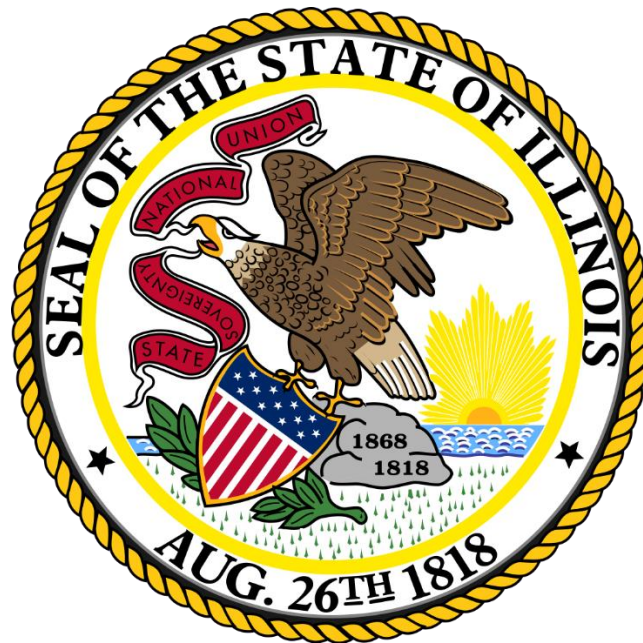


**Alternative Education Center Safe School  
Roe 50 St. Clair County**



**Local Wellness Policy**

# Table of Contents

Preface.....	1
Wellness Policy Committee.....	2
Wellness Policy Leadership.....	2
Wellness Policy Committee Members.....	2
Wellness Policy Committee Responsibilities.....	3
Public Involvement.....	3
Assessments.....	3
Updates.....	4
Records.....	4
Nutrition.....	5
Nutrition Standards.....	5
Nutrition Education.....	7
Nutrition Promotion.....	8
Marketing.....	9
Physical Activity.....	10
Physical Education.....	10
Other Opportunities for Physical Activity.....	10
Physical Activity Promotion.....	10
Other School-Based Activities.....	12

# 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 Members**

Lori Costello, Regional Superintendent

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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:

- This information may be provided in the form of handouts, postings on the regional website, emails, information provided in school newsletter, presentations that focus on nutrition and healthy lifestyles and any other appropriate means available for reaching parents.
- The Regional Superintendent shall be charged with the operational responsibility for ensuring the school meets the local wellness policy requirements.
- The Regional Superintendent shall appoint a District Wellness Council that includes parents, students, representatives of the school food authority, school administrators, and the public to oversee development, implementation and evaluation of the wellness policy. In addition, it is recommended that the Regional Superintendent also appoints teachers and health professionals as members of the Council.
- The terms of Council members shall be staggered for continuity.
- The appointed Council shall be responsible for:
  - creating and maintaining bylaws for operation;
  - assessment of the current school environment;
  - development of a wellness policy;
  - measuring the implementation of the wellness policy; and
  - recommending revision of the policy, as necessary.
- The Principal of the school shall be responsible for implementation of the local wellness policy and shall appoint a school-based evaluation team to develop and implement an annual evaluation plan.
- The school-based evaluation team shall evaluate policy implementation and identify areas for improvement. The evaluation team shall report their findings to the school principal and develop with him/her a plan of action for improvement, as needed.
- The Council shall hear reports from the school group annually.
- Before the end of each school year the Council shall recommend to the Regional Superintendent any revisions to the policy it deems necessary.
- The Council shall report to the Superintendent and AEC board annually on its progress and the status of compliance by the campuses.

## **Assessments**

Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three years. The Alternative Education Center shall conduct assessments of the Local Wellness Policy every three years, beginning in 2024 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:

- This information may be provided in the form of handouts, postings on the regional website, emails, information provided in school newsletter, presentations.

## Records

The Alternative Education Center and the Regional Office of Education 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

overconsumptions 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.

Food providers shall offer a variety of age-appropriate, appealing foods and beverage choices and employ food preparation, purchasing and meal planning practices consistent with the current Dietary Guidelines for Americans (e.g. provide a variety of fruits and vegetable choices; serve low-fat and fat-free dairy products; ensure that whole grain products are served).

