

# WCHS Wellness Committee Meeting

Tuesday, October 23, 2018

1:30

W.C.H.S. Conference Room

## 1.0 CALL MEETING TO ORDER

Mrs. McCue-Newport	x	Mrs. Barth	x	Mrs. Cealey	
Dr. Sander	x				

## 2.0 ROLL CALL

## 3.0 VISITORS AND CORRESPONDENCE

None

## 4.0 REVIEW OF WELLNESS POLICY - Joe Sander

Policy 4:120

Policy 6:50

## 5.0 EVALUATION OF WELLNESS PROGRAM AREAS

1. Nutrition Education

2. Nutrition Promotion

3. Nutrition Guidelines

-My Fitness Pal Food Logs (Mrs. Barth)

-Directions

-Grading

-Standards

4. Physical Activity

-Jazzercise by Janelle Keyes

-Self-Defence by Troi Westbrook

-Biggest Loser by April Wenzel

-Obstacle Course for Students-Army National Guard

-Fitness Fair by Fitness Club

-Bike to School by Tom Gross

5. Other School-Based Activities

-Flu Shot through Nurse

-Wellness update in staff newsletter

6. Food and Beverage Marketing

## 6.0 DISCUSS PROGRAM INCENTIVES

-Wellness screenings

7.0 OTHER

-Consider Spring Meeting

8.0 ADJOURNMENT

# Wellness Policy Assessment Tool

Form 357 Rev 12/15

This template provides information on wellness policy goals and practices within the LEA. Use this tool to track progress and gather ideas on ways to create a healthier school environment. A separate assessment should be completed for each school or at a minimum, each school level. The wellness policy and completed assessment must be available to the public.

LEA/District Name Washington Community HS

Reviewer Dr. Sander/Mrs. McCue Newport

School Name Washington Community HS

Date 10/23/2018

Select all grades: PK  K  1  2  3  4  5  6  7  8  9  10  11  12

## I. Public Involvement

Yes  No We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:

- |  |   |   |                                  |
|--|---|---|----------------------------------|
| <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff   | <input checked="" type="checkbox"/> P.E. Teachers | <input type="checkbox"/> Parents |
| <input type="checkbox"/> School Board Members      | <input checked="" type="checkbox"/> School Health Professionals | <input type="checkbox"/> Students                 | <input type="checkbox"/> Public  |

Yes  No We have a designee in charge of compliance.

Name/Title:

Yes  No We make our policy available to the public.

Please describe:

Yes  No We measure the implementation of our policy goals and communicate results to the public.

Please describe:

Yes  No Our district reviews the wellness policy at least annually.

## II. Nutrition Education

Yes  No Our district's written wellness policy includes measurable goals for nutrition education.

Yes  No We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).

Yes  No We offer nutrition education to students in:  Elementary School  Middle School  High School

## III. Nutrition Promotion

Yes  No Our district's written wellness policy includes measurable goals for nutrition promotion.

Yes  No We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

Yes  No We have reviewed *Smarter Lunchroom* techniques and evaluated our ability to implement some of them.

Yes  No We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).

Yes  No We ensure students have access to hand-washing facilities prior to meals.

Yes  No We annually evaluate how to market and promote our school meal program(s).

Yes  No We regularly share school meal nutrition, calorie, and sodium content information with students and families.

Yes  No We offer taste testing or menu planning opportunities to our students.

Yes  No We participate in Farm to School activities and/or have a school garden.

Yes  No We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).

Yes  No We price nutritious foods and beverages lower than less nutritious foods and beverages.

Yes  No We offer fruits or non-fried vegetables in:  Vending Machines  School Stores  Snack Bars  à La Carte

Yes  No We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.

Yes  No We provide teachers with samples of alternative reward options other than food or beverages.

Yes  No We prohibit the use of food and beverages as a reward.

