

# Northwest Suburban Special Education Organization



## Local Wellness Plan

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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.

# NSSEO Wellness Committee

## **Wellness Committee Leadership**

NSSEO Assistant Superintendent  
847-463-8100

## **Wellness Committee Members**

- NSSEO Governing Board Member
- School Staff including, but not limited to
  - administrators
  - teachers
  - school nurse
  - food service manager
  - support staff
- Parents
- Community Members including, but not limited to Healthcare Professionals.

# Wellness Committee Responsibilities

## **Public Involvement**

The Northwest Suburban Special Education Organization (NSSEO) permits and encourages public involvement in Local Wellness Plan development, implementation, updates, and reviews. Therefore, NSSEO shall invite a variety of stakeholders within the general public to participate in Local Wellness Plan processes.

## **Assessments and Updates**

Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three years. NSSEO shall conduct assessments of the Local Wellness Policy and Plan every 3 years.

These assessments will:

- Ensure the wellness policy is in compliance with USDA, State, and Local rules and regulations
- Compare the NSSEO's wellness policy to model wellness policies
- Measure the progress made in achieving the goals as outlined in the NSSEO's wellness plan

The Wellness Committee must update the Local Wellness Plan as appropriate in order to fit the needs and goals of NSSEO. NSSEO shall make the Local Wellness Plan available to the public on NSSEO's website.

## **Records**

NSSEO shall maintain record of the Local Wellness Plan. This includes keeping a copy of the current wellness plan on file and maintaining documentation of the following actions:

- The most recent assessment of the plan including any revisions to the plan
- Availability of the wellness plan to the public

# Wellness Committee Goals

1. Nutrition Education - NSSEO will provide students with nutrition education that is interactive and promotes lifelong habits of healthy eating.
2. Nutrition Promotion - NSSEO shall encourage students to increase their consumption of healthful foods during the school day.
3. Physical Activity - NSSEO will provide all students with opportunities, support, and encouragement to be physically active on a daily basis.
4. Other School Based Wellness Activities - NSSEO will continue to support a coordinated approach to school health which includes: health education, physical education, school health services, school nutrition services, counseling, psycho, social work services, healthy school environment, and cooperative-wide health promotion for staff, and family and community involvement.

## Nutrition

NSSEO 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, NSSEO 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.

NSSEO meets or exceeds all of the USDA Standards for all reimbursable meals.

## 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 during the school day. This includes, but is not limited to, vending machine and à la carte items.

## Other Foods and Beverages

NSSEO 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

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. However, NSSEO may participate in infrequent exempted fundraising days, in which food and beverage items do not meet Smart Snacks standards, as NSSEO sees fit. These exempted fundraising days shall not exceed nine days within one year.

## **Nutrition Education**

In accordance with the Illinois Learning Standards, NSSEO shall meet all Illinois requirements and standards for Health Education. NSSEO shall include nutrition education within the health education curriculum and integrate nutrition education into other core subjects, as appropriate.

## **Nutrition Promotion**

NSSEO shall implement nutrition promotion techniques through multiple channels, including the cafeteria, classroom, and home.

NSSEO shall make cafeteria menus and nutrition information available through the NSSEO website.

The Smarter Lunchrooms Movement uses behavioral economics to positively influence food choices made by children. The evidence-based techniques implemented through the Movement have been proven to increase children's consumption of nutritious foods. NSSEO

shall review and incorporate components of the Smarter Lunchrooms Movement into its wellness program.

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. NSSEO shall review and incorporate components of Farm to School activities into its wellness program.

Food loss and waste continue to be an issue facing the nation's food supply. In order to prevent food waste, NSSEO 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, NSSEO will continue to provide food to students in need beyond the meals provided through the USDA School Nutrition Programs. Therefore, NSSEO shall follow the established food sharing plan, in accordance with Public Act 102-0359, and federal and local regulations and sanitation codes.

## **Marketing**

NSSEO prohibits the marketing and advertising of all foods and beverages on the school campus during the school day.

## **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. NSSEO recognizes this connection and commits to promoting and providing opportunities for physical activity during and outside the school day.

## **Physical Education and Other Opportunities for Physical Activity**

In accordance with the Illinois Learning Standards, NSSEO shall meet all Illinois requirements and standards for Physical Education.

NSSEO shall promote physical activity and include additional physical activity opportunities, outside of Physical Education class, during the school day.



## Other School-Based Activities

Just as it takes a comprehensive curriculum to provide education to support students' futures, the NSSEO'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, the NSSEO commits to making additional wellness-based activities available to all students beyond the cafeteria and gymnasium. During the school year, NSSEO shall offer other school-based activities to support student health and wellness, including coordinated events and clubs.