

Decatur Christian School



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 Wellness Policy for all participating 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, physical activity, and wellness are keys to creating constructive learning environments. Local Wellness Policies guide schools' efforts to provide students with a successful and healthy future.

Wellness Policy Committee

Leadership

Stephen Cantrell, Administrator

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Committee Members

Leslie Sullivan, Board President

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Amy Wendt, Assistant Principal

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Justin Neufeld, Dean of Students/Athletic Director

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Linda Reed-Thompson, Administrator Assistant

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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 public as well as school community members to participate in Local Wellness Policy processes. The following methods of communication will be used to notify public stakeholders and the school community of the opportunity to participate in these processes:

- Website: decaturchristian.net
- Phone: 217-877-5636
- Facebook- Decatur Christian School

Assessments

Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than once every three years. Decatur Christian School shall conduct assessments of the Local Wellness Policy every 3 years, beginning in 2029.

These assessments will:

- Ensure the wellness policy is in compliance with USDA, State, and Local rules and regulations
- Compare the Local Wellness Policy to model wellness policies
- Measure the progress made in achieving the goals as outlined in the Local Wellness Policy

Updates

The Local Wellness Policy Committee shall update the Local Wellness Policy as appropriate to continue to fit the needs and goals of the Local Education Agency. The LEA shall make the following documents available to the public:

- The Local Wellness Policy, including updates to the policy, on an annual basis
- The most recent triennial assessment, including progress made toward meeting the goals outlined in the Local Wellness Policy

Through the following channels:

- Website: decaturchristian.net
- Phone: 217-877-5636
- Facebook- Decatur Christian School

Records

The Local Education Agency shall maintain record of the Local Wellness Policy. This includes keeping a copy of the current policy on file and maintaining documentation of the following:

- The most recent assessment of the policy
- Documentation of how the policy and assessments were made available to the public
- Reviews and revisions of the policy, including the individuals involved
- Documentation of efforts to notify stakeholders of their ability to participate in Local Wellness Policy processes

Nutrition

The Local Education Agency recognizes the vital role nutrition plays in children's academic success, social and emotional health, and overall well-being. Therefore, the LEA commits to providing nutritious meals to support nutrient consumption and food security 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 providing minimum quantities for each of the required food components. For lunch, this includes grains, meat/meat alternates, fruit, vegetables, and milk. For breakfast, this includes grains, fruit, and milk. Additionally, meals must follow the limits set for calories, sodium, saturated fat, and added sugar. Visit the links below for more details on the nutrition requirements:

- [National School Lunch Program](#)
- [School Breakfast Program](#)

Competitive Foods

All competitive foods and beverages sold must comply with the USDA's [Smart Snacks in School](#) nutrition standards. Competitive foods and beverages refer to those that are sold to students outside the reimbursable meal on the school campus during the school day. School campus refers to locations on the school campus that are accessible to students during the school day. School day refers to the midnight before to 30 minutes after the end of the school day (for Federal School Nutrition Program purposes). This includes, but

is not limited to, vending machines, snack bars, and à la carte items for sale on the school campus during the school day.

Other Foods and Beverages

The following policy refers to all foods and beverages provided but not sold to students. The Local Education Agency will only allow food and beverage items that meet USDA's [Smart Snacks in School](#) nutrition standards for rewards and celebrations. More than 25 percent of children's daily calories may come from snacks, therefore, providing Smart Snacks promotes more nutrient-dense calorie intake among children.

Fundraisers

Fundraisers promoting food and/or beverage items that are held on the school campus during the school day must meet USDA's [Smart Snacks in School](#) nutrition standards. School campus refers to locations on the school campus that are accessible to students during the school day. School day refers to the midnight before to 30 minutes after the end of the school day (for Federal School Nutrition Program purposes). However, grades 9-12 may participate in exempted fundraising days, in which food and beverage items are exempt from the nutrition standards, as the LEA sees fit. These exempted fundraising days shall not exceed nine days each year. The LEA shall comply with the following procedures when managing exempted fundraising days:

- All fundraisers shall be written and sent to the administrator for review one week before the event. All approved fundraisers will be approved with recommendations or approved as is. All non-approved will have to be changed and resubmitted.

Nutrition Education

Core Curriculum

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:

- Decatur Christian School incorporates the [Dietary Guidelines for Americans](#), [MyPlate](#), and [Team Nutrition](#) as resources.

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

- All grades learn nutrition through class curriculum given during the health portion of their weekly health class.

Farm to School

Farm to School efforts positively impact School Nutrition Programs by serving fresh and nutritious food items. Additionally, Farm to School programs have been linked to increased consumption of fruits and vegetables. The District shall participate in the following Farm to School activities:

- Students are given the opportunity to help with Mercy Gardens that is ran by the Good Samaritan Food Bank.

Nutrition Promotion

Marketing

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:

- Weekly Newsletter that is emailed to parents and students
- Website: decaturchristian.net
- Phone: 217-877-5636
- Facebook- Decatur Christian School

The Local Education Agency will prohibit the marketing and advertising of competitive foods and beverages that do not meet Smart Snacks nutrition standards 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, for school nutrition program purposes). 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 the requirements, however, the District shall implement these standards as equipment needs replaced in the future.

Unused Food Sharing Plan

Food loss and waste continue to be an issue facing the nation's food supply. The District will make every effort to reduce food waste by producing 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:

- Any food sharing will be handled through the Northwest Community Food Bank or Good Samaritan Food Bank.

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:

- All students will participate in Physical Education each day for 30 minutes for Elementary and 45 minutes for High School.

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 will have two recesses a day consisting of 10 minutes each.
- High School will have one 10 minute each day.

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

- Basketball, Volleyball, Soccer, Cheer, Track

Physical Activity Promotion

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

- Each year the Race for Education will be held in October to promote, support, and encourage physical activity

Other School-Based Wellness 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. 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:

- Race for Education
- American Heart Association Week