

INSTRUCTION

Wellness Policy

I. Belief Statement

- Morton Unit School District 709 believes we must provide educational opportunities that develop life skills needed in a global society. The understanding of proper nutrition and physical fitness is one life skill that must be developed in all children. Instruction in nutrition and fitness, plus appropriate opportunities and examples of a healthy lifestyle are a valuable part in the developing of our students.

II. Intent

- The purpose of this policy is to ensure Morton Unit School District 709 provides educational opportunities that promote and support student health and wellness, help to reduce childhood obesity and meet the requirements of Section 204 of the Child Nutrition and WIC Reauthorization Act of 2004 and the Illinois School Code.

III. Goals for Nutrition Education

- Morton Unit School District 709 will provide educational opportunities for nutrition at the elementary level each year as indicated in the current district science curriculum.
- Morton Unit School District 709 will provide educational opportunities for nutrition at the junior high school in their required 7th grade Health course and 8th grade Health course.
- Morton Unit School District 709 will provide educational opportunities for nutrition at the high school by requiring a course in Health for graduation that will include a nutrition unit.
- Morton Unit School District 709 will provide educational opportunities for nutrition through articles in the school papers at the junior high school and high school.
- Morton Unit School District 709 will provide educational opportunities for parents on nutrition using school lunch menus, district website articles and Channel 20.

IV. Goals for Physical Activity

- Morton Unit School District 709 will promote physical activity at the elementary schools by providing each student with 50-minutes a week of structured time in PE and 100-minutes per week of a post lunch activity period.
- Morton Unit School District 709 will promote physical activity at the junior high school by providing each student with 250-minutes a week of structured time in PE.
- Morton Unit School District 709 will promote physical activity at the high school by integrating fitness using heart monitors into students' required 9th and 10th grade PE courses and circuit training into their required 11th and 12th grade PE classes.

V. Goals for Other School-Based Activities Designed to Promote Student Wellness

- Morton Unit School District 709 will make the weight/fitness room at the high school available to students every school day after school.
- Morton Unit School District 709 will provide coaches and equipment for students to participate in 10 different interscholastic sports at the junior high.
- Morton Unit School District 709 will provide coaches and equipment for students to participate in 20 different interscholastic sports at the high school.
- Morton Unit School District 709 will promote after school programs and classes for elementary students that promote physical activity.
- Morton Unit School District 709 will work with the Morton Park District to promote and run athletic camps in the summer.

VI. Nutritional Guidelines for All Food and Beverages Available on School Campuses During the School Day

- Morton Unit School District 709 food service provider will offer whole grain breads, reduced fat salad dressings and reduced fat cheese.
- Morton Unit School District 709 food service provider will offer fresh fruits, vegetables and 100% fruit juices.

- Morton Unit School District 709 food service provider will stay within the guidelines of the National School Lunch Program.

VII. Guidelines for School Meals

- School meals served shall be consistent with the recommendations of the Dietary Guidelines for Americans and/or shall meet, at a minimum, the nutrition requirements and regulations for the National School Lunch Program and/or School Breakfast Program and all applicable state and local laws and regulations.

VIII. Input

- The Superintendent or designee shall provide periodic implementation data and/or reports to the Board concerning this policy's implementation sufficient to allow the Board to monitor and adjust the policy.
- The Superintendent or designee will invite suggestions and comments concerning the development, implementation, and improvement of the school wellness policy from community members, including parents, students, and representatives of the school food authority, school administrators, and the public.

LEGAL REF.: Child Nutrition and WIC Reauthorization Act of 2004, PL 108-265, Sec. 204.
Child Nutrition Act of 1966, 42 U.S.C. §1771 et seq.
National School Lunch Act, 42 U.S.C. §1758.
42 U.S.C. §1779, as implemented by 7 C.F.R. §210.11.
105 ILCS 5/2-3.137.
23 Ill.Admin.Code Part 305, Food Program.
ISBE's "School Wellness Policy" Goal, adopted Oct. 2007.

CROSS REF.: 4:120 (Food Services)

ADOPTED: October 17, 2006
REVISED: April 8, 2008
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