

Southland College Prep
Charter
High School

WELLNESS POLICY

Adopted 02/13/2012

Students

Wellness Policy

BELIEF STATEMENT

The Board of Directors of Southland College Prep Charter High School 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 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 Board of Directors, school administrators, and the public in developing this policy. (2,3)

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 three fold 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 grade 9 through 12 shall receive nutrition education as part of a sequential program that is coordinated within a comprehensive health education curriculum. (4) 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. The curriculum shall be consistent with and incorporate relevant Illinois Learning Standards. (5)
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 (4) 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. (6) 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 grade 9 through 12 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 district standards, guidelines, and framework; and is coordinated within a comprehensive health education curriculum. (4)
2. Students shall be provided opportunities for physical activity through a range school programs including intramurals.
3. Students should engage in a minimum of 60 minutes of moderate to vigorous physical activity a day. Southland encourages families to partner with us in providing physical activity beyond the school day. (8)

GOALS FOR OTHER SCHOOL BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS

A. PARENT PARTNERSHIPS

- The 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 students' lives. This information may be provided in the form of handouts, postings on the school website, EDLINE, information provided in school 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 and/or Edline.
- 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 adequate pre-service training and regularly participate in professional development activities.
- 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)
- 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)
- Southland 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. (8,10)
- Nutrition education shall be provided by Southland 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 Southland to students shall comply with the federal, state and local food safety and sanitation regulations as well as the National Food Lunch Program.
- 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.

- Southland's administration is 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 Southland give students scheduled breaks during which they are encouraged to stand and be moderately active at the discretion of the administration.
- Southland's administration is 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.
- Southland's administration is 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.
- Southland's administration is 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:
 - A la 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.

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. (11, 12, 13)

MEASURING IMPLEMENTATION AND COMMUNITY INVOLVEMENT

1. Southland's Chief Executive Officer shall be charged with the operational responsibility for ensuring that Southland meets the local wellness policy requirements.
2. Southland's Chief Executive Officer shall appoint a Southland wellness committee that may include parents, students, teachers, and representatives of the school food authority, members of Southland's Board of Directors, school administrators, physical education and health educators, school nurse and the public to oversee development, implementation and evaluation of the wellness policy.
3. Southland's appointed wellness committee shall be responsible for:
 - Development of a wellness policy;
 - Presenting the wellness policy to the Board of Directors for approval;
 - Measuring the implementation of the wellness policy; and
 - Recommending revision of the policy, as necessary.
4. Southland's Chief Executive Officer or designee such as Southland's Assistant 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 Southland's Chief Executive Officer 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 Southland's Chief Executive Officer any revisions to the policy it deems necessary.
8. The wellness committee shall report to Southland's Chief Executive Officer and Board of Directors the progress of the wellness committee and the status of compliance.

Adopted 2/13/12



ATTACHMENT A

Food or Beverage	<p><i>Healthier US School Challenge Nutrition Standards*</i></p> <p>These criteria focus on decreasing fat and added sugar, increasing nutrient density, and moderating portion size.</p>
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 <u>cannot be sold/served</u> 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"> • Flavored or plain, low fat (1%), skim/nonfat fluid milk meeting 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. • 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. • 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. • 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 Breakfast Program; for vending sales the item package or container is not to exceed 200 calories.

(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

Healthful Food and Beverage Options for School Functions*

At any school function, parties, celebrations, meetings, etc., where food is made available, healthful food options should be served to promote student, staff and community wellness. Examples of nutritious food and beverages that are consistent with Dietary Guidelines for Americans are listed below.

Please stay away from pop or soda; instead, serve juice or water. Also avoid candy, cup cakes and high calorie chips.

BEVERAGES	CHIPS-DIPS	VEGETABLES - FRUITS	CHEESE & DAIRY
100% Fruit Juice	Party Mix-with mixed nuts, cereals, pretzels. Check for allergies	Individual Applesauce or canned fruit in juice.	Individual Cereal & low fat milk
100 % Vegetable Juice	Tree nuts or Soy nuts NOT coconut or palm nuts	Dried Fruits – raisins, cranberries, apples, etc.	Individual Fat free or low fat flavored yogurt & fruit parfaits.
Frozen Fruit Pops	Trail Mix dried fruits and nuts. Check for allergies	Sliced fruit – nectarines, peaches, kiwi, plums, pears, mangos, apples, etc.	Individual Fat free or low fat pudding cups
Fruit Smoothies made with fat-free or low fat milk	Pretzels	Raw vegetables sticks/slices with individual low-fat dressing or yogurt dip.	Individually wrapped string cheese, single serve cottage cheese, cheese cubes.
Bottled Water	Reduced fat Crackers	Apple or celery sticks with individual taffy apple spread.	
	Baked chips		
	Bread Sticks & Marinara		
	Salsa		
	Low fat dip (Ranch, onion, bean, etc.)		
	Low fat muffins, granola bars & cookies such as graham crackers, fig bars.		
	Mini bagels with whipped light or fat free cream cheese.		
	Lean meat & reduced fat cheese or light or reduced fat mayonnaise in chicken or tuna salads.		

* This list is not all inclusive and is meant only to provide parents and school staff with guidance for healthier food and beverage choices. Not all food and beverage items on this list will necessarily meet district nutrient standards (ATTACHMENT A) as items vary in sugar, fat and calorie content from brand to brand. However, all of the items in the list are believed to be consistent with the intent of the wellness policy to promote student health and reduce childhood obesity.

ATTACHMENT 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, 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 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
- Start up 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.

