

## Instruction

### School Wellness

#### Guidelines to Support District 41's School Wellness Policy

Glen Ellyn District 41 is committed to providing a learning environment that supports and promotes wellness, good nutrition, and an active lifestyle. The following guidelines, designed to support District 41's School Wellness Policy, were developed based on feedback from the School Wellness Committee and PTA representatives.

Area	Goals	Policy Reference
Health Curriculum	<ul style="list-style-type: none"> <li>· Schools will support and promote sound nutrition for students</li> <li>· Nutrition education will be part of the District's comprehensive health education curriculum in alignment with the IL Learning Standards</li> </ul>	School Wellness Policy (6:50) Curriculum Content (6:60)
Physical Education	<ul style="list-style-type: none"> <li>· Taught in all grades. Students will be required to engage in physical education course</li> </ul>	School Wellness Policy (6:50) Curriculum Content (6:60)
Food & Nutrition Service Provider	<p>Foods Available during the School Day</p> <ul style="list-style-type: none"> <li>· Food and beverage choices consistent with the current Dietary Guidelines for Americans</li> <li>· Meet requirements of Section 208 – Healthy Hunger Free Kids Act 2010 for Nutrition Standards for All foods sold in schools outside of the school meal program (Smart Snacks in Schools Guidelines)</li> </ul> <p>Guidelines for Reimbursable School Meals</p> <ul style="list-style-type: none"> <li>· Reimbursable school meals served shall meet the nutrition requirements and regulations for the National School Lunch Program and/or School Breakfast Program</li> </ul>	School Wellness Policy (6:50) Food Services (4:120)

Event	Guidelines	Policy Reference
Food at Birthday Celebrations	Birthdays must be celebrated at school without student-provided food. Alternative non-food birthday celebrations may be used.	School Wellness Policy (6:50) Food Allergy Admin Procedure (7:285)
Family and Consumer Science (FACS) Classes <i>Jr. High School Only</i>	All teachers and staff are encouraged to promote healthy eating behaviors. Any curricular activities within FACS or Science classes involving food must align to state or national learning standards. All activities shall be confined to the designated	School Wellness Policy (6:50) Curriculum Content (6:60)

<p>And All Science Classes</p>	<p>classroom to allow for proper cleaning. Cleaning procedures shall be followed per the Exposure Reduction Procedures as stated in <a href="#">7:285 AP</a>. Food related to curricular activities may only be consumed in the designated classroom and may not leave the classroom. Leftovers shall be stored in the appropriate manner and may be retrieved by the student at the end of the school day or disposed of before leaving the room.</p>	<p>Food Allergy Management Program (7:285AP)</p>
<p>Food as an Instructional Tool</p>	<p>All teachers and staff are encouraged to promote healthy eating behaviors. Any curricular activities involving food within the school buildings shall require an exemption procedure form must be submitted and approved by the building principals prior to the planned activity. This form includes the following:</p> <ol style="list-style-type: none"> <li>1. Date of event</li> <li>2. Letter sent home to all student parents/guardians allowing their child to opt out of the activity and indicating foods being utilized in classroom curriculum activity.</li> <li>3. Principal and Nurse signature for approval</li> <li>4. Requester information and indication of person responsible for proper cleaning protocol following the event.</li> <li>5. Exemption form must be submitted to the building principal <u>14 school days prior</u> to the day of the event.</li> </ol> <p>All activities shall be confined to the designated classroom to allow for proper cleaning. Cleaning procedures shall be followed per the Exposure Reduction Procedures as stated in <a href="#">7:285 AP</a>. It is recommend that food related to curricular activities not be consumed without parental approval. Food related to curricular activities may only be consumed in the designated classroom and may not leave the classroom.</p>	<p>School Wellness Policy (6:50) Food Allergy Management Program (7:285AP)</p>
<p>Classroom Reward</p>	<p>Prohibit the use of food as a reward. Encouraged Items and Activities;</p> <ul style="list-style-type: none"> <li>· Positive Behavior Intervention Support Systems (PBIS)</li> <li>· Trips to treasure box filled with nonfood items such as stickers, bubbles, jump ropes, puzzles, key chains, spider rings, pencil toppers, etc.</li> <li>· Bank system (earn play money for privileges)</li> <li>· Play favorite game</li> <li>· Extra recess</li> <li>· Make deliveries to the office</li> <li>· Sit by friends</li> <li>· Help teach class</li> <li>· Eat lunch with teacher</li> <li>· School supplies</li> <li>· Show and Tell</li> <li>· Paperback book</li> </ul>	<p>School Wellness Policy (6:50) Food Allergy Management Program (7:285AP)</p>
<p>Daily Snack</p>	<p>In an effort to promote healthy eating behaviors, it is recommended snacks provided <u>from home</u> and consumed in the classroom meet the USDA Smart Snacks in School Guidelines. Any food containing a nutrition label can be entered into the Smart Snacks Calculator (below) to determine</p>	<p>School Wellness Policy (6:50) Food Allergy Management Program</p>

