

Circuit Breaker School Wellness Policy 6:50

Annual Report

June, 2016

Circuit Breaker School is committed to the optimal development of every student. Circuit Breaker School believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tasks. Conversely, less-than-adequate consumption of specific foods including fruits, vegetables, and dairy products, is associated with lower grades among students. In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education, and extracurricular activities – do better academically.

This report outlines Circuit Breaker School's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this report establishes goals and procedures to ensure that:

- Students in Circuit Breaker School have access to healthy foods throughout the school day—both through reimbursable school meals and other foods available throughout the school campus—in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active during school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community will be engaged in supporting the work of Circuit Breaker School in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- Circuit Breaker School establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the wellness policy and its established goals and objectives.

This report applies to all students and staff in Circuit Breaker School.

I. School Wellness Committee

Current Status:

Not currently implemented

Goals to be Addressed:

Establish Wellness Committee

Information in this report reflects concepts from *The Alliance for a Healthier Generation Model Wellness Policy*

Circuit Breaker School will convene a representative Circuit Breaker School wellness committee (hereto referred to as the COMMITTEE) that meets at least two times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of the Circuit Breaker School-level wellness policy (heretofore referred as “wellness policy”).

The COMMITTEE membership will represent elementary and secondary school levels and include to the extent possible, but not be limited to: parents and caregivers; students; representatives of the school nutrition program; physical education teachers; health education teachers; school health professionals (ex., health education teachers, school health services staff [i.e., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services], and mental health and social services staff [i.e., school counselors, psychologists, social workers, or psychiatrists]; school administrators (ex., superintendent, principal, vice principal), school board members; health professionals (ex., dietitians, doctors, nurses, dentists); and the general public. To the extent possible, the COMMITTEE will include representatives from the school building and community.

Leadership

The Executive Director or designee(s) will convene the COMMITTEE and facilitate development of and updates to the wellness policy for Executive Committee approval, and will ensure compliance with the policy.

The name(s), title(s), and contact information of these individual(s) are:

Name	Title	Email address	Role
Matt Winchester	Assistant Director	mwinchester@lease-sped.org	Wellness Policy Coordinator
Susan Bruner	Principal	sbruner@lease-sped.org	Wellness Policy Administrator
Georgette Szafranski	Secretary/Foodservice Manager	gszafranski@lease-sped.org	Committee Member
Ayten Therriault	Teacher	atherriault@lease-sped.org	Committee Member
Sarah Raymond	Police Officer/Community Member	sraymond@perupolice.org	Committee Member

II. Wellness Policy Implementation, Monitoring and Accountability

Current Status:

This Annual Report will be presented at June Executive Committee meeting

Goals to be Addressed:

Information in this report reflects concepts from *The Alliance for a Healthier Generation Model Wellness Policy*

- Circuit Breaker School will support and promote sound nutrition for students.
- Circuit Breaker School will foster positive relationships between sound nutrition, physical activity, and the capacity of students to develop and learn.
- Nutrition education will be part of the school's comprehensive health education curriculum.

Implementation Plan

Circuit Breaker School will develop and maintain a plan for implementation to manage and coordinate the execution of the wellness policy. The plan delineates roles, responsibilities, actions, and timelines specific to the school, and includes information about who will be responsible to make what change, by how much, where, and when, as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, nutrition promotion and education, physical activity, physical education, and other school-based activities that promote student wellness.

The wellness policy and the progress reports will be located at: www.lease-sped.org

Recordkeeping

Circuit Breaker School will retain records to document compliance with the requirements of the wellness policy at the Circuit Breaker School Main Office. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating compliance with community involvement requirements, including (1) Efforts to actively solicit COMMITTEE membership from the required stakeholder groups; and (2) These groups' participation in the development, implementation, and periodic review and update of the wellness policy;
- Documentation of annual policy progress reports; and
- Documentation of the assessment of the policy;
- Documentation demonstrating compliance with public notification requirements, including: (1) Methods by which the wellness policy, annual progress reports, and assessment are made available to the public; and (2) Efforts to actively notify families about the availability of wellness policy.

Annual Progress Reports

The Circuit Breaker School will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the schools within the Circuit Breaker School in meeting wellness goals. This annual report will be published around the same time each year in June, and will include information from Circuit Breaker School. This report will include, but is not limited to:

- An assessment of the school's implementation of the policy;
- The extent to which the school is in compliance with the policy;
- The extent to which the policy compares to model local school wellness policies; and
- A description of the progress made in attaining the goals of the policy

Circuit Breaker School will actively notify households/families of the availability of the annual report.

The COMMITTEE will establish and monitor goals and objectives for Circuit Breaker School.