### 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.

No additional foods or beverages are offered on campus.

### 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:
  - “Social rewards,” which involve attention, praise, or thanks, are often more highly valued by children than a toy or food. Simple gestures like pats on the shoulder, verbal praise (including in front of others), nods, or smiles can mean a lot. These types of social rewards affirm a child’s worth as a person.
  - Free time
  - Teaching the class
  - Enjoying class outdoors
  - Extra Credit or class participation points

- Choosing a class activity
- Note from the teacher commending achievement
- School wide recognition
- Treasure box
- Pick different seats to sit in for a day
- Teacher wearing a silly outfit or hat
- Afternoon movie (as an individual reward one student could be allowed to select and bring in the movie for the class)
- Lunch in the classroom
- Dress up days...let the class vote!
  - Pajama day (can also incorporate sleeping bags/blankets)
  - Crazy hair day
  - Farmer day
  - Stuffed animal day
  - Backward day (wear clothes backward and even follow the class schedule backward!)
  - Camp out day (kids bring sleeping bags and teacher brings a tent)
  - Hat day
- Book swap party (each child brings a book they no longer want and “trades” with their classmates)
- An art or craft party
- A game the class plays together (like bingo or kickball)
- If it’s warm outside... water games
- Plant some flowers or plants together at the school
- Paint birdhouses together to put up at the school
- Dance party with music
- Film a short digital video/documentary as a class (for e.g. each student answers a question for the camera) then watches it together afterward

Social rewards “Social rewards,” which involve attention, praise, or thanks, are often more highly valued by children than a toy or food. Simple gestures like pats on the shoulder, verbal praise (including in front of others), nods, or smiles can mean a lot. These types of social rewards affirm a child’s worth as a person, and will be utilized routinely, when appropriate.

#### Recognition

- Trophy, plaque, ribbon, or certificate in recognition of achievement or a sticker with an affirming message (e.g., “Great job”)
- Recognizing a child’s achievement on the school-wide morning announcements and/or the school’s website
- A photo recognition board in a prominent location in the school
- A phone call, email, or letter sent home to parents or guardians commending a child’s accomplishment



- A note from the teacher to the student commending his or her achievement

### Privileges

- Going first
- Choosing a class activity
- Helping the teacher/service project
- Having an extra few minutes of recess/free time with a friend
- Sitting by friends or in a special seat next to or at the teacher's desk
- "No homework" pass
- Teaching the class
- Playing an educational computer or other game
- Reading to a younger class
- Making deliveries to the office
- Helping in another classroom
- Eating lunch with a teacher or principal
- Listening with a headset to a book on audio
- Taking a walk with the principal or teacher
- Designing a class or hall bulletin board
- Writing or drawing on the smartboard/whiteboard

### A Token or Point System

Children earn points that accumulate toward a bigger prize. Possible prizes include those listed above and:

- Gift certificate to a bookstore or sporting goods store
- Movie pass or rental gift certificate
- Ticket to sporting event
- Puzzle
- Book
- Stuffed animal/Squishy/Fidget
- Board game
- Step counter (pedometer)
- Sports equipment, such as tennis racket, baseball glove, soccer ball, or basketball
- Pre-approved video/movie
- Raffle

**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:

### **Fundraising Ideas**

- Raffle
- Candles
- Book sale
- Cookbook
- \*Car wash
- \*Walkathons
- Student artwork
- Stuffed animals
- Stadium pillows
- School photo ID
- Educational games
- Holiday decorations
- Shopping donation programs
- School mascot temporary tattoos
- Faculty and/or student talent show
- Teacher/student sports competition
- Auction of donated goods and services
- Balloon bouquets for special occasions
- Bottled water with the schools own label
- Refillable water bottle with the school logo
- Glow in the dark novelties (popular at dances)
- Greeting cards, especially designed by students
- School calendars with all the important school dates on them
- Sale of flowers and balloons for the family to purchase for student graduates
- School spirit items — tee-shirts, sweatshirts, sweatpants, lanyards, pennants, bracelets and caps
- Growing and/or selling flowers and plants for holidays such as Valentine's Day and Mother's Day

\*These fundraisers have the added benefit of promoting physical activity for students.