ATTACHMENT 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 not 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 news 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 children spend 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 pups air-popped popcorn	2
12 inch tuna sub twice a week	6 inch 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

Implementing 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 the plate. Explain that our taste changes as we grow up and what we didn't like last week we may like this week. Also, eating a variety of food builds stronger, happier bodies. Don't give up. Applaud adventurous eating.

Present food in different ways, such as cutting fresh fruit and vegetables into sticks or 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. A child 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 he/she exercises. If your child has received a certain agreed upon number of points by the end of the week, do something special together.

References

1. Prevalence of Overweight among Children and Adolescents: United States, National Center for Health Statistics. www.cdc.gov/nchs/products/pubs/pubd/hestats/overwght99.htm
2. Child Nutrition and WIC Reauthorization Act of 2004 [Public Law 108-265, Sec. 204]. <http://thomas.loc.gov/bss>
3. Public Act 094-0199. www.ilga.gov/legislation/publicacts/fulltext.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 Ill. 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
6. Nutrition services: An essential component of comprehensive school health programs – Joint Position of the American Dietetic Association, Society for Nutrition Education, and the American School Food Service Association, *Journal of Nutrition Education* 35:2, 2003.
7. Executive Summary, Shape of the Nation 2001. National Association of Sports and Physical Education (NASPE), 2001. www.aahperd.org/naspe/pdf_files/shape_nation.pdf
8. Dietary Guidelines for Americans 2005, Department of Health and Human Services and Department of Agriculture, 2005. www.health.gov/dietaryguidelines
9. Fit, Healthy and Ready to Learn, National Association of State Boards of Education, 2000.
10. MyPyramid.gov, United States Department of Agriculture. www.mypyramid.gov
11. Minimum School Meals Requirements – section 9(f)(1), 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(f)(1), 1766(a)0
12. Minimum School Meals Requirements - subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779)
13. Illinois School Food Service – Ill. Adm. Code Section 305.

RESOURCES FOR POLICY DEVELOPMENT

- Fit, Healthy and Ready to Learn, National Association of State Boards of Education. 2000. www.nasbe.org/HealthSchools/index.html
- Healthier US School Challenge, United States Department of Agriculture. www.fns.usda.gov/tm/HealthierUS/criteria_instructions.pdf
- Mercedes Independent School District Student Nutrition/Wellness Plan. 2004. www.mercedes.k12.tx.us/menus/Nutrition%20PolicyR10-8-04.pdf
- Model Local School Wellness Policies on Physical Activity and Nutrition, National Alliance for Nutrition and Activity, 2005. www.schoolwellnesspolicies.org/WellnessPolicies.html
- School Nutrition Association Local Wellness Policy Guidelines, School Nutrition Association. 2005. www.schoolnutrition.org/Index.aspx?id=1075

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STUDENTS

FUNDRAISING DAYS ON WHICH FOOD MAY BE SOLD TO STUDENTS

Purpose

United States and Illinois laws require that food sold to students on the school campus during a school day must meet the nutritional standards promulgated by the United States Department of Agriculture, except on a limited number of exempted fundraising days as discussed below. This policy sets forth the process and criteria for review and approval/denial of such exempted fundraising days.

Scope

Illinois law provides that a high school may annually have exempted fundraising days on which food that does not meet the nutritional standards promulgated by the United States Department of Agriculture may be sold to students on the school campus during the school day as follows:

1. For the **2014-2015 school year**, there shall be no more than **thirty-six (36)** exempted fundraising days.
2. For the **2015-2016 school year**, there shall be no more than **eighteen (18)** exempted fundraising days.
3. For the **2016-2017 school year and thereafter**, there shall be no more than **nine (9)** exempted fundraising days.

Definitions

“Exempted Fundraising Day” means a school day on which food and/or beverages not meeting the nutrition standards promulgated by the United States Department of Agriculture may be sold to students on the school campus.

“School Campus” means all areas of the property under the jurisdiction of the participating school that are accessible to students during the school day.

“School Day” means the period of time from the midnight before the start of the official school day until 30 minutes after the end of the official school day.

Process for Approval/Denial of Exempted Fundraising Days

Southland’s Director shall submit to Southland’s Chief Executive Officer a request for the Exempted Fundraising Days sought by the school as follows:

1. No later than August 30, 2014, a request for no more than **thirty-six (36)** Exempted Fundraising Days sought during the 2014-2015 school year, including a description of the reason for the fundraiser and the foods and/or beverages which are anticipated to be sold on the requested Exempted Fundraising Days.

2. No later than August 30, 2015, a request for no more than **eighteen (18)** Exempted Fundraising Days sought during the 2015-2016 school year, including a description of the reason for the fundraiser and the foods and/or beverages which are anticipated to be sold on the requested Exempted Fundraising Days.
3. No later than August 30 in the 2016-2017 school year and subsequent school years, a request for no more than **nine (9)** Exempted Fundraising Days sought during each school year, including a description of the reason for the fundraiser and the foods and/or beverages which are anticipated to be sold on the requested Exempted Fundraising Days.

Upon receipt of requests for Exempted Fundraising Days pursuant to the above-listed requirements, Southland's Chief Executive Officer shall approve or deny the requests based upon a determination of whether each Exempted Fundraising Day is in the best interests of Southland's students, considering both the reasons for the proposed fundraising and the impact upon student wellness. Southland's Chief Executive Officer shall ensure that Southland maintains, for no less than three years, a listing of the Exempted Fundraising Days held.

LEGAL REF: 23 Illinois Administrative Code 305

Richard B. Russell National School Lunch Act (42 USC 1751, *et seq.*)

Child Nutrition Act of 1966 (42 USC 1771, *et seq.*)

School Breakfast and Lunch Program Act, (105 ILCS 125)

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