



MATTESON SCHOOL DISTRICT 162

WELLNESS POLICY

Adopted February 22, 2012

Amended August 19, 2014 – Revised May 12, 2017 – Revised April 24, 2018

Adopted by the Matteson 162 Board of Education December 11, 2018

MATTESON SCHOOL DISTRICT 162 WELLNESS POLICY

BELIEF STATEMENT

The Board of Education of Matteson School District 162 is committed to providing a learning environment that supports and promotes health and wellness, good nutrition, and an active lifestyle. We also recognize the positive relationship between good nutrition, physical activity and the capacity of students to develop and learn. The entire school environment shall be aligned with healthy school goals to positively influence students' beliefs and habits and promote health and wellness, good nutrition and regular physical activity. In addition, school staff shall be encouraged to model healthy eating and physical activity as a valuable part of daily life.

INTENT

The purpose of this policy is to ensure a total school environment that promotes and supports student health and wellness, helps to reduce and prevent childhood obesity and meets the requirements of the Child Nutrition and WIC Reauthorization Act of 2004, Healthy Hunger Free Kids Act of 2010 and the Illinois School Code. This includes, without limitation, goals for nutrition education, physical activity and other school-based activities designed to promote student wellness; nutrition guidelines for foods provided by the Breakfast and Hot Lunch Program during the school day; a plan for measuring implementation including designating one or more persons charged with operational responsibility; and involving parents, school food service providers, the school board, school administrators, and the public in developing this policy.

The Illinois State Board of Education, in response to regulations of the United States Department of Agriculture (USDA) on "Nutrition Standards for all Foods sold in Schools" provided guidelines to schools for implementation starting July 1, 2014. Referred to as the "Smart Snack" rules, these regulations require that all schools participating in the National School Lunch Program (NSLP) and School Breakfast Program to comply with competitive food standards for ALL food and beverages sold on the school campus during the school day. In the past, USDA regulations governed only the reimbursable meals in the NSLP and School Breakfast Program.

RATIONALE

A disturbing number of children are inactive and do not eat well. The result is an alarming 17% (from the Centers for Disease Control Data and Statistics) of children and adolescents are overweight, a threefold increase since 1980. (1) Congress passed the Child Nutrition and WIC Reauthorization Act of 2004, on June 30, 2004 and the Healthy Hunger Free Kids Act of 2010. (2) Recognizing the role schools can play in health promotion; this law requires local education agencies participating in a program authorized by the National School Lunch Act or the Child Nutrition Act of 1966, to develop a local wellness policy. The objectives of the wellness policy are to improve the school nutrition environment, promote student health and reduce childhood obesity. In addition, Public Act 094-0199 amends the Illinois School Code, requiring the Illinois State Board of Education to establish a state goal that all districts have a wellness policy. (3) The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth and lifelong health and well being. Healthy eating is demonstrably linked to reduced risk for mortality and development of many chronic diseases. Schools and communities have a responsibility to help students acquire the knowledge and skills necessary to establish and maintain lifelong healthy eating patterns. Well planned and well implemented wellness programs have been shown

to positively influence children's health.

Schools also have a responsibility to help students establish and maintain lifelong habits of being physically active. According to the U.S. Surgeon General, regular physical activity is one of the most important things people can do to maintain and improve their physical health, mental health, and overall well being. Regular physical activity reduces the risk of premature death in general and of heart disease, high blood pressure, colon cancer, and diabetes.

GOALS FOR NUTRITION EDUCATION

1. Students in preschool through grade 8 shall receive nutrition education as part of a sequential program that is coordinated within a comprehensive health education curriculum. 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 should be placed on nutrition education in preschool through primary grades as eating habits are established at a young age. The curriculum shall be consistent with and incorporate relevant Illinois Learning Standards.
2. To maximize classroom time and to achieve positive changes in students' eating behaviors, nutrition education is encouraged to be integrated into the standards based lesson plans of other school subjects like math, science, language arts, physical education, health, family and consumer science and social sciences.
3. To achieve positive changes in students' eating behaviors, nutrition education opportunities are provided to students each year. Opportunities include a combination of classroom instruction; nutrition education provided in the cafeteria; or health fairs, field trips and assemblies providing nutrition education.
4. The nutrition education program shall include enjoyable interactive activities such as contests, promotions, taste testing, field trips and school gardens and surveys.