## **Nutrition Education**

In accordance with the Illinois Learning Standards, the Alternative Education Center shall meet all Illinois requirements and standards for Health Education through established goals. The Alternative Education Center 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:

- The Alternative Education Center will incorporate the [Dietary Guidelines for Americans](#), [MyPlate](#), [Team Nutrition](#), and/or [FoodMASTER](#) into the science/character education curriculum when applicable for grades 5-12.
- The Alternative Education Center's goals include supporting and promoting sound nutrition for students through classroom guidance and overall example.
- The Alternative Education Center will foster the positive relationship between sound nutrition, physical activity, and the capacity of students to develop and learn.
- Nutrition education will be part of the Alternative Education Center's comprehensive Health Education curriculum at the high school level.

The Alternative Education Center shall incorporate nutrition education into the following curriculums for the following grade levels:

- All students grades 5<sup>th</sup>-12<sup>th</sup> will participate in daily Physical Education activities provided, which include discussion and physical participation in presented activities and materials.
- Health Education Class will be provided at the high school level in accordance to the Illinois Learning Standards, as a credited course, along with the daily offering of Physical Education presented.

## **Nutrition Promotion**

The Alternative Education Center 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:

- Mail, email and postings throughout the school building

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

- The Alternative Education Center will support and promote sound nutrition for students.
- The Alternative Education Center will foster the positive relationship between sound nutrition, physical activity, and the capacity of students to develop and learn.
- Nutrition education will be part of the Alternative Education Center's comprehensive health education curriculum.

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 Alternative Education Center shall participate in the following Farm to School research and/or activities:

- [Farm to School website](#) utilized for examples of activities and events
- [Farm to School Activity Ideas](#) handout to be used as a resource for options/opportunities
- [Illinois Farm to School Network](#) utilized on an as needed basis
- SGA Garden Curriculum for grades 5<sup>th</sup>-8<sup>th</sup> will be utilized
- <https://growing-minds.org/110-ways-farm-school/> utilized to generate ideas/programming/activities applicable to each grade level to incorporate Farm to School

Food loss and waste continue to be an issue facing the nation's food supply. In order to prevent food waste, the Alternative Education Center 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:

- <https://sevendgenerationsahead.org/our-work/zero-waste-schools/food-waste-reduction-toolkit/> and [SP 11-2012: Guidance on the Food Donation Program in Child Nutrition Programs](#) and [SP 41-2016: The Use of Share Tables in Child Nutrition Programs](#) will be utilized by the Alternative Education Center as a guide for food waste

- In collaboration with the Alternative Education Center's local health department, the Committee or designee will:

1. Develop and support a food sharing plan for unused food that is focused on needy students.

2. Implement the Plan.

3. Ensure the Plan complies with the Richard B. Russell National School Lunch Act, as well as accompanying guidance from the U.S. Department of Agriculture on the Food Donation Program.

(Required for districts that participate in child nutrition programs, the National School Lunch Program and National School Breakfast Program, the Child and Adult Care Food Program (CACFP), and the Summer Food Service Program (SFSP).

See 105 ILCS 5/2-3.189, added by P.A. 102-359 and renumbered by P.A. 102-813.)

4. Ensure that any leftover food items are properly donated to combat potential food insecurity in the Alternative Education Center's community. Properly means in accordance with all federal regulations and State and local health and sanitation codes. ([Public Act 102-0359](#) Effective August 13, 2021)

## Marketing

- A.** 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:

- All students able will participate at minimum 40 minutes per school day in a Physical Education Class.
- 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.

## **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:

- Throughout the school day, the Alternative Education Staff may incorporate "Brain Breaks," "Talk and Walks," "Alternative Exercise," and "Alternative Placements" to

give students the ability to move and stretch to meet their personal needs as needed or prescribed.

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

- Participation in school-based sports is dependent upon the contract entered by the individual students and their home school districts. (See individual contracts.)
- The Alternative Education Center does not offer any school-based sports.

## **Physical Activity Promotion**

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

- Opportunities are offered throughout the year for development which include yoga, pickle ball, cooperative activities in small and large groups. Activities are added and practice for entertainment, exercise and basic instruction for introduction of new ideas and healthful lifestyles.

