

# Bushnell-Prairie City CUSD #170



## 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 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 Leadership**

Dr. Kathy Dinger, Superintendent

## **Wellness Policy Committee Members**

Dawna Daily, Elementary School Principal

Nathan Harrison, Junior High School Principal

Jerry Butcher, High School Principal

Jean Akers, Head Cook

Sonja Settles, Administrative Assistant

Kim Havens, Physical Education Teacher

Jan Hensley, Parent

## **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 collaborative efforts of the classroom, school, district and community.

## **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, Bushnell-Prairie City CUSD #170 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:

- Email to all staff
- Family Newsletters at each school
- Website posting

### **Assessments**

Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three years. Bushnell-Prairie City School District #170 shall conduct assessments of the Local Wellness Policy every three years, beginning in 2020-2021 School Year 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. Bushnell-Prairie City School District #170 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:

Bushnell-Prairie City CUSD #170 Website     [www.bpcschoools.org](http://www.bpcschoools.org)

## **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 to the public
- 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, approximately 18.5 percent of the nation's youth was considered obese in 2015-16. This percentage increased 1.3 percent when compared to the previous year. 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, Bushnell-Prairie City School District #170 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 machine 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 food and beverage items that do not meet Smart Snacks nutrition standards for reward and celebration purposes. More than 25 percent of children's daily calories may come from snacks, therefore, providing Smart Snacks allows for a more nutrient-dense calorie intake.

## Fundraisers

Fundraisers promoting food and/or beverage items that are held on 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) must meet Smart Snacks nutrition standards. However, Bushnell-Prairie City School District #170 may participate in infrequent exempted fundraising days, in which food and beverage items do not meet Smart Snacks standards, as Bushnell-Prairie City School District #170 sees fit. These exempted fundraising days shall not exceed nine days within one year. Bushnell-Prairie City School District #170 shall comply with the following procedures when managing exempted fundraising days:

- All fundraisers must be approved by the building principal through the application on file in the main office of each school.

## 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:

- [Dietary Guidelines for Americans](#),
- [MyPlate](#), [Team Nutrition](#), and
- [FoodMASTER](#)

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

- Elementary School PE classes and guidance curriculum
- Junior High School Health Classes, science courses, and PE classes
- High School Health and Physical Education

### **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:

- Daily announcements at each school sent electronically
- Website
- Primary School take home folder

The Smarter Lunchrooms Movement uses behavioral economics to positively influence food choices made by children. The evidence-based techniques implemented through the Movement have been proven to increase children's consumption of nutritious foods. The District shall participate in the Smarter Lunchrooms Movement by utilizing the Smarter Lunchrooms 60-point Scorecard and other educational and promotional tools. The District shall implement the following Smarter Lunchrooms techniques:

- Place healthy food options in high traffic areas to increase students' exposure and chances of choosing the healthy option.
- Make sure messages are age-appropriate so all students can read and understand healthy options.
- Move healthy food options into areas that are easier to reach and where students don't have to ask for them.
- Collect data to document the before and after changes: Sales records, student surveys, and photos are great ways to demonstrate to your school and community

## **Marketing**

The Local Education Agency will prohibit the marketing and advertising of all 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). 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 this requirement, however, the District shall implement these standards as equipment needs replaced in the future.

## **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. Bushnell-Prairie City School District #170 shall offer Physical Education class as follows:

- Three times per week at Elementary School
- Every school day at Junior High School
- Every day of enrolled course at 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:

- Recess PK-5
- Brain/movement breaks
- Outdoor education



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

- Football
- Basketball
- Baseball
- Softball
- Track and Field
- Cross Country
- Volleyball
- Golf
- Cheerleading

### **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, Bushnell-Prairie City School District #170 commits to making additional wellness-based activities available to all students beyond the cafeteria and gymnasium.

# Local Wellness Policy Triennial Assessment

Schools participating in the National School Lunch Program and/or School Breakfast Program are required to have a Local Wellness Policy. At a minimum, the Local Wellness Policy must be assessed once every three years; this is referred to as the Triennial Assessment. Triennial assessments must determine, for each participating school under its jurisdiction, 1) compliance with the wellness policy, 2) progress made in attaining the goals of the wellness policy, and 3) how the wellness policy compares to model wellness policies.

District Name: Bushnell-Prairie City CUSD #170

School Name:

Date Completed: 06 -01-21

Completed by: Sonja Settles

## Part I: Content Checklist

Below is a list of items that must be addressed in Local Wellness Policies, based on U.S. Department of Agriculture (USDA) guidance. Check the box for each item included in your Local Wellness Policy. For any box that is not checked, consider taking steps to add the item(s) to the policy in the future. For more information, see [ISBE's Local Wellness Policy Content Checklist](#).