GOALS FOR PHYSICAL ACTIVITY

1. Students in preschool through grade 8 are encouraged to participate in daily physical activities that enable them to achieve and maintain a high level of personal fitness; emphasizes self-management skills including energy balance (calories in minus calories out); is consistent with state and districts standards, guidelines, and framework; and is coordinated within a comprehensive health education curriculum.
2. Elementary students participate in physical education for a minimum of 150 minutes per week, and middle school students participate for 225 minutes per week. Special emphasis is encouraged to promote an active lifestyle in preschool through primary grades as health habits are established at a young age.
3. Schools shall provide a daily supervised recess period to elementary students.
4. Students shall be provided opportunities for physical activity through a range of before and after school programs including intramurals.
5. Students should engage in a minimum of 60 minutes of moderate to vigorous physical activity a day. The school district encourages families to partner with us in providing physical activity beyond the school day.

GOALS FOR OTHER SCHOOL BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS

A. PARENT PARTNERSHIPS

- Schools shall encourage parents to provide a healthy diet and daily physical activity for their children.
- Parents shall be provided information to help them incorporate healthy eating and physical activity into their student's lives. This information may be provided in the form of handouts, postings on the school district website, information provided in school district newsletters, presentations that focus on nutrition and healthy lifestyles and any other appropriate means available for reaching parents.

B. CONSISTENT SCHOOL ACTIVITIES AND ENVIRONMENT – HEALTHY EATING

- The food providers will share information about the nutritional content of school meals and/or individually sold foods with students, family and school staff on the back of the menu and on the website.
- School meals shall be served in clean, safe and pleasant settings with adequate time provided for students to eat.
- All food service personnel shall have required pre-service training and regularly participate in The Professional Standards requirements as mandated by the USDA & National Food Lunch Program
- Food providers shall meet the nutrition requirements of National Food Lunch Program.
- The food service staff shall work closely with school instructional staff to foster an environment where students can learn about and practice health eating.
- Students, parents, school staff and community members bringing foods and beverages to school for parties/celebrations/meetings shall be encouraged to provide healthful options and shall be provided with a list of recommended food and beverage options. (See Attachment B)
- School based organizations shall be encouraged to raise funds through the sale of items other than food. (See Attachment C.)
- Only foods that meet “Smart Snack” standards may be sold at fundraisers on school campus during the school hours (midnight the day before through thirty minutes after the official end of the school day). Beginning on the first day of the 2016-2017 school year, only foods/beverages that meet smart snack standards may be sold to students unless the food/beverage is not intended to be consumed at school (i.e. frozen pizza, cookie dough, etc.).
- Partnerships between schools and businesses are encouraged and many commercial advertising relationships involve food or beverages. To meet wellness objectives, it is recommended that commercial advertising relationships involve only foods and beverages that meet nutrition standards. (See Attachment A & B)
- Schools shall take efforts to promote nutritious food and beverage choices consistent with the current Dietary Guidelines for Americans and Food Guidance System (MY PYRAMID) such as fruits, vegetables, low fat dairy foods and whole grain products.
- Nutrition education shall be provided by district staff or an outside consultant.
- Professional development may provide basic knowledge of nutrition along with activities, instructional techniques and strategies designed to change students' attitudes and behavior.
- All foods and beverages provided by the district to students shall comply with the federal, state and local food safety and sanitation regulations as well as the National Food Lunch Program.

- District 162 schools promote hydration, by providing water jugs with cups in the cafeteria and having water fountains throughout the buildings.
- For the safety and security of food, access to any area involved in storage, preparation or service of food on the school campus shall be limited to authorized personnel such as food service staff or custodial staff.