	<p>compliance.</p> <p>The school district suggests:</p> <ul style="list-style-type: none"> <li>• Fruit (Fresh, Dried, Frozen, Canned in natural juice)</li> <li>• Vegetables (any variety)</li> <li>• Water</li> </ul> <p>All snacks provided from home <b>must</b> adhere to guidelines in <a href="#">7:285 AP</a>.</p>	(7:285AP)
<p>Classroom Parties</p> <ul style="list-style-type: none"> <li>• Fall,</li> <li>• Winter</li> <li>• Valentine’s Day</li> </ul>	<p>Classroom parties must be celebrated at school without food. Alternative non-food classroom celebrations are allowable.</p>	<p>School Wellness Policy (6:50) Food Allergy Management Program (7:285AP)</p>
Fundraising	<p>Any foods sold within the school day must meet and shall adhere to the USDA Smart Snacks in School Guidelines for the sale of competitive food sold to students on the school campus of the participating school during the school day. Please use the Smart Snack Calculator to determine whether a food meets the competitive food standards.</p>	<p>School Wellness Policy Reference: IL Adm Code 305</p>
Teacher/Staff Events	<p>All teachers and staff are encouraged to model and promote healthy eating behaviors.</p> <p>Any teacher/staff event which involves food within the school buildings shall be confined to a designated area to allow for proper cleaning. If food is consumed in an area in which students are present or may be present, proper cleaning procedures shall be followed per the Exposure Reduction Procedures as stated in <a href="#">7:285 AP</a>. Leftover food should be removed from the serving area at the close of the school day and stored in a location not accessible by students.</p>	<p>School Wellness Policy (6:50) Food Allergy Management Program (7:285AP)</p>
Events outside the school day	<p>All events outside the school day that are serving food in which <u>students and parents/guardians are present</u> are allowable. However, we encourage that the foods being served meet the USDA Smart Snacks in School Guidelines to help promote healthy eating and wellness. It is also recommended to provide food options that are “allergen safe.”</p> <p>Any event outside the school day that are serving food in which <u>students are present WITHOUT a parent/guardian</u>, it is recommended that parents/guardians are notified of the food options being served. We encourage that the foods being served meet the USDA Smart Snacks in School Guidelines to help promote healthy eating and wellness. It is also recommended to provide food options that are “allergen safe”</p> <p>Any event which involves food in school buildings are confined to designated area to allow for proper cleaning. Leftover food is to be removed from the building and not distributed the following day.</p>	<p>School Wellness Policy (6:50) Food Allergy Management Program (7:285AP)</p>

<p>Other Events <u>during</u> the school day</p>	<p>For any special events that food may be served DURING the school day in which <u>parents/guardians are not present</u> with the student, an exemption procedure form must be completed prior to the food to be served. This form includes the following:</p> <ol style="list-style-type: none"> <li>1. Date of event</li> <li>2. Location of event</li> <li>3. Foods being served with nutrition and ingredient label information for all foods</li> <li>4. Letter sent home to all student parents/guardians indicating foods being served.</li> <li>5. Principal and Nurse signature for approval</li> <li>6. All foods served at the event are recommended to meet the <a href="#">USDA Smart Snacks in the School</a> Guidelines with allergen safe option in adherence to <a href="#">7:285 AP</a>.</li> <li>7. Exemption form must be submitted to the building principal <u>14 school days prior</u> to the day of the event.</li> </ol> <p>Any food containing a nutrition label can be entered into the Smart Snacks Calculator (below) to determine compliance.</p> <p>It is also recommended to provide food options that are “allergen safe” and adhere to <a href="#">7:285 AP</a>.</p>	<p>School Wellness Policy (6:50) Food Allergy Management Program (7:285AP)</p>
--	---	--

**Definitions**

School Day: From the first bell to 30 minutes at the end of the school day.

Smart Snack Rule: Smart snack rule defines school day as from Midnight the night before to 30 minutes after the bell .

Allergen Safe: Foods that do not contain any of the top 8 allergens (Peanuts, Tree nuts, soy, milk, egg, fish, shellfish, wheat)

**Resources**

Smart Snacks Resources

<http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>

<http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>

Smart Snacks Calculator

<https://www.healthiergeneration.org/take-action/schools/snacks-and-beverages/smart-snacks/alliance-product-calculator/?gclid=Cj0KEQjw3->

[W5BRCymr\\_7r7SFt8cBEiQAsLtM8mVoeDYgHcNXF3N\\_vRKAwSZSs0n5U9XeDDe1jZs3niwaAgAg8P8HAQ](https://www.healthiergeneration.org/take-action/schools/snacks-and-beverages/smart-snacks/alliance-product-calculator/?gclid=Cj0KEQjw3-W5BRCymr_7r7SFt8cBEiQAsLtM8mVoeDYgHcNXF3N_vRKAwSZSs0n5U9XeDDe1jZs3niwaAgAg8P8HAQ)

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. §1758.  
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.  
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); 6:50 (School Wellness); 6:60 (Curriculum Content); 7:285AP  
Food Allergy Management Program

Reviewed: June 27, 2016, December 11, 2018

Adopted:

Revisions Adopted: August 1, 2016, August 15, 2016, September 23, 2016