

The Baby Fold - Hammitt Schools



Wellness Policy

Reviewed and approved by Leadership Team 12/7/23.

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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 outlined 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 guide 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

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:

- OFS Nutritionist in the approval of school menus.
- Midwest Food Bank in support of supply chain issue substitutions.
- Health Department in the aid of protocol check and balance.
- Staff and Student surveys
- Outside consultant- observed, audited, and guided the food service department.
- Input of food service workers
- ISBE nutrition team

The communication channels used to inform the public of the opportunity to participate in the Local Wellness Policy Process include newsletters, The Baby Fold website, emails, letters sent to families, and surveys.

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 Baby Fold shall conduct assessments of the Local Wellness Policy every three years, beginning in 2023-2024 and occurring every three years thereafter. These assessments will:

- Ensure the wellness policy complies 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 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, yearly The triennial assessment, including progress toward meeting the goals outlined in the wellness policy

The communication channels used to inform the public of the opportunity to participate in the Local Wellness Policy Process include newsletters, The Baby Fold website, emails, letters sent to families, and surveys.

Records/Reporting

The Local Education Agency shall maintain a 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 and overall quality of life. The National Education Association references

numerous articles supporting the effects of nutrition on the classroom, for example, hunger often harms 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 to prevent overconsumption of nutrient-poor foods and food insecurity to give students the best chance to succeed inside and outside the classroom.

Nutrition Standards

Meals

- Hammitt School is committed to nutrition standards for school meals that are consistent with federal guidelines
- School meals are based upon a 2000 calorie per day diet and are planned by the Food Service Supervisor using ISBE guidelines, and a nutritionist from OSF HealthCare.
- It is recommended that the Food Service Supervisor and Food Service Staff share information about the nutritional content of school meals with students, parents, and Hammitt School Staff to assist Hammitt School Staff in the delivery of lesson plans.
- Hammitt School meals shall be served in a clean and safe environment. The following ISBE food distribution procedures shall be adhered to in the classroom.
 - Choking posters should be displayed in plain sight.
 - Menus must be posted in plain sight and close vicinity to the service of the meal.
 - Straight Serve- all items listed on the posted menu must be served on the student's tray (or grab-and-go bag) in the amounts listed.
 - Offer vs. Serve- All items listed on the posted menu must be offered. All items offered must be in the full portion amount listed.
 - Students must be allowed to choose 1% white milk or fat-free chocolate milk.
 - Straight Serve - Students must take milk to count as a reimbursable meal- not just offered milk.
 - Offer Vs Serve- Students don't have to take milk for reimbursement.

- Staff should record the student as receiving the school lunch after he/she has received the tray (or grab-and-go bag) and chosen milk.
- Straight Serve- If any item on the posted menu is not served to a student in the designated amount then the food service staff should not count that student as eating the school lunch.
- Straight Serve- Students do not have to eat all items on the menu, but the menu items do have to be on his/her tray.
- Offer Vs Serve- Students must take 3 menu items and one of those must be a full serving of fruit or vegetable to count as reimbursement.
- Any perishable items served but not consumed should be disposed of - this includes unopened milk.
- Any non-perishable items served but not consumed may be placed on the shared table.

All reimbursable meals served by 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 meal pattern component (i.e., Grains, Meat/Meat Alternatives, Fruits, Vegetables, and Milk) and meeting or exceeding the limitations set for calories, sodium, saturated fat, and trans fat.

Competitive Foods

- Hammitt School does not sell competitive foods to students on our school campuses
- Food and Beverage machines are located on The Baby Fold campuses but are not accessible to students.

Other Foods and Beverages

- Hammitt School Staff, students, parents, and community members may bring foods and beverages into Hammitt School that may not meet the smart snack standards. Hammitt School will encourage those providing snacks to provide healthy options

- Hammitt School shall make efforts to promote nutritious foods and beverage choices utilized for rewards and or snacks. Examples include fruits, vegetables, low-fat dairy foods, and whole grain products.
- The Food Service Staff and Nursing Staff shall work closely with the Instructional Staff of Hammitt School to provide information concerning healthy eating and healthy lifestyle habits.
- It is recommended that Hammitt School Staff provide healthier drinks for snacks, rewards, and or incentives. Hammitt School Staff are encouraged to provide: water or flavored water that has no added calories due to sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free milk.
- Hammitt School Staff are encouraged to not utilize the following drinks for snacks, rewards, and or incentives: soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk.
- Hammitt School Staff restrict the utilization of soft drinks, pop, and candy for incentives, rewards, and snacks.
- At school functions, Hammitt School Staff are encouraged to provide healthful food options to promote student, staff, and community wellness.

Food and beverage marketing and Fundraising

The Baby Fold-Hammitt Schools does not participate in the sales and marketing of food and beverages. We do not participate in food and beverage fundraising.

