

**PONTIAC TWP. HSD 90**

**WELLNESS PROGRAM**

August 14, 2023

## **Pontiac Twp. HSD 90**

A local school wellness policy is a written document that guides a school district's efforts to create supportive school nutrition and physical activity environments. Each local education agency participating in the National School Lunch Program or the School Breakfast Program is required to develop and implement a wellness policy.

The wellness policy includes:

- goals for nutrition education
- goals for physical activity
- nutrition guidelines for all foods available at school; this includes snacks, parties and events
- goals for other school-based activities designed to promote student wellness
- plans for evaluating implementation of the policy

### **Policy statement**

Pontiac Twp. HSD 90 is dedicated to providing an educational atmosphere that promotes nutritional instruction, wellness, and physical activity. In providing this we aspire to teach our students lifelong lessons that encourage healthy active lifestyles, as well as model healthy behavior. Students and staff are faced with issues such as allergies, obesity, poor nutrition and chronic health issues. It is our hope that by establishing these health habits early we can guide students to maintain a healthy lifestyle, as they mature. Staff wellness along with community support, reinforces the lessons students learn.

### **Goals for Nutritional Education**

1. PTHS students receive nutritional education that is interactive and teaches the skills needed to adopt healthy eating behaviors, and live long wellness.
2. PTHS students receive consistent nutritional messages throughout school, classrooms, cafeterias, homes, the community, and media.
3. PTHS encourages teachers, parents, school administrators, students, food service professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in the school, as well as at home.
4. PTHS encourages opportunities for ongoing training and development in areas of nutritional education for staff.

### **Goals for Physical Education**

1. PTHS will provide students regular physical education throughout the school year.
2. PTHS will utilize a comprehensive physical activity program for students incorporating a variety of physical activities including: physical education, recess, afterschool programs, sports and health education with an emphasis on the benefits of physical activity.
3. PTHS will meet Illinois State Board of Educational standards for Physical Education and Health.
4. PTHS district encourages opportunities for ongoing training and development in areas of physical education for staff.



#### Nutritional guidelines for all foods available at school including:

1. Lunches – PTHS meals served shall meet, at a minimum, the nutritional requirements and regulations for the National School Lunch Program.
2. Snacks – Pontiac Twp. HSD 90 will permit snack times, pending teacher discretion. Teachers will assess if and when to offer snacks based on timing of school meals, nutritional needs, children's ages, and other considerations.
3. Pontiac Twp. HSD 90 will provide an approved snack list to encourage snacks that meet the same nutritional guidelines set by the USDA, utilized for the school lunch program.
4. Parties/classroom celebrations are permitted and healthy snack choices are encouraged.
5. Fundraisers – will meet the USDA Nutritional Standards for all foods sold on school campus; as well as state and federal statutes. All fundraising events will require written approval from the Superintendent or designee.

#### Food Loss and Waste

Pontiac Twp. HSD 90 is dedicated to minimizing food loss and waste. As appropriate and permissible, excess prepackaged and/or near expiration items are donated to local not-for-profit service organizations such as the Boys and Girls Club as well as our students.

#### Other school-based activities designed to promote student wellness

1. PTHS teachers and students will continue to support the efforts of the Farm to School.
2. PTHS encourages our parent's efforts to pack healthy lunches and snacks refraining from foods or beverages without nutritional value.
3. PTHS highly values the health and well-being of every employee and will offer activities that support personal efforts, by employees, to maintain a healthy lifestyle.

#### Plans for Evaluating the Wellness Policy

The Superintendent and/or Principals in collaboration with the Wellness Committee will periodically present data/reports to the Boards of Education concerning the implementation of the wellness policy.

The data/report will include but not be limited to:

1. The activities and meetings conducted by the committee,
2. Evidence of the school districts compliance with the wellness policy,
3. Evidence of the policy endeavors to school wellness initiatives,
4. Progress made with attaining the goals set forth in the policy.

#### Community

The Superintendent and/or Principal will invite written suggestions and comments concerning the development, implementation, and improvement to the local school wellness policy. Written comments can be forwarded to the Health Office labeled Wellness, or emailed to the Superintendent at [jkilgore@pontiac90.org](mailto:jkilgore@pontiac90.org). Subject: Wellness. This information is shared with our Wellness Team.