Yes No **IV. Nutrition Guidelines** (Cont. from page 1)

- Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
- We operate the School Breakfast program:  Before School  In the Classroom  Grab & Go
- We follow all nutrition regulations for the National School Lunch Program (NSLP).
- We operate an Afterschool Snack Program.
- We operate the Fresh Fruit and Vegetable Program.
- We have a Certified Food Handler as our Food Service Manager.
- We have adopted and implemented *Smart Snacks* nutrition standards for ALL items sold during school hours, including:  
 as à La Carte Offerings  in School Stores  in Vending Machines  as Fundraisers

Yes No **V. Physical Activity**

- Our district's written wellness policy includes measurable goals for physical activity.
- We provide physical education for elementary students on a weekly basis.
- We provide physical education for middle school during a term or semester.
- We require physical education classes for graduation (high schools only).
- We provide recess for elementary students on a daily basis.
- We provide opportunities for physical activity integrated throughout the day.
- We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
- Teachers are allowed to offer physical activity as a reward for students.
- We offer before or after school physical activity:  Competitive sports  Non-competitive sports  Other clubs

Yes No **VI. Other School Based Wellness Activities**

- Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.
- We provide training to staff on the importance of modeling healthy behaviors.
- We provide annual training to all staff on:  Nutrition  Physical Activity
- We have a staff wellness program.
- We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff) .
- We actively promote walk or bike to school for students with Safe Routes to School or other related programs.
- We have a recycling /environmental stewardship program.
- We have a recognition /reward program for students who exhibit healthy behaviors.
- We have community partnerships which support programs, projects, events, or activities.

**VII. Progress Report:** Indicate any additional wellness practices and/or future goals and describe progress made in attaining the goals of the local wellness policy

**VIII. Contact Information:**

For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.

Name	Mrs. Laura McCue Newport	Position/Title	Food Service Director
Email	lemccue-newport@wacohi.net	Phone	306-444-5544

## 6:50 School Wellness

Student wellness, including good nutrition and physical activity, shall be promoted in the District's educational program, school activities, and meal programs. This policy shall be interpreted consistently with Section 204 of the Child Nutrition and WIC Reauthorization Act of 2004 and the Healthy Hunger-Free Kids Act of 2010 (HHFKA). The Superintendent or designee will ensure each school building complies with this policy, the policy is available to the community on an annual basis, and that the community is informed about the progress of this policy's implementation.

### Goals for Nutrition Education

The goals for addressing nutrition education include the following:

- Schools will support and promote sound nutrition for students.
- Schools will foster the positive relationship between sound nutrition, physical activity, and the capacity of students to develop and learn.
- Nutrition education will be part of the District's comprehensive health education curriculum. See Board policy 6:60, *Curriculum Content*.

### Goals for Physical Activity

The goals for addressing physical activity include the following:

- Schools will support and promote an active lifestyle for students.
- Physical education will 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, increases students' knowledge, offers direct opportunities to learn how to work cooperatively in a group setting, and encourages healthy habits and attitudes for a healthy lifestyle. See Board policy 6:60, *Curriculum Content* and Board policy 7:260, *Exemption from Physical Education*.
- Unless otherwise exempted, all students will be required to engage daily during the school day in a physical education course. See Board policy 6:60, *Curriculum Content* and Board policy 7:260, *Exemption from Physical Education*.
- The curriculum will be consistent with and incorporate relevant *Illinois Learning Standards for Physical Development and Health* as established by the Illinois State Board of Education.

### Nutrition Guidelines for Foods Available During the School Day

Students will be offered and schools will promote nutritious food and beverage choices consistent with the current *Dietary Guidelines for Americans* published jointly by the U.S. Departments of Health and Human Services and Agriculture (USDA). 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.

### Guidelines for Reimbursable School Meals

Reimbursable school meals served shall meet, at a minimum, the nutrition requirements and regulations for the National School Lunch Program and/or School Breakfast Program.

### Monitoring

The Superintendent or designee shall annually provide implementation data and/or reports to the Board concerning this policy's implementation sufficient to allow the Board to monitor and adjust the policy.

### Community Input

The Superintendent or designee will actively invite suggestions and comments concerning the development, implementation, and improvement of the school wellness policy from community members, including parents, students, and representatives of the school food authority, school administrators, and the public.

### 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:April 3, 2017

**Washington CHSD 308**