
Local Wellness Policy

LOCAL WELLNESS POLICY:

The following Local Wellness Policy was established as required by the Healthy, Hunger-Free Kids Act of 2010 on September 9, 2015 by the Webster-Cantrell Hall Wellness Committee. Students, Teachers, the School District Liaison, Activities/Physical Education Staff, the Certified Dietary Manager, the Registered Dietician, Nurses and Directors were invited to participate in the development and implementation of this policy. The public will be informed and updated about the content and implementation of the local wellness policy on a regular basis. This policy will be reviewed and measured periodically, ensuring that progress is being made in attaining the goals of the local wellness policy. Included in the policy are a) nutrition guidelines to promote student health and reduce childhood obesity for all foods available to students and b) goals for nutrition promotion and education, physical activity and other school-based activities that promote student wellness.

A) Nutrition guidelines to promote student health and reduce childhood obesity for all foods available to students:

- 1) Offer seven cups of fruit weekly (one cup daily) at breakfast and seven cups of fruit weekly (one cup daily) at lunch;
- 2) Offer vegetables subgroups at lunch weekly, a total of seven cups (one cup daily);
 - a) Dark Green > 0.5 cups
 - b) Red/Orange > 1.25 cups
 - c) Beans/Peas (Legumes) > 0.5 cups
 - d) Starchy > 0.5 cups
 - e) Other > 0.75 cups
 - f) Additional Vegetable to Reach Goal > 3.5 cups
- 3) Offer all whole grain-rich weekly, 12.5 -14 ounces at breakfast (one ounce daily) and 14 – 17 ounces at lunch (two ounces daily);
- 4) Offer 14 – 17 ounces of meats or meat alternatives (two ounces daily) at lunch;
- 5) Offer seven cups of fat-free (unflavored or flavored) and low-fat (unflavored) milk (one cup daily) at breakfast and seven cups of fat-free (unflavored or flavored) and low-fat (unflavored) milk (one cup daily) at lunch; and
- 6) Meet the following dietary specifications on average over a week at both breakfast and lunch:
 - a) Calorie Ranges
 - b) Saturated Fat Limits
 - c) Sodium Targets
 - d) Zero Grams of Trans Fat per Portion.

B) Goals for nutrition promotion and education, physical activity and other school-based activities that promote student wellness.

Recreation:

- 1) Provide one hour of physical activities daily (see example activity schedule);
- 2) Provide opportunities for intramural and school sponsored athletic events;
- 3) Promote monthly wellness activities; and
- 4) Involve in community fitness activities.

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Nursing:

- 1) Provide daily medication administration and management;
- 2) Monitor height, weight and blood pressure monthly;
- 3) Provide annual physical screening and as otherwise indicated;
- 4) Provide required immunizations;
- 5) Coordinate with Registered Dietician on an individual basis; and
- 6) Promote monthly wellness activities.

Dietary:

- 1) Coordinate with Registered Dietician to provide nutrients as established by ISEP (Illinois Safety Education Programs);
- 2) Provide visual educational tools (i.e. nutritional and fitness posters);
- 3) Coordinate with Registered Dietician on an individual basis;
- 4) Provide “classes” to discuss nutrition; and
- 5) Promote monthly wellness activities.