

Danville Consolidated School
District # 118



Local Wellness Policy



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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

Name, Title of School Official

Contact: Dr. Alicia Geddis, Superintendent

Wellness Policy Committee Members

Name

Title

Zetta Piggott	Director of Food Service
Mary Ellen Bunton	Director of Curriculum
Molly Bailey	Director of Special Education
Betsy Porter	Assistant Principal, Danville High School
Justin Thorlton	Principal, Northeast Elementary School
Nora Fitzsimmons	Nutrition Consultant
Tracy Bowden	U of I Consultant
Mia Harrier	Community Liaison
Jessica Darwish	Liberty School Nurse
Gabi Ingold	North Ridge School Nurse

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:

- Messages on the Danville District 118 webpage
- Printed Flyers posted at each school.

Assessments

Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three years. Danville District 118 shall conduct assessments of the District's Wellness Policy every three years, beginning in 2023 and occurring every three years thereafter. The Local Wellness Policy Content Checklist provided by ISBE will be used along with other tools provided by ISBE. **See Appendix 4 for the form.** 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:

- Danville District 118 webpage and announcements at Board of Education meetings.

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.

In 2016, Vermilion County, Illinois was listed on the "watch list" for Child Poverty at 27.7%. During the last six years, more current data has confirmed that adult and child poverty continues to be critical in Vermilion County, Illinois. The 2020 U.S. Census has calculated that 42.6% of children age 18 or younger in Vermilion County live at incomes below poverty level. Furthermore, Vermilion County is 100 of 102 counties in Illinois in the County Health Rankings in 2022.

Through participation in the U.S. Department of Agriculture's School of Agriculture, Danville District 118 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 of 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 Breakfast Meal Pattern Chart \(azureedge.us\) Appendix #1](#)

[National School Lunch Program Meal Pattern Chart \(azureedge.us\) Appendix #2](#)

Procedures to protect children who have allergies to specific foods

Danville District 118 is a “reduced nut zone.” This means that the Foodservice staff have planned the foods that are served do not have nuts or sesame in the foods served. Note: there is a possibility that children or adults may bring nuts and nut-based into the school for their own consumption. It is important that teachers and monitors are vigilant in preventing sharing of food between students.

The Foodservice Department has an allergy procedure to follow to ensure that children receive foods that are safe for them to consume. This includes a process to identify children who have food allergies, steps to take to provide substitutes, cleaning and sanitizing to prevent cross-contact during preparation and service.

Competitive Foods

All competitive foods and beverages sold must comply with the USDA Smart Snacks in Schools nutrition standards as evaluated with the “Smart Snack” calculator. Competitive foods and beverages refer to those that are sold to students outside the reimbursable meal on the school campus during the school day. The school day is from 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

Danville District 118 will adhere to prohibiting 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:

Serving healthy foods for celebrations. Parents or teachers must provide these foods in store packaging. Schools may plan a “birthday” celebration once a month. Parents and teachers should be aware of avoiding common allergies, including dairy, eggs, wheat, peanuts, tree nuts, soy, and sesame seeds. There are additional children at each school who have sensitivity to additional foods not listed. Consult with the School Nurse for more information.

The following policy refers to all foods and beverages provided, but not sold to students. Danville District 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

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. Danville District 118 will participate in infrequent exempted fundraising days, in which food and beverage items do not meet Smart Snacks standards. This option is limited to Danville High School and exempted fundraising days shall not exceed nine days within one year. Danville District 118 will follow the following procedures when managing exempted fundraising days:

- Special fundraisers should be requested 30 days prior to the planned event. Forms are available from the Food Service Director or the District 118 Website. These are located in Appendix 1 and Appendix 2.

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:

- [Dietary Guidelines for Americans](#), [MyPlate](#), [Team Nutrition](#), www.eatright.org, www.heart.org, and www.classroom.heart.org.

They shall incorporate nutrition education into the following curriculums for the following grade levels:

- Danville District 118 will follow health, education, and physical activity achievement standards as outlined by the Illinois Board of Education.
- Students in K-12 will receive nutrition education that is interactive and teaches the skills needed to adopt healthy eating behaviors.
- To maximize class time and to achieve positive changes in students' eating behaviors, nutritional education shall be integrated into the standards-based lesson plans or school subjects like math, science, English Language Arts, and physical education.
- Nutritional information will be offered in the cafeteria. Visual aids such as MyPlate and other educational documentation will be posted in all lunchrooms.
- District 118 offers fresh fruits and vegetables separate from the school lunch program and nutrition information and fun facts about the fruit/vegetable is available.

Nutrition Promotion

District 118 shall implement nutrition promotion techniques through multiple channels, including the cafeteria, classroom, and home.

The District shall make cafeteria menus and nutritional information available through the following platform:

- Danville District 118 Web Page.-Danville118.org

Food loss and waste continue to be an issue facing the nation's food supply. In order to reduce food waste, District 118 will forecast and prepare food based on historical data and current attendance. District 118 will use other supporting documents such as production records and resources including the USDA Buying Guide. In addition, District 118 will implement a "food sharing plan." District 118 shall follow the food sharing plan, in accordance with Public Act 102-0359, and federal and local regulations and sanitation codes. See Appendix 3 for a copy of the food sharing plan.