C. CONSISTENT SCHOOL ACTIVITIES AND ENVIRONMENT- PHYSICAL ACTIVITY

- Physical education shall be provided by trained and well supported staff that is certified by the state to teach physical education. All physical education teachers shall regularly participate in continuing education activities that impart the knowledge and skills needed to effectively promote enjoyable lifelong healthy eating and physical activity among students.
- Physical education classes shall be structured to allow all students to actively participate.
- The physical education program shall be closely coordinated with the other components of the overall school health program where appropriate. Physical education topics shall be integrated within other curricular areas. In particular, the benefits of being physically active shall be linked with instruction about human growth, development, and physiology in science classes and with instruction about personal health behaviors in health education class.
- Schools are encouraged to limit extended periods of inactivity. When activities such as mandatory testing make it necessary for students to be inactive for long periods of time, it is recommended that schools give students scheduled breaks during which they are encouraged to stand and be moderately active at the discretion of the administration.
- Schools are encouraged to develop community partnerships with other child serving organizations such as park districts and YMCA's to provide students with opportunities to be active.
- Schools are encouraged to provide student and community access to and promote use of the school's physical activity facilities outside of the normal school day.
- Physical activity facilities and equipment on school grounds shall be safe.
- Schools are encouraged to work with the community to create a community environment that is safe and supportive of students walking or biking to school

D. FOOD OR PHYSICAL ACTIVITY AS A REWARD OR PUNISHMENT

- School personnel shall use nonfood incentive or rewards with students.
(See ATTACHMENT D)
- School personnel shall not withhold food from students as punishment.
- School personnel shall not use physical activity as a punishment or withhold participation in recess or physical education class as a punishment.

NUTRITION GUIDELINES FOR ALL FOODS AND BEVERAGES AVAILABLE ON SCHOOL CAMPUSES DURING THE SCHOOL DAY

1. Food providers shall offer a variety of foods and beverage choices and employ food preparation, purchasing and meal planning practices consistent with the current Dietary Guidelines for Americans (e.g. provide a variety of fruits and vegetable choices; serve low fat and fat free dairy products; ensure that whole grain products are served.)
2. All foods and beverages sold individually (apart from the reimbursable school meal) on school campuses during the school day shall meet nutrition standards (ATTACHMENT A&B). This includes:
 - Ala carte offerings in the food service program:
 - Food and beverage choices in vending machines; snack bars, school stores; and
 - Food and beverages sold as part of school sponsored fundraising activities.

3. Nutritious foods and beverages, such as fruits, vegetables, low fat dairy foods and whole grain products, shall be available wherever and whenever food is sold or otherwise offered at school during the school day.
4. District 162 schools participate in the Seamless Summer Program. During summer enrichment, students are provided a free nutritious breakfast. In addition, the community is invited to participate in a free breakfast program for children 0-18 years of age.

GUIDELINES FOR SCHOOL MEALS

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

MEASURING IMPLEMENTATION AND COMMUNITY INVOLVEMENT

1. The district superintendent shall be charged with the operational responsibility for ensuring that
2. The district superintendent shall be appoint a district wellness committee that includes parents, students, teachers, and representatives of the school food authority, the school board, school administrators, physical education and health educators, school nurse and the public to oversee development, implementation and evaluation of the wellness policy.
3. The appointed district wellness committee shall be responsible for:
 - Development of a wellness policy;
 - Presenting the wellness policy to the school board for approval;
 - Measuring the implementation of the wellness policy; and
 - Recommending revision of the policy, as necessary.
4. The building principal shall be responsible for implementation of the local wellness policy and shall appoint a school based evaluation team to develop and implement an annual evaluation plan.
5. The school based evaluation team shall evaluate policy implementation and identify areas for improvement. The evaluation team shall report their findings to the building principal or designee to develop with him/her a plan of action for improvement, as needed.
6. The wellness committee shall review reports for each building annually.
7. The wellness committee shall recommend to the district superintendent any revisions to the policy it deems necessary.
8. The wellness committee shall report to the superintendent and school board the progress of the wellness committee and the status of compliance by each building.
9. District 162's Superintendent will share Smart Snack rules with the Parent Teacher Organizations and all clubs/school groups that propose selling food and/or beverages to students to raise funds for District schools.
10. District 162's Superintendent shall ensure that all District personnel, Parent Teacher Organizations and all clubs/school groups are notified of District 162's Policy Regarding Fundraising Days on which Food May Be Sold to Students, Policy No. 5447, and adhere to the requirements of this policy.

