

## Foods brought from home for lunch

Individual lunches may include whatever parents would like to pack, but parents are encouraged to send food items that will make positive contributions to the child's diet and health. No sharing of food will be permitted.

## Foods brought to school for celebrations

Birthday treats must be non-edible. Parents will be provided with potential non-food ideas for celebrating birthdays at the beginning of the school year. Halloween and Valentine's Day are exceptions and will be planned with nutrition in mind in accordance with the room parent party treats parameters.

## Snacks within the school day

Food consumed within the classroom is discouraged except for days specified as class celebrations. In the event that it becomes necessary for a classroom to schedule a "healthy snack" time on a daily basis, snacks high in fiber such as fresh fruits and vegetables and/or low in fat (less than 5 grams)

are recommended. Avoid pre-packaged processed foods that are generally high in calories and fat and have little nutritional value. Limited portion sizes are also recommended so that the snack does not become a substitute for a nutritious meal and can be eaten within a limited time period.



## Teacher-to-student incentives

Teachers will be provided with a list of zero cost alternatives to using food as a reward. If school rewards/celebrations do involve food, healthy options and/or appropriate portion sizes will be served.

## Monitoring of the Wellness Plan

The local wellness policy committee will be responsible for ensuring that each school meets the local wellness policy and will implement a plan for measuring the effectiveness of the wellness plan. Parent, faculty, and staff input will be included when conducting annual compliance reviews of the district policy.



## One size doesn't fit all

MyPyramid.gov offers personalized eating plans, interactive tools to help you plan and assess your food choices, and advice to help you:

- Make smart choices from every food group.
- Find your balance between food and physical activity.
- Get the most nutrition out of your calories.
- Stay within your daily calorie needs.

Producing

HEALTHY

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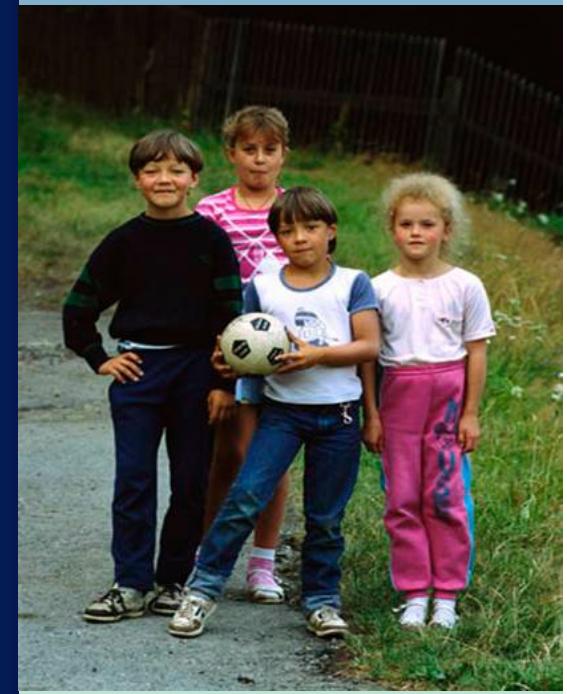
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community.

*Community Consolidated School District 15*

# Wellness Policy Guidelines



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The Child Nutrition and Women, Infants and Children (WIC) Reauthorization Act of 2004 requires school districts to develop a local wellness policy. Juvenile diabetes, food allergies, and childhood overweight/obesity rates among children are on the rise, with serious health consequences. By encouraging an atmosphere supportive of nutritious food choices and physical activity, schools can positively influence children's eating habits.

School District 15 Board of Education Policy 6:50 includes:

### Goals for nutrition education

- Schools will support and promote good nutrition for students.
- Schools will foster the positive relationship between good nutrition, physical activity, and the capacity of students to develop and learn.
- Nutrition education will be part of the district's comprehensive health curriculum.



### Goals for physical activity

- Schools will support and promote an active lifestyle for students.
- Physical education will be taught in all grades and shall include a developmentally planned and sequential curriculum that fosters the development of movement skills, enhances health-related fitness, increases students knowledge, offers direct opportunities to learn how to work cooperatively in a group setting, and encourages healthy habits and attitudes for a healthy lifestyle.

### Nutrition Guidelines for foods available in schools during the school day

Students will be offered and the school will promote nutritious food and beverage choices consistent with the current dietary guidelines for Americans and Good Guidance system published jointly by the US Department of Health and Human Services and the Department of Agriculture.



### Benefits of nutritious food choices:

- Research clearly indicates that good nutrition is linked to better behavior and academic performance.
- Providing nutritious snacks during the school day demonstrates a school and community commitment to promoting healthy behaviors.
- Promotes a healthy school environment.
- Creates excitement about nutrition.
- Protects children with food allergies.

### Consequences of poor food choices:

- Compromises classroom learning.
- Contributes to poor health.
- Encourages over consumption of unhealthy foods.
- Contributes to poor eating habits.

### Nutrition and Fitness Initiatives



Northwest Community Hospital has partnered with School District 15 by contracting with Health World to enhance the nutrition education for all of our fourth-grade students.



Health World will be coming to our fourth-grade classrooms to help nutrition become an established habit. Northwest Community Hospital is also working in conjunction with many of our local PTAs to establish Family Fitness Fairs.