Goals for Nutrition Education

Nutrition Standards for School Meals

Wellness Leadership

Goals for Nutrition Promotion

Nutrition Standards for Competitive Foods

Public Involvement

Goals for Physical Activity

Standards for All Foods/Beverages  
Provided, but Not Sold

Triennial Assessments

Goals for Other School-Based  
Wellness Activities

Food & Beverage Marketing

Reporting

## Part II: Goal Assessment

Input the goals of your Local Wellness Policy into the table below for the corresponding areas: Nutrition Education, Nutrition Promotion, Physical Activity, and Other School-Based Wellness Activities. Indicate if the school is meeting, partially meeting, or not meeting each goal listed. Include any next steps in attaining the goal(s), if applicable. Table rows may be added for additional goals.

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Nutrition Education</b>				
The district aims to teach, model, encourage, and support Health eating by students. Schools will provide nutrition education and engage in nutrition promotion.				
Provide students with the knowledge and skills necessary to promote and protect their health	X			
Nutrition is not only part of health education classes, but integrated into other classroom instruction such as PE, science and elective subjects. Emphasize calorie balance between food intake and energy expenditure.	X			
Promote fruits, vegetable, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods. Teach media literacy on food and beverage marketing and include nutrition education training for teachers and other staff.	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Nutrition Promotion</b>				
Nutrition promotion and education positively influence lifelong eating habits by using nutrition messages and by creating food environments that encourage healthy nutrition choices and participation in school meal programs.				
Students and staff will receive consistent nutrition messages throughout our schools, classrooms gyms and cafeterias. Marketing and advertising nutritious foods and beverages to students.	X			
The District will promote healthy food and beverage choices for all students throughout our district as well as encourage participation in school meal programs. That meet the USDA Smart Snacks and School nutrition standards.	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Physical Activity</b>				
Children and adolescents should participate in 30 to 60 minutes of physical activity every day. These can be physical education, recess and classroom -based physical activity.	X			
Physical activity during the school day should not be withheld for any reason. The district will provide teachers and other school staff with a list of ideas for alternative ways to discipline students.	X			

<p>The District will ensure that its ground and facilities are safe and that equipment is available for students to be active. The district will conduct necessary inspections and repairs</p>	<p><b>X</b></p>			
<p>The District will provide students with physical education using an age-appropriate curriculum consistent with national and state standards. The PE curriculum will provide the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits. All students will be provided the opportunity to participate in PE classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary. All District K-5 elementary student in each grade will receive physical education for at least 90 minutes per week throughout the school year. All District 6-12 students (Junior – Senior High) are required to take the equivalent of one academic year of physical education. All physical education classes are taught by licensed teachers who are certified or endorsed to teach physical education.</p>	<p><b>X</b></p>			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Other School-Based Wellness Activities</b>				
The District will encourage wellness activities across the entire school setting, not just in the cafeteria. Teachers are encouraged to coordinate content across curricular areas that promote student health.	X			
The District will promote to parents/caregivers, families and the general community the benefits of healthy eating and physical activity throughout the school year. We will use our web-site, emails and newsletters to ensure all families are actively notified of opportunities to participate in school-sponsored activities and receive information regarding health and wellness.		X		We are working on getting more information posted on our website.  COVID 19 has affected our ability to do activities on a regular basis.

### Part III: Model Policy Comparison

Indicate the Model Wellness Policy used for comparison against your Local Wellness Policy. Provide a narrative for each prompt below based on the findings.

- [Alliance for a Healthier Generation's Model Wellness Policy](#)
- [Rudd Center's WellSAT 3.0](#)
- Other: \_\_\_\_\_

1. What strengths does your current Local Wellness Policy possess?

The nutrition section for our school meals provides techniques that are implemented consistently by all staff within our buildings. It addresses student participation and helps them make appropriate menu selections and promote healthy meals in and out of the school setting.

The physical activity sections is also a strength of the wellness policy as it gives specific detailed information on all physical activities taking place district wide. It takes into consideration regular physical education classes and the general education classes as well.

2. What improvements could be made to your Local Wellness Policy?

Community partnerships and engagement needs expanded on. Our rural location gives us limited options in our small community to partner with local businesses.

3. List any next steps that can be taken to make the changes discussed above.

Contact our local health department to explore opportunities for our students and staff