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ATTACHMENT A

Healthier US School Challenge Nutrition Standards*

Food or Beverage	These criteria focus on decreasing fat and added sugar, increasing nutrient density, and moderating portion size. As the healthy school environment continues to improve, the Smart School standards published by the USDA will build on those healthy advancements, by ensuring that all other snack foods and beverages available for sale to students are healthy, and nutritious.
Fruits and Non-fried Vegetables	<p>Fruits and vegetables may be fresh, frozen, canned or dried, and they must be found in the Food Buying Guide for Child Nutrition Programs. Please refer to the following website: http://schoolmeals.nal.usda.gov/FBG/2003FBG/%20Section%202.pdf</p> <p>Examples of products that <i>cannot be sold/served</i> as a fruit or vegetable include:</p> <ul style="list-style-type: none"> • Snack type foods made from vegetables or fruits, such as potato chips, and banana chips • Pickle relish, jam, jelly; and • Tomato catsup and chili sauce
Approved Beverages	<ul style="list-style-type: none"> • Plain 1% low fat/skim milk and chocolate and strawberry flavored fat free milk meet State and local standards for pasteurized fluid milk and/or USDA approved alternative dairy beverages (4), • 100% full strength fruit and vegetable juices; and • Water (non-flavored, non-sweetened, and non-carbonated)
Any Other Individual Food Sales/Services	<ul style="list-style-type: none"> • Calories from total fat must be at or below 35%**, excluding nuts, seeds, and nut butters. This is determined by dividing the calories from total fat by the total calories and multiplying by 100. If calories from fat are not available, multiply the grams of fat by 9 to equal calories from fat. Calorie limits are as follows: Snack items: <200 calories and an Entrée items: <350 calories. • Calories from saturated fat must be at or below 10%. This is determined by dividing the calories from saturated fat by the total calories and multiplying by 100. If calories from saturated fat are not available, multiply grams of saturated fat by 9 to equal calories from saturated fat. • Trans fat must be zero grams. • Total Sugar must be at or below 35% by weight. This is determined by dividing the grams of total sugar by the gram weight of the product and multiplying by 100. This includes both naturally occurring and added sugars. This limit does not include fruits and vegetables or flavored milk as defined above. • Sodium limits: Snack items: <200 mg and Entrée items: <480 mg. • Portion size for a la carte sales in the school cafeteria are not to exceed the serving size of the food served in the National School Lunch Program/School

(4) There are no USDA approved alternative dairy beverages at this time. Public Law 108-265 (Child Nutrition Program Reauthorization) authorizes the Secretary of Agriculture to establish nutritionally equivalent non-dairy beverages by July 1, 2005. Please check with the Illinois State Board of Education for clarification.

*The above Nutrition Standards are criteria for sales service of a la carte and/or vended items from the United States Department of Agriculture's Healthier US School Challenge. Please be aware that these criteria are only meant to apply to individually sold foods and that foods sold as part of a reimbursable school meal may not necessarily meet these criteria although menus meet the nutrition standards set by the U.S. Department of Agriculture for school meals. Local policy makers may wish to modify the standards but should be aware that this may make schools ineligible to meet the criteria for Healthier US School Challenge. The Dietary Guidelines for Americans 2005 recommend a total fat intake of 20 – 35% for school age children.