Marketing

Danville District 118 will promote via marketing materials, snacks, food, and smart beverage items that meet the USDA food guidelines. 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.

Physical Education & Activities

In accordance with the Illinois Learning Standards, Danville District 118 shall meet all Illinois requirements and standards for Physical Education Elementary (Grades K-4) – 60 Minutes per week in addition to recess.

- **Physical education** (High School graduation requirements)
Physical education requirements will adhere to current State and Danville District 118 Board of Education requirements for graduation.
- **Physical education** (time, frequency, and/or intensity)
Schools will provide physical activity opportunities for students in K-12 during the school day, including recess. Students will follow minimum requirements set by the Illinois School Code and Danville District 118 School Board Policy.

Students will spend at least 50 percent of physical education class time participating in physical activity.

- **Physical education (teacher-to-student ratio)**
All physical education classes will have student enrollment consistent with the State guidelines for all other subjects.
- **Physical education (standards/requirements based)**
The school district is committed to meeting all standards, including State Goal 20-Achieve and maintains a health-enhancing level of physical fitness based upon continual self-assessment. Students will participate in a yearly fitness test for students (i.e. Fitness Gram)
Additionally, high school students will follow State guidelines regarding CPR and AED training.
- **Physical education (waivers)**
High school students in marching band and JROTC may receive waivers for PE. Any high school student that participates in a sport may waive out of PE for the duration of the sport.
- **Physical education (staff training/certification)**
All PE teachers will be certified with a teaching endorsement in physical education.
- **Physical activity outside of physical education**
Students are given opportunities for physical activity through school programs. Intramurals are provided at the elementary level and interscholastic sports are provided at the middle and high school levels.
- **Recess to promote physical activity**
All elementary (K-4) school students will follow State mandates regarding supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.
- **Walking or biking to school to promote physical activity**
The school district will access and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts.

Other Opportunities for Physical Activity

District 118 shall include additional physical activity opportunities, outside of Physical Education class, during the school day through the following:

- High School students in Marching Band and JROTC

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

Physical Activity Promotion

District 118 will promote physical activity through the participation in the following initiative(s):

- All elementary (K-4) school students will follow State mandates regarding supervised recess, preferably outdoors, during which moderate to vigorous physical activity should be encouraged.

Mental Health

Growing evidence accumulated over recent decades demonstrates a consistent link between students' social and emotional well-being and mental health and their school success and academic achievement. Increased physical, social, and emotional well-being can improve academic performance. The district recognizes the challenges teachers and administrators face as research indicates 10-20% of students may face a mental illness. The district continues to prepare teachers to address the social and emotional needs of students with professional development in research-based approaches and trauma-informed practices. The Board of Education and district administration also recognizes the supports that are necessary to provide adequate services to students. District supports include:

- Partnerships with Crosspoint Human Services, Rosecrance and other agencies to provide school-based counseling.
- A contract with a psychiatrist to provide a monthly clinic, working in partnership with area pediatricians to provide comprehensive support to students with identified needs.

Other School-Based Activities

- **Access to school nutrition programs**
The program will ensure that all children receive access to nutritional and well-balanced meals, for both breakfast and lunch, at no cost to families.

- **Breakfast After the Bell**

Districts in which at least 70 percent of the students were eligible for free or reduced-price lunches in October of the preceding year must operate a breakfast after the bell program. Breakfast must be provided to children after the instructional day has officially begun. This mandate does not prohibit schools from additionally providing breakfast before instructional day begins. All schools will be participating in Breakfast After the Bell.
- **Time and scheduling for meals**
 - **Bus schedule.** All students must be offered breakfast regardless of bus scheduling.
 - **Length of time for dining.** Sufficient time will be allowed for dining (both breakfast and lunch).
 - **Recess.** Recess will be accommodated at each K-4 building.
- **After-school programs**

Community sponsored programs offered at district sites are strongly encouraged to adhere to the wellness plan.
- **Holistic school health approach**

The district-wide wellness committee will provide leadership in decisions made related to physical activity and nutrition that encompasses all aspects of the school, from education to staff wellness.
- **School health councils**

The district will maintain an on-going wellness committee to help oversee and coordinate physical activity and/or nutrition or other aspects of student health.
- **Community/family involvement**

Schools in the district will communicate health and nutrition topics through a variety of avenues such as school newsletters and websites. In addition, the district will seek parent and community involvement in wellness committees and/or taskforces.
- **Staff wellness**

Staff wellness is an integral part of a healthy school environment, since school staff can be daily role models for healthy behaviors. A district wellness committee promotes activities and events that encourage staff members to consider mental and physical health. Schools are strongly encouraged to create wellness committees.

Measurement and Evaluation

- **Funding support for policy**

The district will budget, as appropriate, through district and grant resources in support of this policy.

