

Chicago West Side Christian School

Local Wellness Policy

(revised 6/16)

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.

Wellness Policy Committee

Wellness Policy Leadership
Jeralyn Harris, Co-Principal
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Wellness Policy Committee Members
Mary Post, Co Principal
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Dr. Tara DeJesus- Dargan (parent and medical professional)

Wellness Policy Committee Responsibilities

Public Involvement

Chicago West Side Christian School permits and encourages public involvement in Local Wellness Policy development, implementation, updates, and reviews. It invites a variety of stakeholders (parents, staff, board members, medical professionals and public) to participate in Local Wellness Policy processes. The following methods of communication are used to notify the general public of the opportunity to participate in these processes: School newsletter

Assessments

Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three years. CWSCS shall conduct assessments of the Local Wellness Policy every three years. These assessments will:

- Ensure the wellness policy is in compliance 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 school's wellness policy by reviewing current plan, citing compliance and noting where improvements need to be made.
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- Next assessment date: June, 2019

Updates

The Wellness Policy Committee must update the Local Wellness Policy as appropriate in order to fit the needs and goals of the school. It shall make the following available to the public:

- The Local Wellness Policy, including any updates to the policy, on a yearly basis (posted on website at www.cwscs.org)
- The triennial assessment, including progress toward meeting the goals outlined in the wellness policy.
- The school will use the following channels: CWSCS website and School Newsletter

Records

CWSCS shall maintain 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 (on website)
- 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 (parent newsletter notice)

Nutrition

CWSCS 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, the CWSCS 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.

- The school uses Food Services Professionals as its meal provider; they are required to meet all standards for meal components and the limitations set.

Competitive Foods

The school does not sell competitive foods during the school day through 30 minutes after the end of the school day.

Other Foods and Beverages

The following policy refers to all foods and beverages provided, but not sold to students. The school strongly encourages that food and beverage items that 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.

USDA Guidelines to Determine if Snacks Meet Smart Snacks Standards:

- The school discourages students from sharing their foods or beverages with one another during meal or snack time, given concerns about allergies and other restrictions on individual children's diets.
- When available, fruit and milk will be offered in the morning program.

Food from home:

- The school does not allow students to bring pop or soda to school.

The bulk of rewards offered by the school will not be food-based. Non-food rewards currently include Out of Uniform days, Dance parties, and eagle tickets

Fundraisers

All 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. Currently the school does not have any food fundraisers that occur before 4:00 pm.

The school has non-food fundraisers to promote healthy habits and well-being. They include lock-ins to build community and a spring flower fundraiser to beautify the community.

Nutrition Education

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

CWSCS shall incorporate nutrition education into the instruction for the following grade levels:

Nutrition Education is taught annually in middle school science classrooms.

Grades PK -5 are required to teach one nutrition unit each year.

Parent Club will host an annual Workshop on Nutrition

Student Nutrition Goals:

Students will receive instruction in the following themes:

- Knowledge of healthy food choices
- Understanding of food labels
- Sources and variety of foods
- Major nutrients
- Diet and disease
- Serving sizes
- Understanding calories
- Proper sanitation
- Healthy snacks
- Identify and limit junk food

Nutrition Promotion

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

The District shall make cafeteria menus and nutrition information available through the following platforms:

- Menus are distributed to each student before the start of each month

Marketing

CWSCS prohibits the marketing and advertising of all foods and beverages on the school campus during the school day (i.e. the midnight before to 30 minutes after the end of the school day).

Currently, CWSCS does not sell or market food sales 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. 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

In accordance with the Illinois Learning Standards, the Local Education Agency shall meet all Illinois requirements and standards for Physical Education. The LEA shall offer Physical Education class as follows:

CWCS PE occurs twice weekly for 45 minutes at a time for grades 5-8, and for 30 minutes twice weekly for grades PreK to 4.

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:

- All students have 20 minute recess after lunch
- PK to 4 students have recess twice daily
- Brain breaks are strongly encouraged to take place between changing of subjects.

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

- After school soccer club
- After school basketball
- After school karate club

Physical Activity Promotion

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

- Chicago Run Program and United Health 5K

Other School-Based Activities

Just as it takes a comprehensive curriculum to provide education to support students' futures, CWSCS' wellness approach is 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, CWSCS commits to making additional wellness-based activities available to all students beyond the cafeteria and gymnasium. These include participation in the Chicago Run program (recess activities and 3K races), the United Health 5K annually, and color club days where students engage with activities that promote physical health as well as mental, spiritual and academic growth.