ATTACHMENT B

Nutrition Standards for All Foods Sold in School

Food/Nutrient	Standard	Exemptions to the Standard
General Standard for Competitive Food.	<p>To be allowable, a competitive FOOD item must:</p> <ol style="list-style-type: none"> (1) meet all of the proposed competitive food nutrient standards; and (2) be a grain product that contains 50% or more whole grains by weight or have whole grains as the first ingredient*; or (3) have as the first ingredient* one of the non-grain main food groups: fruits, vegetables, dairy, or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); or (4) be a combination food that contains at least ¼ cup fruit and/or vegetable; or (5) contain 10% of the Daily Value (DV) of a nutrient of public health concern (i.e., calcium, potassium, vitamin D, or dietary fiber). Effective July 1, 2016 this criterion is obsolete and may not be used to qualify as a competitive food. <p>*If water is the first ingredient, the second ingredient must be one of items 2, 3 or 4 above.</p>	<ul style="list-style-type: none"> • Fresh fruits and vegetables with no added ingredients except water are exempt from all nutrient standards. • Canned and frozen fruits with no added ingredients except water, or are packed in 100% juice, extra light syrup, or light syrup are exempt from all nutrient standards. • Canned vegetables with no added ingredients except water or that contain a small amount of sugar for processing purposes to maintain the quality and structure of the vegetable are exempt from all nutrient standards.
NSLP/SBP Entrée Items Sold A la Carte.	Any entrée item offered as part of the lunch program or the breakfast program is exempt from all competitive food standards if it is sold as a competitive food on the day of service or the day after service in the lunch or breakfast program.	
Sugar-Free Chewing Gum	Sugar-free chewing gum is exempt from all competitive food standards.	
Grain Items	Acceptable grain items must include 50% or more whole grains by weight, or have whole grains as the first ingredient.	
Total Fats	Acceptable food items must have ≤ 35% calories from total fat as served.	<ul style="list-style-type: none"> • Reduced fat cheese (including part-skim mozzarella) is exempt from the total fat standard. • Nuts and seeds and nut/seed butters are exempt from the total fat standard.

Food/Nutrient	Standard	Exemptions to the Standard
		<ul style="list-style-type: none"> • Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the total fat standard. • Seafood with no added fat is exempt from the total fat standard. <p>Combination products are not exempt and must meet all the nutrient standards.</p>
Saturated Fats	Acceptable food items must have < 10% calories from saturated fat as served.	<ul style="list-style-type: none"> • Reduced fat cheese (including part-skim mozzarella) is exempt from the saturated fat standard. • Nuts and seeds and nut/seed butters are exempt from the saturated fat standard. • Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the saturated fat standard. <p>Combination products are not exempt and must meet all the nutrient standards.</p>
Trans Fats	Zero grams of trans fat as served (≤ 0.5 g per portion).	
Sugar	Acceptable food items must have $\leq 35\%$ of weight from total sugar as served.	<ul style="list-style-type: none"> • Dried whole fruits or vegetables; dried whole fruit or vegetable pieces; and dehydrated fruits or vegetables with no added nutritive sweeteners are exempt from the sugar standard. • Dried whole fruits, or pieces, with nutritive sweeteners that are required for processing and/or palatability purposes (i.e., cranberries, tart cherries, or blueberries) are exempt from the sugar standard.

Food/Nutrient	Standard	Exemptions to the Standard
		<ul style="list-style-type: none"> • Products consisting of only exempt dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the sugar standard.
Sodium	<p>Snack items and side dishes sold a la carte: \leq 230 mg sodium per item as served. Effective July 1, 2016 snack items and side dishes sold a la carte must be: \leq200 mg sodium per item as served, including any added accompaniments.</p> <p>Entrée items sold a la carte: \leq480 mg sodium per item as served, including any added accompaniments.</p>	
Calories	<p>Snack items and side dishes sold a la carte: \leq 200 calories per item as served, including any added accompaniments.</p> <p>Entrée items sold a la carte: \leq350 calories per item as served including any added accompaniments.</p>	<ul style="list-style-type: none"> • Entrée items served as an NSLP or SBP entrée are exempt on the day of or day after service in the program meal.
Accompaniments	Use of accompaniments is limited when competitive food is sold to students in school. The accompaniment must be included in the nutrient profile as part of the food item served and meet all proposed standards.	
Caffeine	<p>Elementary and Middle School: foods and beverages must be caffeine-free with the exception of trace amounts of naturally occurring caffeine substances.</p> <p>High School: foods and beverages may contain caffeine.</p>	
<i>Beverages</i>		
Beverages	<p>Elementary School</p> <ul style="list-style-type: none"> • Plain water or plain carbonated water (no size limit); • Low fat milk, unflavored (\leq8 fl oz); • Nonfat milk, flavored or unflavored (\leq8 fl oz), including nutritionally equivalent milk alternatives as permitted by the 	

