

**MILFORD PUBLIC SCHOOLS
WELLNESS POLICY
2020-2021
Updated April 5, 2021**

BELIEF STATEMENT

The Board of Education of Milford Area Public Schools District #124 believes that all students have the right to an education in a safe environment conducive to learning and are committed to the development of academic excellence and productive citizenship for future success. Realizing that good nutrition, physical activity, and the capacity of students to learn are all interconnected, the Board of Education is, therefore, committed to providing a learning environment that supports and promotes wellness, good nutrition, and an active lifestyle. The Board of Education feels that the entire school environment should be aligned with healthy school goals to positively influence students' beliefs and habits and promote health and wellness, good nutrition and regular physical activity. It is only through this alignment that the District's goal of continuing to encourage personal and academic responsibilities in all of our students will be met.

Milford Area Public Schools intend to establish guidelines for the implementation of this policy that will be implemented for the 2006-2007 school year. The policy will be reviewed, evaluated, and improved upon each succeeding school year.

INTENT

The purpose of this policy 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 food available during the school day; a plan for measuring implementation including designating one or more persons charged with operational responsibility; and involving parents, students, school food service providers, the school board, school administrators, and the public in developing this policy.

RATIONALE

Our district's rationale for implementing a wellness policy is two-fold; a State requirement as well as desire to improve the health and wellness of our staff and students. A disturbing number of children are inactive and do not eat well. The result is an

alarming 16 percent of children and adolescents are overweight – a three-fold increase since 1980. Congress passed the Child Nutrition and WIC Reauthorization Act of 2004 on June 30, 2004. Recognizing the role schools can play in health promotion; this law requires local education agencies participating in a program authorized by the National School Lunch Act or the Child Nutrition Act of 1966 to develop a local wellness policy. The objectives of the wellness policy are to improve the school nutrition environment, promote student health and reduce childhood obesity. In addition, Public Act 094-0199 amends the Illinois School Code, requiring the Illinois State Board of Education to establish a state goal that all districts have a wellness policy.

The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth and lifelong health and well-being. Healthy eating is demonstrably linked to reduced risk for mortality and development of many chronic diseases. Schools and school communities have a responsibility to help students acquire the knowledge and skills necessary to establish and maintain lifelong healthy eating patterns. Well-planned and well-implemented wellness programs have been shown to positively influence children's health.

Schools also have a responsibility to help students establish and maintain lifelong habits of being physically active. According to the U.S. Surgeon General, regular physical activity is one of the most important things people can do to maintain and improve their physical health, mental health, and overall well-being. Regular physical activity reduces the risk of premature death in general and of heart disease, high blood pressure, colon cancer, and diabetes.

WELLNESS COMMITTEE

The district's superintendent shall be charged with the operational responsibility for ensuring that Milford Area Public Schools meet the local wellness policy requirements.

The superintendent shall appoint a district wellness committee chairperson and a committee that includes all school administrators, school board, parents, head cooks, and at least one teacher from each school. This committee shall oversee development, implementation, and evaluation of the wellness policy.

The appointed district wellness committee shall be responsible for:

- Assessment of the current school environment.
- Measuring the implementation of the wellness policy, and
- Recommending revision of the policy, as necessary.

The wellness committee shall meet a minimum of once each school year.

The principal of each school shall be responsible for implementation of the local wellness

policy at their respective school.

The wellness committee will develop and implement an annual evaluation plan.

Before the end of the school year, the committee will report findings to the superintendent, will develop a plan of action as needed, and will suggest any needed revisions to the plan.

GOALS FOR NUTRITION EDUCATION

1. To maximize classroom time and to achieve positive changes in students' eating behaviors, nutrition education shall be integrated into the standards-based lesson plans of school subjects for preschool through grade 12 students.
2. To achieve positive changes in students' eating behaviors, it is recommended that a minimum of fifty contact hours of nutrition education opportunities be provided to students each year. Contact hours may include a combination of classroom instruction; nutrition education provided in the cafeteria; or health fairs, field trips and assemblies providing nutrition education.
3. The nutrition education program shall include enjoyable interactive activities such as contests, promotions, taste testing, field trips and a school greenhouse.

STUDENTS AND STAFF

Daily physical activity for faculty and staff is also an idea that is encouraged. Sound bodies, along with, a sound mind promotes better life for each person and as a collective staff.

GOALS FOR PHYSICAL ACTIVITY

1. Students in preschool through grade 12 shall participate in daily physical education that enables them to achieve and maintain a high level of personal fitness; emphasizes self-management skills including energy balance; is consistent with state/district's standards/guidelines/framework; and is coordinated within a comprehensive health education curriculum. The curriculum shall be consistent with and incorporate relevant Common Core Standards.
2. It is recommended that elementary students participate in physical education for a minimum of 100 minutes per a five day week, and middle and high school students participate for 150 minutes per five day week. Special emphasis should be placed on

promotion of an active lifestyle in preschool through primary grades as health habits are established at a young age. Accommodations shall be made for students with disabilities, 504 plans, and other limitations.

3. Schools shall provide a daily supervised recess period to elementary students.

4. Students shall be provided opportunities for physical activity through a range of before- and after-school programs including intramurals, interscholastic athletics, and physical activity clubs.

5. Because students should engage in a minimum of 30 minutes of physical activity a day, the physical education program shall actively engage families as partners in providing physical activity beyond the school day.

6. Using the new PE standards put out by ISBE, MAPS #124 will incorporate a fitness component which includes: pre/post fitness testing as well as progress monitoring of fitness throughout the year.