Nutrition Education

In accordance with the Illinois Learning Standards, the Local Education Agency shall meet all Illinois requirements and standards for Health Education. The Local Education Agency 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:

GOALS FOR NUTRITIONAL EDUCATION

1. High School students shall receive nutritional education as a part of a school classroom curriculum program. The program shall be designed to provide students with the knowledge and skills necessary to adopt healthy eating behaviors and aimed at influencing students' knowledge, attitudes, and eating habits. Special emphasis on education about nutrition shall be emphasized for our younger students as eating habits are established at this age.
2. To maximize classroom time and to achieve positive change in students' eating behavior, education about nutrition shall be integrated or embedded into lesson plans of other school subjects like math, science, language arts, physical education, health, vocational education, and social sciences.
3. The nutritional education program shall include emotional regulation, wellness, and physical movement to support K-12 student success.
4. The Baby Fold promotes activities such as field trips, school gardens, student council activities, and building-wide incentives.
5. The Food Service Team will supply schools with links to My Plate, team nutrition, and other nutritional education resources that would aid in nutritional education.

<https://www.myplate.gov/>

<https://www.fns.usda.gov/team-nutrition>

<https://snaped.fns.usda.gov/resources/nutrition-education-materials/nutrition-and-healthy-eating>

<https://www.fda.gov/food/food-labeling-nutrition/nutrition-education-resources-materials>

Nutrition Promotion

- Hammitt Schools will implement nutritional promotion through multiple communication activities.
- Food service staff distribute breakfast and lunch menus to all staff.

- School breakfast and lunch menus are posted in each classroom.
- Breakfast and lunch menus are sent home with students, shared in Hammitt School newsletters, and shared on our website
- Hammitt School participates in a food-sharing plan. Qualifying (nonperishable) unused food is accessible and provided to students in need through a shared table. The shared table is located in a central location in each building to allow for equal opportunity.

Food loss and waste continue to be an issue facing the nation’s food supply. 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. The Baby Fold shall follow the established food-sharing plan, in accordance with Public Act 102-0359, and federal and local regulations and sanitation codes:

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

1. It is recommended that the Hammitt Willow students participate in movement education for a minimum of 125 minutes per week. Hammitt High School students shall participate in physical education for a minimum of 175 minutes per week. Special emphasis shall be placed on promoting an active lifestyle as healthy living habits are established at a young age.
2. Hammitt School shall provide a daily supervised movement period for the Willow Campus.
3. Both campuses provide sensory breaks and regulation breaks to promote the mental health and physical wellness of their students

4. Physical education and movement shall be provided by a trained and well-supported staff that is certified by the state to teach physical education and emotional well-being.
5. Physical education and movement classes shall have a student-to-teacher ratio comparable to those in other curricular areas.
6. Hammitt School Staff are encouraged to limit extended periods of inactivity. When activities such as testing make it necessary for students to be inactive for long periods, it is recommended that Hammitt School Staff give students periodic breaks during which students are encouraged to stand and be moderately active. Examples of this would be stretching in place and light calisthenics.

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:

- Regularly scheduled movement breaks.
- Recess/activity time
- Sensory/Brain breaks
- Walks for physical activity and emotional regulation: Scheduled and unscheduled

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

- Students have the opportunity to participate in their home school sports programs if eligible.
- Hammitt Jr. Sr High participates in intermural and intramural sports

Physical Activity Promotion

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

- The Physical education staff promotes physical activity promotion through annual field day activities

Other School-Based Activities

Just as it takes a comprehensive curriculum to provide education to support students' futures, the Local Education Agency's wellness approach must also be comprehensive in its intent to provide students with the tools they need to live a healthy lifestyle. To further establish positive behaviors related to nutrition, physical activity, and health, The Baby Fold commits to making additional wellness-based activities available to all students beyond the cafeteria and gymnasium.

The following health, wellness, and/or nutrition clubs/ activities are offered to students annually:

- Both school campuses (K-12) host an annual Thanksgiving event. This event promotes wellness and connection between our staff, our students, and our families. This event is coordinated between school administrative staff and food service staff.
- Both campuses (K-12) host annual open houses. This event is a time for fellowship with our students and their families. Activities are planned during the open house, including family photo opportunities.
- Holiday parties occur annually, bringing students, staff, and families together

The following student-based groups related to health, wellness, and/or nutrition clubs/ activities are being offered to students:

- Hammitt Junior-Senior High (6-12) and Hammitt Willow (K-12) have active student councils
- Hammitt Junior-Senior High maintains internal sports teams (6-12)
- Student council sponsored events on both Hammitt Willow (k-12) and Hammitt Oglesby Campus (6-12)
- Self-care groups led by Family Advocates at Willow Campus (K-12)
- Garden Club at Hammitt Willow (K-12)