Food/Nutrient	Standard	Exemptions to the Standard
	<p>school meal requirements;</p> <ul style="list-style-type: none"> • 100% fruit/vegetable juice (≤8 fl oz); and • 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (≤8 fl oz). <p>Middle School</p> <ul style="list-style-type: none"> • Plain water or plain carbonated water (no size limit); • Low-fat milk, unflavored (≤12 fl oz); • Non-fat milk, flavored or unflavored (≤12 fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements; • 100% fruit/vegetable juice (≤12 fl oz); and • 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (≤12 fl oz). <p>High School</p> <ul style="list-style-type: none"> • Plain water or plain carbonated water (no size limit); • Low-fat milk, unflavored (≤12 fl oz); • Non-fat milk, flavored or unflavored (≤12 fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements; • 100% fruit/vegetable juice (≤12 fl oz); • 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (≤12 fl oz); • Other flavored and/or carbonated beverages (≤20 fl oz) that are labeled to contain ≤5 calories per 8 fl oz, or ≤10 calories per 20 fl oz; and • Other flavored and/or carbonated beverages (≤12 fl oz) that are labeled to contain ≤40 calories per 8 fl oz, or ≤60 calories per 12 fl oz. 	

ATTACHEMENT C

Fundraising Ideas

Please use this list as a guideline instead of using bake sales, candy, cookie dough, and doughnut, pizza, or pizza kits. These items are the leading sources of calories, sugars, and saturated and Trans fats in children's diets. Also by enlisting school children to sell junk- food sends children and parents the wrong message about the importance of healthy eating.

The possibilities are endless to sell and make money by other means than food. Fundraising companies help schools sell jewelry, toys, personal care products, plants, candles, and much more.

- Auction of donated goods and services
- Balloon bouquets for special occasions
- Book Fairs
- Candles
- Car Wash*
- Cookbook
- Educational games
- Faculty and/or student talent show
- Glow in the dark novelties (popular at dances)
- Greeting cards, especially designed by students
- Growing and/or selling flowers and plants for holidays such as Valentine's Day and Mother's Day
- Holiday decorations
- Party bags for kids' birthday parties filled with non-food novelties
- Raffle
- Refillable water bottle with the school logo
- Sale of flowers and balloons for parents to buy for graduates.
- School magnets with logo and address - phone numbers
- School photo key chains, etc.
- School spirit items - tee shirts, sweatshirts, sweatpants, lanyards, pennants, bracelets and caps
- Startup School Supply kits
- Stadium pillows
- Student artwork
- Teacher/Student sports competition*
- Walkathons *
- Wrapping Paper

* These fundraisers have the added benefit of promoting physical activity for students.

ATTACHEMENT D

Classroom Rewards

The ultimate goal of rewarding children is to help them internalize positive behaviors so that they will not need a reward. Eventually, self-motivation will be sufficient to induce them to perform the desired behavior, and outside reinforcement will no longer be necessary.

Rewarding children in the classroom need not involve candy and other foods that can undermine children's diets and health and reinforce unhealthful eating habits. Please use alternative rewards to provide positive reinforcement for children's behavior and academic performance.

- A field trip for the class
- A note from the teacher to the student commending his/her achievement
- A phone call, email, or letter sent home to the parent/guardian commending the child's accomplishment
- A photo recognition board in a prominent location in the school or classroom.
- A smile
- Choosing a class activity
- Eat lunch outdoors with the class
- Eat lunch with the teacher or principal
- Enjoy class time outdoors
- Extra credit or class participation points
- Going first in line
- Helping the teacher
- Recognition of the child's achievement on the school wide morning announcements, school new or website.
- Ribbon, certificate in recognition of achievement
- Sit with a friend
- Sit by the teacher
- Sticker with affirming messages such as "Great job", "Good One", etc.
- Take care of the class animal for a day
- Take a trip to the treasure box filled with stickers, temporary tattoos, pencils, pens, highlighters, sidewalk chalk, notepads, erasers, bookmarks, etc.
- Teach the class
- Walk with the teacher during lunch

Fifteen Ideas for Family Fitness

Children are spending too much time sitting still, and it has become a major health risk. American children 8 years old and above spend an average of 6.5 hours a day watching TV, using computers and playing video games. Studies show that more time doing these activities the more likely they are overweight.