Revisions and Updating the Policy

Information in this report reflects concepts from *The Alliance for a Healthier Generation Model Wellness Policy*

The COMMITTEE will recommend updates or modifications to the wellness policy based on the results of the annual progress reports, and/or as Circuit Breaker School priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as needed annually.**

Community Involvement, Outreach, and Communications

The Circuit Breaker School is committed to being responsive to community input, which begins with awareness of the wellness policy. Circuit Breaker School will actively communicate ways in which representatives of COMMITTEE and others can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of means appropriate for Circuit Breaker School. Circuit Breaker School will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. Circuit Breaker School will email or displaying notices on the L.E.A.S.E. and/or Circuit Breaker School's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. Circuit Breaker School will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that Circuit Breaker School and individual schools are communicating other important school information with parents.

III. Nutrition, Physical Education, Curriculum Content

Current Status:

School Meals

Circuit Breaker School is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams *trans*-fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

The Circuit Breaker School participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and *possibly including the Fresh Fruit & Vegetable Program (FFVP), or others*. Circuit Breaker School is committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The Circuit Breaker School offers reimbursable school meals that meet [USDA nutrition standards](#).)
- Promote healthy food and beverage choices using the following:

Information in this report reflects concepts from *The Alliance for a Healthier Generation Model Wellness Policy*

- Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans)
- Sliced or cut fruit is available daily
- Daily fruit options are displayed in a location in the line of sight and reach of students
- All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal
- Menus will be created/reviewed by a Registered Dietitian or other certified nutrition professional.
- The Circuit Breaker School child nutrition program will accommodate students with special dietary needs.
- Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated. Students are served lunch at a reasonable and appropriate time of day.

Physical Education

All students will be provided equal opportunity to participate in physical education classes. Circuit Breaker School will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All Circuit Breaker School **elementary students** in each grade will receive physical education for at least 60-89 minutes per week throughout the school year.

All **secondary students** (middle and high school) are required to take the equivalent of one academic year of physical education.

Circuit Breaker School physical education program will promote student physical fitness through individualized fitness and activity assessments.

Physical Activity Breaks (Elementary and Secondary)

Circuit Breaker School recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered **periodic opportunities** to be active or to stretch throughout the day on all or most days during a typical school week. Circuit Breaker School recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom times. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

Active Academics

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies, and others) and do their part to limit sedentary behavior during the school day.

Circuit Breaker School will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

Goals to be Addressed:

Physical Education

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Circuit Breaker School will utilize an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.

School Meals

- Promote healthy food and beverage choices using the following:
 - White milk is placed in front of other beverages in all coolers
 - Daily announcements are used to promote and market menu options
 - *Menus will be posted on the Circuit Breaker School website*

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout the school, classrooms, gymnasium, and serving area. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff and teachers, parents, students, and the community.

Circuit Breaker School will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing evidence-based healthy food promotion techniques through the school meal programs using [Smarter Lunchroom techniques](#); and
- Promoting foods and beverages that meet the USDA Smart Snacks in School nutrition standards. Additional possible promotion techniques that the Circuit Breaker School and individual schools may use are available at www.healthiergeneration.org/smartsnacks.

Nutrition Education

The Circuit Breaker School aims to teach, model, encourage, and support healthy eating by students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects;
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;
- Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise);

Essential Healthy Eating Topics in Health Education

The Circuit Breaker School will include in the health education curriculum the following essential topics on healthy eating:

Information in this report reflects concepts from *The Alliance for a Healthier Generation Model Wellness Policy*

- The relationship between healthy eating and personal health and disease prevention
- Food guidance from [MyPlate](#)
- Reading and using USDA's food labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables, and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- The Dietary Guidelines for Americans
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers, and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

[USDA's Team Nutrition](#) provides free nutrition education and promotion materials, including standards-based nutrition education curricula and lesson plans, posters, interactive games, menu graphics, and more.

Essential Physical Activity Goals and Topics in Health Education

The goals for addressing physical activity include the following:

- Circuit Breaker School will support and promote an active lifestyle for students.
- Physical education will be taught in all grades and shall include a developmentally planned and sequential curriculum that fosters the development of movement skills, enhances health-related fitness, increases students' knowledge, offers direct opportunities to learn how to work cooperatively in a group setting, and encourages healthy habits and attitudes for a healthy lifestyle.
- During the school day, all students will be required to engage in a daily physical education course, unless otherwise exempted.
- The curriculum will be consistent with and incorporate relevant Illinois Learning Standards for Physical Development and Health as established by the Illinois State Board of Education.

The Circuit Breaker School will include in the health education curriculum the following essential topics on physical activity *when health education is taught*.

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease

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- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise, and fitness
- Phases of an exercise session, that is, warm up, workout, and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time, and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers, and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity

IV. Other Activities that Promote Wellness

Current Status:

Staff Wellness and Health Promotion

The L.E.A.S.E. Wellness Committee encourages all employees to take advantage of a free annual wellness assessment.

Goals to be Addressed:

Circuit Breaker School teachers are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics.

Community Partnerships

Circuit Breaker School will foster relationships with community partners (i.e. hospitals, universities/colleges, local businesses, etc.) in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

Community Health Promotion and Engagement

The Circuit Breaker School will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity.