Nutrition services
 - Provide online menus that give families access to nutrition information to assist in meal planning
- Health Services
 - No current goals
- Family and community Involvement
 - No current goals

Progress towards the wellness policy goals

- Local wellness policy
Fully in place
- Recess
Fully in place
- Access to free drinking water
Fully in place
- Health education taught in all grades
Fully in place
- Required health education course
Fully in place
- Essential topics on physical activity
Fully in place
- Essential topics on healthy eating
In progress
- Sequential health education curriculum consistent with standards
In progress
- Minutes of physical education
Fully in place
- Health-related fitness
Fully in place
- Address special health care needs
Fully in place
- Availability of physical activity breaks in classrooms
In progress
- Students active at least 50% of class time (PE classes)

Fully in place

- Breakfast and lunch programs
Fully in place
- Annual continuing education and training requirements for school nutrition services staff
In progress