

INSTRUCTION

School Wellness Policy

General Guidelines

- Students in grades pre-K-8 receive nutrition education that teaches the skills they need to adopt healthy eating behaviors.
- Nutrition education is offered in the school dining room as well as in the classroom, with coordination between the foodservice staff and teachers.
- Students receive consistent nutrition message throughout South Pekin Grade School classrooms and cafeteria.
- Staff who provide nutrition education have appropriate training.
- Schools are enrolled as Team Nutrition Schools and they conduct nutrition education activities and promotions that involve parents and students.

Physical Activity Guidelines

- Students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students and the integration of physical activity into the academic curriculum.
- Students are given opportunities for physical activity through a range of before and/or after-school programs including but not limited to interscholastic athletics, Project First Choice and the Voyages Program.
- Schools encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.

Dining Environment Guidelines

- The school district sets guidelines for foods and beverages in ala carte sales in the food service program on the school campus.
- The school district provides a clean, safe, enjoyable meal environment for students.
- The school district provides enough space and serving areas to ensure all students have access to school meals with minimum wait time.
- The school district makes drinking fountains available in all schools so that students can get water at meals and throughout the day.
- The school district encourages all students to participate in the school meals program and protects the identity of students who eat free and reduced priced meals.
- The school district will schedule lunchtime as near the middle of the school day as possible.

Food or Physical Activity as a Punishment

- The school district will prohibit the use of food as a punishment in schools.
- The school district will not deny students participation in physical education as a form of discipline or for classroom make-up time.

Consistent School Activities and Environment

- The school district will make efforts to keep school or district-owned physical activity facilities open for use by students outside school hours.
- The school district will provide information and outreach materials about other FNS programs such as Food Stamps, and Women, Infants and Children (WIC) to students and parents.
- The school district encourages all students to participate in school meals program i.e. the National School Lunch, including snacks for After School Programs and School Breakfast programs.

LEGAL REF.: Public Law 108-265, Section 204

ADOPTED: March 23, 2006

RE-AFFIRMED: July 28, 2009

HEALTH / WELLNESS CURRICULUM

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| Kindergarten: | Human Body, Basic Food Groups |
| First Grade: | Food Pyramid, Dental Health |
| Second Grade: | Food Pyramid, Importance of Hydration |
| Third Grade: | Making Healthy Food choices, Importance of Exercise |
| Fourth Grade: | Dairy Council Education |
| Fifth Grade: | Dental Health |
| Sixth Grade: | Six Nutrients, Human Digestive System, Circulatory System (being "heart smart") |
| Seventh & Eighth Grade: | Importance of Sleep, Diet Fads, Eating Disorders, Dangers of Drugs on the Human Body |