



Thornton Fractional

HIGH SCHOOL DISTRICT 215

BURNHAM • CALUMET CITY • LANSING • LYNWOOD

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

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Wellness Policy Committee Responsibilities

Public Involvement

Thornton Fractional High School District 215 permits and encourages public involvement in Local Wellness Policy development, implementation, updates, and reviews. Therefore, TFD215 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:

- District website – main page
- District Twitter
- District Facebook

Assessments

Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three years. Thornton Fractional High School District 215 shall conduct assessments of the Local Wellness Policy every 3 years, beginning in FY 2023 and occurring every 3 years thereafter. These assessments will:

- Ensure the wellness policy is compliant with USDA, State, and Local rules and regulations
- Compare TFD215's wellness policy to model wellness policies
- Measure the progress made in achieving the goals as outlined in TFD215'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 Thornton Fractional High School District 215. TFD215 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:
 - District website
 - School newsletters
 - Student newspaper
 - School marquee

Records

Thornton Fractional High School District 215 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

Thornton Fractional High School District 215 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, TFD215 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 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.

Based on student input, the District will strive to consider and offer the following options:

- More fresh fruit options
- Healthy yogurt
- Gelatin snack as a healthy alternative
- Baked chips (in addition to the Sun chips currently offered)

- Better access to salad bar (crowding in that area makes it difficult to choose options from the salad bar)
- Alternatives to milk for students whom are lactose intolerant

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.

Other Foods and Beverages

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

Thornton Fractional High School District 215 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

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:

- Clothing/Spirit wear

Nutrition Education

In accordance with the Illinois Learning Standards, Thornton Fractional High School District 215 shall meet all Illinois requirements and standards for Health Education. Thornton Fractional High School District 215 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:

Textbook used:

Glencoe Health, 2011,
Mary H. Bronson
ISBN 978-0-07-891328-0

Other resources:

- Fooducate.com for nutrition research planning diets and label analysis
- Myfitnesspal.com for dietary and calorie consumption
- Myplate.gov for individualized daily food intake and calorie research/dietary planning
- American and National Dairy Council - promotes healthy eating, involved in using low fat dairy products in lunches and snacks
- NFL.com/Play60 - fitness grants and grab and go snacks
- American Diabetes Association - sugar consumption and intake, flyers and activities to promote healthy eating
- American Heart Association - calorie intake, smart snacks, low sodium diet, daily nutrition requirements
- Thornton Fractional High School District 215 shall incorporate nutrition education into the following curriculums for the following grade levels:
 - Health – 1 unit per week
 - PE – sprinkled throughout the course

Nutrition Promotion

The District 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:

- Website
- District will also include nutrition information

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 District shall participate in the following Farm to School activities:

- Garden at TF South – produce to be used in culinary class and donated to food pantry
- Garden at TF North - produce to be used in culinary class and donated to food pantry

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

- At 12:30 each day, all schools will know the status of leftover food. Information can be shared with students or parents (method TBD)
- Leftover food will be packed up. Leftover fruit will be rewashed and added to bags.
- Food bags will be placed on ice with a note for instructions on keeping the food safe for consumption.
- Carts with the food bags will be placed near the doors where students exit to board buses.

- School counselors will be notified as well, as they may have confidential knowledge of families in need.

Marketing

Thornton Fractional High School District 215 will prohibit the marketing and advertising of all foods and beverages that do not meet Smart Snacks nutrition standards 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. Thornton Fractional High School District 215 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, Thornton Fractional High School District 215 shall meet all Illinois requirements and standards for Physical Education. TFD215 shall offer Physical Education class as follows (all classes meet 5 days weekly (55 min M, T, Th, F; 40 min W)):

- Foundations of Physical Education – Grade 9
- Health - Grades 9,10
- Aerobics – Grades 10-12
- Individual Sports – Grades 10-12
- Recreational Sports – Grades 10-12
- Team Sports – Grades 10-12
- Life Guarding – Grades 10-12
- PE Leader Training – Grades 10,11
- Accelerated Fitness – Grades 11,12
- Weight Training I – Grades 10-12
- Advanced Weight Training & Conditioning – Grades 11,12

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:

- Walking to class involves physical activity
- District working on another potential opportunity to offer an additional physical activity option during the day

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

- Basketball
- Baseball
- Badminton
- Bowling
- Cheerleading
- Cross Country
- Football
- Golf
- Softball
- Swimming
- Tennis
- Track
- Volleyball
- Wrestling

Physical Activity Promotion

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

- Bike-a-thon
- 5K
- Fitness Center at North and South Campuses after hours for students
- Hours of Operation:
 - T.F. North - Mondays & Wednesdays, 6:30 pm - 8:30 pm T.F. South - Mondays, 7:00 am - 8:00 am
 - T.F. South - Mondays, 3:00 pm - 4:00 pm T.F. South - Tuesdays & Thursdays, 3:30 pm - 4:30 pm

Other School-Based Activities

Just as it takes a comprehensive curriculum to provide education to support students' futures, Thornton Fractional High School District 215's wellness approach must also be comprehensive in its intent to provide students with the tools they need to live a healthy lifestyle. In order to further establish positive behaviors related to nutrition, physical activity, and health, TFD215 commits to making additional wellness-based activities available to all students beyond the cafeteria and gymnasium.

Thornton Fractional High School District 215 shall offer other school-based activities to support student health and wellness, including coordinated events and clubs. The following events shall be considered:

- Student "try" days (smoothies, kale, other healthy options)
- 21st Century Let's Get Cooking club
- Red Ribbon Week
- Vaping/Marijuana information and awareness
- Health Fair

The following health, wellness, and/or nutrition clubs shall be offered to students each year:

- TFN – Power Lifting Club
- TFS – After School Strength Training