Rankin School District 98

Local Wellness Policy

Triennial Assessment: 10/30/23

(discussed plan, reviewed progress, updated plan, created new goals)

Board Approved:

11/8/23

Table of Contents

Preface…………………..…………………………….....………………………………….. 3

Wellness Policy Committee…………………………………………………….… 4

 Wellness Policy Committee Members………………………………. 4

Wellness Policy Committee Responsibilities…………………....……….….. 5

Public Involvement………………………………………………..…………5

Assessments.………………………………………………………………...… 5

 Updates………………….……………………………………………………….. 5

 Records………….…………………………………….…………………………. 6

Nutrition……………………………………………………………………….……………. 6

 Nutrition Standards………………………………………………………… 6

 Nutrition Education................................................................................. 8

 Nutrition Promotion……………………..…………………………………. 9

 Marketing……………….………………………………………………………. 9

Physical Activity………….…………………………………………………………… 9

 Physical Education..……………………….………………………………… 10

 Other Opportunities for Physical Activity...................................... 10

 Physical Activity Promotion……...……..…………….………………… 10

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 Committee

**Wellness Policy Committee Members**

|  |  |  |  |
| --- | --- | --- | --- |
| **Name** | **Title / Relationship to the School or District** | **Email address** | **Role on Committee** |
| Dr. Matt Gordon | Superintendent | mgordon@rankin98.org | Committee Co-Chair |
| Mrs. April McLaughlin | Principal | amclaughlin@rankin98.org | Committee Co-Chair |
| Mrs. Gretchen Gaudet | Administrative Assistant | ggaudet@rankin98.org  | Member |
| Mrs. Stacy Stotler | Teacher | sstotler@rankin98.org | Member |
| Mr. Spencer Vetter | Café Manager | svetter@rankin98.org  | Member |
| Mrs. Ronda Bryant | Head Custodian/Kitchen Helper | rbryant@rankin98.org | Member |
| Miss Noelle Bowling | PE Teacher | nbowling@rankin98.org | Member |
| Mrs. Rachel Lamberson | Parent/Teacher | rlamberson@rankin98.org | Member |
| Erica Kennett | Parent/Teacher Aide | ekennett@rankin98.org | Member |
| Mrs. Debbie Lowman | Board member | dlowman@rankin98.org  | Member |
| Nicole Washkowiak | School Nurse | nwashkowiak@rankin98.org | Member |
| Sarah Grako | School Counselor | sgrako@rankin98.org | Member |

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, the LEA 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:

* Rankin School District will post the Wellness Policy to the district website.
* When district events are held, notices will be posted on our Facebook page, Class Dojo, and via email.

**Assessments**

Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three years. Rankin School District shall conduct assessments of the Local Wellness Policy every three years, beginning in 2020 and occurring every 3 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 (LEA). The LEA shall make the following available to the public:

* The Local Wellness Policy, including any updates to the policy
* The triennial assessment, including progress toward meeting the goals outlined in the wellness policy

Through the following channels:

* Rankin School District will post the Wellness Policy to the district website.
* When district events are held, notices will be posted on our Facebook page, Class Dojo, and via email.

**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, the LEA 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.

School meals will be accessible to all students. The district will make every effort to ensure that the method of payment does not identify a student as eligible for free or reduced-priced meals.

The district will offer a variety of foods and beverages that are appealing to children. The district will ensure that eating settings are cleaned and inviting. All menus are posted on the school website. Students will have recess after lunch daily.

 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 machines and à la carte items.

Rankin School District follows all nutritional guidelines for snacks and a la carte sold during lunch time. The district does not have any food vending machines. The district does have a water vending machine available for students to use after school. Water is available to students during lunch in the lunch line.

Other Foods and Beverages

The following policy refers to all foods and beverages provided, but not sold to students. The Local Education Agency will allow food and beverage items that do not meet Smart Snacks nutrition standards for reward and celebration purposes. However, the district will encourage all snacks to meet the Smart Snack nutrition standards. 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.

* All food brought to school for parties/celebration must be purchased at a store.
* No soda vending machines on site for students to access. Soda will be allowed for special occasions, classroom parties or celebrations.
* Water will be available for students during the school day. Students may fill up a reusable bottle at a water fountain or classroom sink. All water sources and containers will be maintained regularly.
* No food vending machines on site

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, the LEA may participate in infrequent exempted fundraising days, in which food and beverage items do not meet Smart Snacks standards, as the LEA sees fit. These exempted fundraising days shall not exceed ***ten*** days within one school year. The LEA shall comply with the following procedures when managing exempted fundraising days:

* All requests must be made and approved to the administration.
* All requests must be as a fund-raising event.
* Each request will be given consideration, but will not automatically be approved.

**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 and research.

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

* Our school nurse and PE teacher will collaborate to provide instruction for our K-8 students twice a year on healthy food choices.
* Our kitchen staff will offer a healthy choice food item twice a year for students to sample.

**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:

* Facebook
* District website
* Email

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:

* Providing a fruit/vegetable daily
* Promoting white milk
* Have approved snack and a la carte items for sale in addition to the main lunch meal.
* Use more fresh foods and not as many processed or boxed items.

Food loss and waste continue to be an issue facing the nation’s food supply. In order to prevent food waste, the District will make every effort to produce 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:

* Rankin does not plan to repurpose or reuse food.
* Rankin will focus on preparing food daily based on previous amounts of food needed for our breakfast.
* Rankin will take a morning lunch count daily and prepare food according to the number of lunches ordered. Extra amounts will be made to be sure each student has the opportunity to eat. At the end of our JH lunch period, when we have extra food, we will allow our JH students to come back through the lunch line for extra.

**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.

* The district will allow posters to promote healthy portions and food choices.
* The district does not have food vending machines on campus

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:

* Typically, K-5 students will have a minimum of 120 minutes of PE weekly
* Typically, 6-8 students will have a minimum of 150 minutes of PE weekly

**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:

* Typically, K-5 students will have a daily 30-minute recess. This recess will be held outside as much as possible, weather permitting.
* The school will provide students with adequate spaces, facilities and equipment/supplies for recess.
* The school district is working to improve accessibility of playgrounds and other outdoor play areas.
* The school district will make sure that all play areas meet recommended safety standards.

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

* Typically, 5-8 grade students will be able to participate in the following school teams:
	+ Cross Country
	+ Baseball
	+ Softball
	+ Basketball (girls and boys)
	+ Volleyball
	+ Track (girls and boys)

**Physical Activity Promotion**

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

* Annual PFK (Parents for Kids) walk-a-thon
* Weekly fitness day in Physical Education class
* Jump rope for heart
* Annual field day