

NASHVILLE COMMUNITY HIGH SCHOOL DISTRICT #99

School Wellness Policy

The Nashville Community High School District #99 is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Nashville High School District that:

- The school district will engage students, parents, teachers, administrators, the food service manager, and the school nurse in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at lunch will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- Qualified food service personnel will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students as well as provide clean and pleasant settings. The district will ensure adequate time for students to eat and digest their lunch.
- Our district will participate in the federal school lunch meal program.
- The district will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.

TO ACHIEVE THESE GOALS

I. School Health Council

Individuals involved in the school community will meet to develop, implement, monitor, review, and if necessary, revise school nutrition and physical activity guidelines to align with Illinois State Board of Education and National standards.

II. School Meals

Meals served through the National School Lunch Program will:

- Be appealing and attractive;
- Be served in clean and pleasant settings;
- Meet at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- Offer a variety of fruits and vegetables; and
- Offer low-fat and skim milk, as well as offer 50-100% fruit juices

Free and Reduced- priced Meals – Every effort will be made to eliminate any social stigma attached to, and prevent identification of, students who are eligible for free and reduced – price school meals.

Meal Times and Scheduling

- Students will have a 30 minute period for lunch as established by the district;
- Meal periods are scheduled at 11:52 p.m. and 12:48 p.m.
- Activities and/or meetings will not be scheduled during lunch unless students may eat during such activities.

Qualifications of School Food Service Staff – All full-time food service staff are certified in food sanitation and are provided continuing professional development when needed or required.

Food or Beverages Sold Individually

Foods

- A choice of at least two fruits and or non-fried vegetables will be offered for sale;
- Foods low in fat, sugar content, and sodium will be offered daily; and
- Portion sizes of foods will be closely monitored to benefit health.

Beverages

- Beverages offered daily include items such as water, 50-100% juices, as well as unflavored or flavored low-fat milk.

III. Nutrition Education

Nutrition Education and Promotion – Nashville High School provides nutrition education and promotion that:

- Is offered as a semester class of health and includes a comprehensive, standards-based program that provides students with the knowledge necessary to make good decisions to protect their health;
- Is part of not only the health education classes, but when appropriate, is incorporated into the other subjects as well;
- Promotes healthy food choices and emphasizes caloric balance between food intake and physical activity;
- Allows for staff or faculty to attend training or workshops.

IV. Physical Activity Opportunities and Physical Education

Daily Physical Education - All students are required to receive daily physical education unless they are excused through an approved waiver. All physical education courses are taught by a certified physical education teacher.

Use of School Facilities Outside School Hours – School facilities are available to students, staff, community members and organizations with approval of the district before and after the school day and on weekends.

V. Monitoring and Policy Review

The superintendent or designee will ensure compliance with nutrition and physical activity wellness policies. School food service staff will ensure compliance with nutrition policies within the food service areas and will report to the superintendent. Assessments will be made as required. The district will revise the wellness policy if needed and make plans for implementation every three years.