



In June of 2004, Congress passed a law called the Child Nutrition and Women, Infants and Children (WIC) Reauthorization Act of 2004. This law requires school

districts to develop a local wellness policy. Additionally, the State of Illinois passed its own similar, more comprehensive legislation. The objectives of both policies are to improve the school nutrition environment, promote student health and reduce childhood obesity.

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 effectively implemented wellness programs have been shown to positively influence children's health.

Hawthorn School District 73 is committed to providing a school environment that shall align with healthy school goals that promote health, wellness, good nutrition and regular physical activity for students and staff.

The five areas required in this plan are:

- 🍷 Goals for nutrition education
- 🍷 Goals for physical activity
- 🍷 Goals for all foods available on school campus during the school day
- 🍷 Guidelines for reimbursable school meals
- 🍷 Monitoring of wellness plan

NUTRITION EDUCATION GOALS

- State and District nutrition education goals will be addressed through elementary and middle school curriculum.
- All instructional staff will integrate positive health promotion themes into daily lessons when appropriate and are encouraged to teach by modeling. The benefits of good health and physical activity will be emphasized.
- Information will be provided to families to encourage them to teach their children about health and nutrition.

PHYSICAL ACTIVITY GOALS

- A comprehensive physical activity program will encompass a variety of opportunities for all students to be physically active including: physical education, after school physical activity programs, and health education that includes an emphasis on the benefits of physical activity as a main component. Regular vigorous movement is recognized as being important to students' health and their ability to learn.
- Students shall participate in a standards-based physical education program and a comprehensive health education curriculum.
- Elementary schools shall provide a supervised recess period for students.
- It is recommended that teachers provide brief activity breaks in the classroom to enhance students' focus and attention.
- Families are encouraged to provide and participate in physical activity beyond the school day.

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 and Food Guidance System* published jointly by the U.S. Department of Health and Human Services and the Department of Agriculture.
- Nutritional information will be made available for all regularly served foods available on each school campus in the district during the school day, with the objective of promoting student health and reducing obesity.

A. Ala Carte, Vending Machines and Other Food Sales

- Effective November 2006 and in accordance with the federal initiative toward healthier children and adolescents, we shall move toward a goal of serving and selling healthier foods and beverages during the school day and at before- and after-school activities. We will also reduce the availability of minimally nutritional food items.
- Vending machines will be turned off during the school day.
- It is recommended that groups involved in fundraising activities take into account the district's wellness goals and consider selling healthier foods and beverages. *(See Food & Beverage Recommendations)*

B. Teacher-to-Student Incentive/Rewards

- It is recommended that food items used as incentives adhere to the district nutritional standards. *(See Food & Beverage Recommendations)*

C. Foods Brought from Home for Lunch

- Individual lunches may include whatever parents would like to pack, but it is recommended that parents send food items for individual lunches that will make positive contributions to their child's diet and health.

D. Foods Brought to School for Celebrations

- It is recommended that birthday treats be of nutritional value (see *Food & Beverage Recommendations*) or consist of non-edible items (*pencils, stickers, etc.*).
- It is recommended that classroom parties be organized in adherence with the district's nutritional standards.

GUIDELINES FOR REIMBURSABLE SCHOOL MEALS

- Reimbursable school meals shall meet the nutrition requirements and regulations of the National School Lunch Program and/or School Breakfast Program.

MONITORING OF WELLNESS PLAN

- Building-level wellness committees will be responsible for ensuring that each school meets the established wellness policy and implements a plan for measuring the effectiveness of the school's efforts.
- Parents, faculty, staff and students will provide input during an annual wellness plan review to determine compliance with district policy.

Food allergy information will be provided by the school and should be considered for the safety of all students.

FOOD & BEVERAGE RECOMMENDATIONS

- Raw vegetable sticks/slices with low-fat dressing or yogurt dip
- Fresh fruit
- Whole-grain cereal
- Fat-free/low-fat milk
- Bottled water
- 100% fruit juice, no sugar added
- Frozen fruit pops with fruit juice or fruit as the first ingredient
- Dried fruits – raisins, cranberries, apples
- Single serving applesauce or fruit in juice
- Cereal mix (whole grain, low sugar) with dried fruit, pretzels, etc.
- Lean meat and reduced-fat cheese sandwiches (use light or reduced-fat mayonnaise in chicken or tuna salads)
- Pretzels
- Whole grain or reduced-fat crackers
- Baked chips or low-fat tortilla chips with salsa or low-fat dip (ranch, onion, bean)
- Plain popcorn or rice cakes
- Low-fat muffins (small or mini)
- Low-fat cookies – oatmeal, ginger snaps, vanilla wafers, fig bars or animal crackers
- Graham crackers
- Mini bagels with light/fat-free cream cheese
- Whole-wheat English muffins
- Fat-free/low-fat yogurt and fruit parfaits
- Fat-free/low-fat pudding cups
- Fat-free/low-fat milk products – string cheese, single serving cottage cheese, cheese cubes
- Fruit smoothies made with fat-free or low-fat milk



HAWTHORN DISTRICT 73 WELLNESS PLAN GUIDELINES

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Hawthorn District 73
841 West End Court
Vernon Hills, IL 60061
www.hawthorn73.org*