Increasing physical activity improves cardiovascular fitness, helps prevent obesity, promotes a healthy life-style, boosts self-esteem and confidence and reduces stress. Here are 15 ideas for getting your family on the move:

- Take active vacations (hiking, swimming, skiing)
- At the mall or when running errands, use the stairs rather than the elevator.
- Get pedometers and have a contest to see who takes the most steps in a week.
- Take a whole family walk after dinner, around the neighborhood or park.
- Take on active chores such as gardening, raking leaves, shoveling snow, washing the car.
- Spend an afternoon at the local playground or park.
- Play a sport together such as basketball, soccer, baseball, softball or touch football.
- Dance to your favorite music.
- Go for a family bike ride.
- Plant a family garden.
- Go to the zoo.
- Play miniature golf.
- Take the dog for a long walk.
- Walk short distances rather than using your car. When you drive, park a little farther away from the store.
- Play games like Simon Says, Red Light-Green Light, Duck-Duck-Goose etc.

Make some changes in your diet. A little can go a long way such as the following ideas.

Habit to Change	Change or Substitute	Weight Loss in pounds
14 fl oz juice or pop every day	Water	6
2 tablespoon of salad dressing every day	1 tablespoon salad dressing	3
4 cookies a week	2 cookies a week	4
Bagel & Cream cheese twice a week	Bowl of Cheerios and skim milk	3
4 oz hamburger patty twice a week	4 oz of skinless chicken breast	1
2 oz potato chips twice a week	3 cups air-popped popcorn	2
12 in tuna sub twice a week	6 in tuna sub twice a week	3
Large order of McDonald's fries twice a week	Small order of fries twice a week	3
Sitting on the couch every weeknight	Brisk 30 minute walk	3.3
Taking the elevator up 4 flights three times a day	Taking the stairs (total of 15 minutes a day)	5

Healthy Food at Home

A healthy diet is making a life changing commitment. Involve everyone in this decision and plan healthy meals ahead of time. Make a plan on how the family will transition to a more healthful diet. Post the list in a place where everyone can see it.

Think positively if your child sees you enjoying these changes, he/she will be more likely to join in. Let the children help plan the menu, go shopping with you and help prepare the meal. Keep the portion small don't over eat.

Introduce a wide variety of foods. Offer vegetables, fruits, whole grains, and legumes. Institute the "two bite" rule by eating two bites of each item on their plate. Explain that our taste change as we grow up and what we didn't like last week we may like this week. Also by eating a variety of food builds stronger, happier bodies. Don't give up, applaud adventurous eating.

Present food in different ways such as fresh fruit and vegetables in sticks or cut in circles or use a cookie cutter to make shapes. Make eating healthy a fun experience. Serve vegetables and new foods as an appetizer. Serve fruit as a dessert.

Don't become a short order cook. Prepare only one meal for the entire family. Allow each family member to plan one dinner a week. Then everyone will be happy one time a week.

Don't make a big deal when your child rejects a food. Stay cool and reaffirm the boundaries you have established by insisting that your child eat two bites before leaving the table. They will not starve from one missed meal. Don't let your child engage you in a power struggle.

Give your child a choice such as: ask "Would you like a turkey sandwich, or a quesadilla?" not "What do you want for lunch?"

If your child is resisting the change to a healthier diet, try using the Health Point System. Allow your child to take one point for each healthy food eaten, four points for each day without junk food, and four points for each day that they exercise. If your child has received a certain agreed upon number of points by the end of the week, do something special together.

References

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3. Public Act 094-0199. www.ilga.gov/legislation/publicacts/foi/text.asp?Name=094-0199
4. Illinois School Code. www.ilga.gov/legislation
 - a. Daily Physical Ed Requirements- Section 27-6 of the School Code [105 ILCS 5/27-6]
 - b. Rules for Comprehensive Health Education- (23 lil. Adm. Code 253) issued pursuant to the Critical Health Problems and Comprehensive Health Education Act [105 ILCS 110].
5. Illinois Learning Standards, Illinois State Board of Education, 1997. www.isbe.state.il.us/ils
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