GOALS FOR OTHER SCHOOL-BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS

Parent Partnerships

Schools shall support parents' efforts to provide a healthy diet and daily physical activity for their children. This support shall begin in elementary school and continue through middle and high school.

Parents shall be provided information to help them incorporate healthy eating and physical activity into their student's lives. This information may be provided in the form of handouts, posting on the school-district website, information provided in school/district newsletters, presentations that focus on nutrition and healthy lifestyles and any other appropriate means available for reaching parents.

Consistent School Activities and Environment – Healthy Eating

It is recommended that food providers share information about the nutritional content of school meals and/or individually sold foods with students, family and school staff.

School meals shall be served in clean, safe and pleasant settings with adequate time provided for students to eat, at a minimum, in accordance with state and federal standards and guidelines. The National Association of State Boards of Education recommends that students have adequate time to eat, relax and socialize; at least 10 minutes after sitting down for breakfast and 20 minutes after sitting down for lunch.

All food service personnel shall have adequate pre-service training and regularly participate in professional development activities that provide strategies for providing tasty, appealing and healthy school meals; nutrition education strategies including coordination or classroom and cafeteria activities; and effective promotional techniques to encourage healthy eating habits.

Food providers shall involve families, students and other school personnel in choosing nutritious food and beverage selections for their local schools through surveys, committees, taste-testing and similar activities designed to provide input into the decision-making process.

Food providers shall work with suppliers to obtain foods and beverages that meet the nutrition requirements of school meals and nutrition standards for those sold individually.

Food providers shall work closely with school instructional staff to reinforce nutrition instruction and foster an environment where students can learn about and practice healthy eating.

Food providers shall take every measure to ensure that student access to foods and beverages on school campuses meets federal, state and local laws and guidelines.

Students, parents, school staff and community members bringing foods and beverages to school for parties/celebrations/meetings shall be encouraged to provide healthful options and shall be provided with a list of recommended food and beverage options.

School-based organizations shall be encouraged to raise funds through the sale of items other than food.

Milford School District already has a “closed” school campus so students do not leave the premises where unhealthy foods are often obtainable. Students shall be encouraged to eat the well balanced foods offered by the cafeteria.

Schools shall take efforts to promote nutritious food and beverage choices consistent with the current Dietary Guidelines for Americans and Food Guidance System such as fruits, vegetables, low-fat dairy foods and whole grain products.

Nutrition education shall be provided by trained and well-supported staff with adequate pre-service and in-service training. It is recommended that staff involved in nutrition education complete a pre-service course in nutrition and a minimum of one hour of nutrition education in-service training per school year. Preparation and professional development shall provide basic knowledge of nutrition along with activities, instructional techniques and strategies designed to change students’ attitudes and behavior.

All foods and beverages made available on campus shall comply with the federal, state

and local food safety and sanitation regulations.

For the safety and security of food, access to any area involved in storage, preparation or service of food on the school campus shall be limited to authorized personnel.

Consistent School Activities and Environment—Physical Activity

Physical education shall be provided by trained and well-supported staff.

The physical education program shall be closely coordinated with the other components of the overall school health program. Physical education topics shall be integrated within other curricular areas. In particular, the benefits of being physically active shall be linked with instruction about human growth, development, and physiology in science classes and with instruction about personal health behaviors in health education class.

Schools are encouraged to limit extended periods of inactivity. When activities such as mandatory state testing make it necessary for students to be inactive for long periods of time, it is recommended that schools give students periodic breaks during which they are encouraged to stand and be moderately active.

Schools are encouraged to provide student and community access to and promote use of the school's physical activity facilities outside of the normal school day.

Physical activity facilities and equipment on school grounds shall be safe.

Schools are encouraged to work with the community to create a community environment that is safe and supportive of students walking or biking to school.

NUTRITION GUIDELINES FOR ALL FOODS AND BEVERAGES AVAILABLE ON SCHOOL CAMPUSES DURING THE SCHOOL DAY

Food providers shall offer a variety of age-appropriate, appealing foods and beverage choices and employ food preparation, purchasing and meal planning practices consistent with the current Dietary Guidelines for Americans.

All foods and beverages sold individually (apart from the reimbursable school meal) on school campuses during the school day shall meet nutrition standards. This includes:

- A la carte offerings in the food service programs
- Food and beverage choices in vending machines, and
- Foods and beverages sold as part of school-sponsored fundraising activities.

Nutritious and appealing foods and beverages, such as fruits, vegetables, low-fat dairy foods and whole grain products, shall be available wherever and whenever food is sold or otherwise offered at school during school hours.

OTHER TYPES OF WELLNESS

Please refer to the Board Policy Manual for information on Communicable and Chronic Infectious Disease which can be referenced at **7:280**; Food and Allergy Management Program **7:285**; Adolescent Suicide Awareness and Prevention Programs **7:290**; and Diabetes Medical Management Public Act HB6065.

GUIDELINES FOR SCHOOL MEALS

School meals served shall be consistent with the recommendations of the Dietary Guidelines for Americans and/or shall meet, at a minimum, the nutrition requirements and regulations for the National School Lunch Program and/or School Breakfast Program and all applicable state and local laws and regulations.

EMPLOYEE ASSISTANCE PROGRAM (EAP) Milford Area Public Schools

From time to time issues and problems can come up that might cause a school employee to feel the need to seek outside help to create strategies that they can enact to help with issues they are facing. Through the District health insurance carrier, Blue Cross Blue Shield, an employee can schedule visits to an approved Blue Cross Blue Shield contracted provider with a low co-pay.