



Bethel Grade School District #82



BETHEL
Kind
Incredible
Determined
Self-Confident

Local Wellness Policy

Updated: September 2022

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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 Committee

Wellness Policy Leadership

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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:

- Publication on the school website,
- Our Facebook page,
- Flyers in backpacks,
- and our direct text messaging service

Assessments

Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three years. Bethel Grade School District #82 shall conduct assessments of the Local Wellness Policy every three years, beginning in 2015 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. The LEA 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:

- Publication on the school website,
- Our Facebook page,
- Flyers in backpacks,

- and our direct text messaging service

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. Bethel Grade School uses federal daily requirements for our Breakfast and lunch program. The components are as follows. Breakfast calories are 600-650. Our daily Sodium is Less than 600 mg. Our Trans Fat is 0, and our saturated fat is 12%. Lunch calories are 550-650. Sodium is less than 1,360 our trans fat is 0 and saturated fat is less than 12. Daily Meal Pattern Lunch is- Meat 1 oz, fruit ½ cup- vegetables is ¾ cup, Grain-1oz, Milk 1 Cup Meat/Meat Alternates, Fruits, Vegetables, and Milk) Breakfast is 1oz Grain, 1 Cup Fruit 1Cup of Milk. All Grain Products are 51% Whole Grain.

Bethel Grade School also gets a grant each year for our Fresh Fruit and Vegetable Program. Where we purchase fresh fruit and vegetables to give the students to try twice a week. Always trying new things for them to taste and hopefully like and will continue to eat it.

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

- A. The following policy refers to all foods and beverages provided, but not sold to students. The Local Education Agency will prohibit the use of food as a reward or as part of a celebration. Providing alternatives to food as a reward promotes healthier habits by reducing exposure to less nutritious food items and, therefore, the amount of calorie-dense food items consumed (e.g. cakes, cookies, candy, etc.). This helps children develop improved food preferences and hunger cues to carry them throughout life. Instead, schools will implement the following methods for rewards and celebrations:
- Social rewards: attention, praise, or thanks
 - Recognition such as awards or trophies
 - Privileges such as extra time for recess.
 - School supplies
 - Toys and trinkets:
 - Fashion wear:
 - A token or point system, whereby children earn points that accumulate toward a bigger prize. Possible prizes include those listed above and:
 - Children can be given fake money, tokens, stars, or a chart can be used to keep track of the points they have earned. Points can be exchanged for privileges or prizes when enough are accumulated. A point system also may be used for an entire class to earn a reward. Whenever individual children have done well, points can be added to the entire class's "account." When the class has earned a target number of points, then they receive a group reward.
- B. 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

- A. All 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.

The school shall also utilize non-food fundraisers to promote healthy habits and well-being. The school will implement the following non-food fundraising ideas:

- Plants, flowers, bulbs, seeds
- Recycling (cell phones, printer cartridges)
- School spirit apparel
- Community craft fairs or garage sales
- Raffle tickets with donated prizes and special

B. 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 nine days within one year. The LEA shall comply with the following procedures when managing exempted fundraising days:

- Bethel Board Policy 7:325 sets the guidelines for fundraising. Fundraisers can only be done by school organizations and clubs and cannot interfere with the instructional times of the day. It also requires compliance with the School Breakfast program and the National School Lunch Program.

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:

- Bethel Grade School uses Dietary Guidelines for Americans, MyPlate, Team Nutrition, As A Resource for serving nutrition. We have a FFVP (Fresh fruit and vegetable) program that we use to teach the students about new fruits and vegetables they may have not tried or would like to try. We ask the students what they would like to try or would like again if they like it the first time around.

The Local Education Agency shall incorporate nutrition education into the curriculums in the following ways:

- They use Ag in the classroom and they do a lesson with the FFVP program.
- The 4th grade does a lesson on foods around the world at christmas time. They have a guest speaker come talk about nutrition once a month.
- The Scholastic News publication is for some nutrition lessons.
- Most teachers have an Ag in the Classroom representative come and give a lesson.
- In 5th grade students complete lessons about nutrition in their health class. They teach them about the foods and how they work for our body and health.

- The Lower grades have an OrganWise program representative come in to speak to them about nutrition and they do a fresh fruit and vegetable lesson when we serve that to them.
- The 3rd and 4th graders have the MyPlate lesson from the University of Illinois Extension Center.
- Junior high students take a health class that teaches about nutrition and promotes healthy eating.

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:

- We have Nutrition information on our district website. We also have it hanging in three places at the school by the front entrance, by the office door, and at the beginning of line in the cafeteria. They are also sent home with students. If someone needs an extra they have them in the copy room at school. Several teachers post them in their room. The Teachers do a fruit fresh and vegetable lesson on the FFVP we pass out each week.

Farm to School efforts positively impact School Nutrition Programs by serving fresh and nutritious food items. Additionally, Farm to School programs have been linked to increased consumption of fruits and vegetables. The District shall participate in the following Farm to School activities:

- University of Illinois Extension Nutrition
- Ag In the Classroom, Farm Bureau
- Local FFA Food Across America, TASK
- Field trips to local Farms/Orchards
- STEM Activities with Agricultural Content

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:

- Bethel Grade School has a share table in the cafeteria. This is used for items that are sealed and have not been opened, giving another student a chance to eat it.

- We have also given cooked food to the homeless shelter if we have enough left over. This also includes canned products that are unable to be used for school lunches.

Marketing

The Local Education Agency will prohibit the marketing and advertising of all foods and beverages 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. The LEA shall offer Physical Education class as follows to each grade level for two hours and thirty minutes per week.

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:

- Students from all age groups are provided at least 30 minutes of recess time.
- Students are also given breaks with the opportunity of taking a walk around the gym or the track.

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

We offer the following sports and activities for different grades:

- Boy's Basketball 5th - 8th grades
- Girl's Basketball 5th-8th grades

- Boy's Baseball 5th-8th grades
- Girl's Softball 5th-8th grades
- Girl's Volleyball 5th-8th grades
- Girl's and Boy's Track 5th-8th grades
- Pee Wee Basketball 2nd-4th grade Boy's and Girl's
- Cheerleading 5th-8th grades
- Peewee Cheer 3rd and 4th grades

Physical Activity Promotion

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

- Bethel Grade School does not participate in any state or national program for physical fitness. We do encourage structured PE activities in addition to the free play opportunities given at recess.

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, the LEA commits to making additional wellness-based activities available to all students beyond the cafeteria and gymnasium.

The Local Education Agency shall offer other school-based activities to support student health and wellness, including coordinated events and clubs. The following events shall be organized and promoted each year:

- The Red Cross coordinates a blood drive at Bethel Grade School each year.
- Bethel Grade School has hosted vaccination clinics and is willing to continue to do so.

The following health, wellness, and/or nutrition clubs shall be offered to students each year:

- The Student Council hosts Red Ribbon Week each year to help promote drug abuse awareness and prevention.