

### District 44's Wellness Guidelines

Lombard School District 44 is committed to providing a learning environment that supports and promotes wellness, good nutrition and an active lifestyle. In March 2012, the Board of Education, in compliance with the Healthy, Hunger-Free Kids Act of 2010, approved a revised district-wide wellness policy. The following guidelines, designed to support District 44's Wellness Policy, were developed based on feedback from parents and staff members.

### Guidelines to Support District 44's Wellness Policy

Health Curriculum	Aligned to Illinois State Learning Standards Nutrition and physical activities across grade levels NCLB highly qualified health educators at middle school
Physical Education	Daily at Grades K-8
Food Service Provider	<p><b>Past</b> Increased the use of whole grain products Eliminated use of trans fat oils for cooking Eliminated sale and use of 2% milk</p> <p><b>Present</b> Meet all requirements of wellness policy Provide breakfast and lunch that meet the recommended nutritional guidelines Provide snack options that meet the recommended nutritional guidelines Provide dark green/orange vegetables and beans as per the recommended nutritional guidelines</p> <p><b>Future</b> Continue to monitor ISBE &amp; USDA regulation changes for implementation into the National School/Breakfast and Lunch Programs</p>
Brain Breaks	One to two minute physical activities that help students get refocused and energized (Provided regularly within the classroom)

## Guidelines to Support District 44's Wellness Policy

<p>Teacher Rewards</p>	<p><b>Encouraged Items and Activities:</b>          Positive Behavior Intervention Support Systems (PBIS)          Trips to treasure box filled with nonfood items such as stickers, bubbles, jump ropes, puzzles, key chains, spiderings, pencil toppers, etc.          Bank system (earn play money for privileges)          Play favorite game          Extra recess, Make deliveries to office, Help teach class, Sit by friends, Eat lunch with teacher</p>	<p><b>Excluded Items:</b>          Candy          Soda          Sweets</p>
<p>Daily Snack          Classroom Parties          Other School functions          Birthday Celebrations</p>	<p><b>Encouraged Items:</b>          Fresh fruit (apples, grapes, bananas, etc.)          Fresh vegetables (celery stick, carrots, cucumbers, etc.)          Low fat dipping sauce          Yogurt, Cheese cubes/sticks          100% fruit juice items          Pretzels, Popcorn          Dried fruit, Single serving applesauce          Reduced fat crackers          Low-fat muffins (small or mini)          Mini bagels, Pasta salad          Fat-free or low-fat pudding cups          Fruit smoothies made with fat-free or low-fat milk          Breadsticks with marinara          Fat-free or low-fat fruit parfaits          Baked chips with salsa          Granola bars (not allowed in classrooms with students that have peanut allergies)</p>	<p><b>Excluded Items:</b>          Chips          Cookies          Candy          Cake/cupcakes          Soda</p>

*Guidelines continued next page ...*

## Guidelines to Support District 44's Wellness Policy

<p>Fundraisers</p> <p>All PTA's should reference fundraising guidelines established by the National PTA.</p>	<p><b>Encouraged Activities:</b></p> <ul style="list-style-type: none"> <li>Auction</li> <li>Bike-a-thon, Jog-a-thon, Read-a-thon</li> <li>Walk-a-thon, Jump-a-thon</li> <li>Bowling night</li> <li>Car wash</li> <li>Carnival</li> <li>Celebrity Basketball game</li> <li>Dance</li> <li>Festival/Fun Fair</li> <li>Recycling cans/paper/ink cartridges</li> <li>Skate night</li> <li>Spelling bee</li> <li>Talent shows</li> <li>Tennis/horseshoe competition</li> <li>Treasure hunt</li> <li>Water bottles with school name</li> </ul>	<p><b>Excluded Activities:</b></p> <ul style="list-style-type: none"> <li>Candy sales</li> <li>Bake sales</li> </ul>
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Lombard Elementary School District 44 is a proud partner of Healthy Lombard.

Check out their website for healthy hints and healthy activities at:  
[www.healthy/lombard.com](http://www.healthy/lombard.com)



### **NOTICE REGARDING DISTRICT USE OF PESTICIDES**

The district tries to limit its use of such products; however, occasionally needs arise where their use cannot be avoided. At these times, products, such as Raid, etc., are used. In addition, the District does maintain a contract for professional pesticide services at GWMS' production kitchen area in compliance with county health ordinances. If you would like to be notified when these pesticide applications will occur, please contact your child's principal.

## 6:50 - School Wellness

Student wellness, including good nutrition and physical activity, shall be promoted in the District's educational program, school activities, and meal programs. This policy shall be interpreted consistently with Section 204 of the Child Nutrition and WIC Reauthorization Act of 2004.

### Goals for Nutrition Education and Nutrition Promotion

The goals for addressing nutrition education and nutrition promotion include the following:

- 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 education curriculum. See School Board policy [6:60](#), *Curriculum Content*.

### Goals for Physical Activity

The goals for addressing physical activity include the following:

- 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. See Board policy [6:60](#), *Curriculum Content*.
- During the school day, all students will be required to engage in a daily physical education course, unless otherwise exempted. See Board policy [6:60](#), *Curriculum Content*.
- The curriculum will be consistent with and incorporate relevant Illinois Learning Standards for Physical Development and Health as established by the Illinois State Board of Education.

### Nutrition Guidelines for Foods Available in Schools 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. In addition, in order to promote student health and reduce childhood obesity, the Superintendent or designee shall control food sales that compete with the District's non-profit food service in compliance with the Child Nutrition Act. Food service rules shall restrict the sale of foods of minimal nutritional value, as defined by the U.S. Department of Agriculture, in the food service areas during the meal periods and comply with all applicable rules of the Illinois State Board of Education.

### Guidelines for Reimbursable School Meals

Reimbursable school meals served shall meet, at a minimum, the nutrition requirements and regulations for the National School Lunch Program and/or School Breakfast Program.

### Monitoring

This report must include without limitation each of the following:

- An assessment of the District's implementation of the policy
- The extent to which schools in the District are in compliance with the policy
- The extent to which the policy compares to model local school wellness policies
- A description of the progress made in attaining the goals of the policy

### Community Input

The Superintendent or designee will invite suggestions and comments concerning the development, implementation, and improvement of the school wellness policy from parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and community.

### 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)

ADOPTED: March 12, 2013

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LOMBARD ELEMENTARY SCHOOL DISTRICT 44