- **Monitoring and evaluation monitoring**

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the superintendent or designee.

School food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the school principal and Director of Food Service. In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes.

The superintendent or designee will develop a summary report annually on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district. That report will be provided to the school board and also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the district.

- **Evaluation.** The policy will be reviewed annually to help with policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review the nutrition and physical activity policies, provision of an environment that supports healthy eating and physical activity, and nutrition and physical education policies and program elements. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

Available Community Resources

- YMCA
- Boys and Girls Club
- Danville Parks and Recreation Department
- Kickapoo State Park
- Forest Glen and Kennekuk County Parks
- City Pool
- Danville Soccer Association
- Summer Baseball/Softball Programs
- AMBUCS Playground for Everyone
- University of Illinois Extension Office

- Vermilion County Health Department
- OSF Cares-4-kids
- Danville Youth Hockey
- Girl Scouts of Central Illinois
- Boy Scouts Prairielands Council
- DACC Sports Camps
- Danville Youth Football
- Aunt Martha's Health and Wellness

Resources and Implementation Tools

The following links are resources, programs, and curricula related to nutrition and wellness:

- <http://fitness.gov>
- <http://www.fns.usda.gov>
- <http://www.cdc.gov>
- <http://www.actionforhealthykids.org>
- <http://www.cspinet.org>
- <http://www.take10.net>
- <http://www.aahperd.org>
- <http://www.teachfree.com>
- <http://www.myplate.gov>
- <http://www.catch.org>

Education Links outside the Classroom

The following links are resources, programs, and curricula related to nutrition:

- <http://homeworkspot.com/elementary/health/>
- <http://www.nojunkfood.org>
- www.eatright.org
- www.americanheart.org
- www.kidshealth.org
- www.gonoodle.com
- www.preventobesityil.org
- <http://www.fns.usda.gov>
- <http://www.cdc.gov>
- <http://www.actionforhealtykids.org>
- <http://www.cspinet.org>
- <http://www.take10.net>
- <http://www.aahperd.org>

Other School-Based Activities

Danville District 118 commits to additional wellness-based activities available to all students beyond the normal meal service:

- Danville School District 118 is committed to creating a culture of wellness that supports student success. To provide a more comprehensive approach to keeping students in school, students and staff in District 118 are now able to take advantage of a school based health center at Danville High School. The center is a collaborative partnership with Southern Illinois Healthcare Foundation (SIHF) and supports staff and students of District 118 by offering the following services: cold, cough or sore throat, earache, COVID testing, preventative care, school & sports physicals, and immunizations. All students under the age of 18 will require a signed consent form to utilize the health clinic.
- Fresh Fruits and Vegetables are offered one or more times weekly separate from the regular meal service.
- District 118 School Market is offered to students and parents weekly on a rotation basis through-out the District.
- A Dinner Service is served at five different school locations on Monday through Thursday.
- Other opportunities will be pursued as funding becomes available.

Wellness Policy Meeting

- Allergies:** Do not say peanut free
- Assessments:** Need to find a way to measure for the Policy
- CPR:** Set up for Food Service workers in cafeteria. The nurse will get with Zetta at the beginning of the year to set up training for food service staff.
- Cafeteria:** Food must be brought in lunch boxes. The students are not allowed to carry in outside food bags. School staff can check the lunches the students bring in. They also may contact the parents regarding inadequate lunches.
- Education:** Nutrition Education had 300 kids signed up to take course - but no teachers available
- Field Trips:** (CEP District) Food Service should be providing field trip lunches.
- Fundraisers:** Not allowed at the Grade school or Jr. High School. Fundraiser has to meet smart snack standards. Must be store bought.
- Sports:** Can food service provide meals to be given to the athletes? They are on the bus traveling and shouldn't have to wait until they return to eat. Can a meal be offered to them? Work in progress - Zetta
- Questions:** CHANGE: PE: Physical activities? Waivers for physical activities? Take out recess time of 15 minutes and add "follow State mandates."

Programs sponsored by School District #118
Wellness Policy Meeting - continued

Programs to be added to the Wellness Policy?

- Northeast Colorburst5k open to the whole family to participate.
- Future walk-a-thons?
- Food Service introduced International Week for all Students. Inviting them to taste different cultured food from 5 Countries.
- Annual health fair at High School
- Student Taste Testing event provided by Food Service (invite 5 families) to sample food and give their opinions on the menus.
- Event at Field House @ DHS to get junior and seniors introduced to jobs in Healthcare. Invite several different health-based businesses.
- School/sports physicals are offered twice a year to students by Carle Mobile Healthcare. Physicals administered at the school.
- Health department offering to come in and talk to students about their health and making healthy food choices. They would also like to be involved in a Job Fair offered to students. They have access to several free basic nutrition posters (CDC, USDA) they would like to provide to the District to hang in classrooms, cafeteria, locker rooms. She will be in touch with Zetta to get more information.
- Set up a Health Fair Day on the next Teacher Institute Day - (October 8) to participate in events offered at the school (make sure to add note: to dress appropriately) Open gym, track, and pool area.

