

## Focus House Wellness Policy

School Wellness: Student Wellness, including good nutrition and physical activity, shall be promoted in Focus House's educational program, school activities, and meal programs. This policy shall be interpreted consistently with section 204 of the Child Nutrition and WIC Reauthorization Act of 2004.

### Goals for Nutritional Education:

The goals for addressing nutrition education include the following:

- Schools will support and promote good nutrition for students
- Schools will foster the positive relationship between good nutrition, physical activity, and capacity of students to develop and learn
- Nutrition education will be part of the comprehensive health education curriculum.

### Goals for Physical Activity

The goals for supporting physical activity include the following:

- Schools 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 health habits and attitudes for a healthy lifestyle
- Unless otherwise exempted, all students will be required to engage daily during the school day in a physical education course
- The curriculum will be consistent with an incorporate relevant Illinois Learning Standards for Physical Development and Health established by the Illinois State Board of Education.

### Nutrition Guidelines for Foods Available in Schools during the School Day

Students will be offered and schools will provide nutritious food and beverage choices consistent with the Dietary Guideline for Americans and Good Guidelines System published jointly by the U.S. Department of Health and Human Services and Department of Agriculture. Food Service rules shall restrict sales of foods of minimal nutritional value as defined by the U.S. Department of Agriculture in the food service areas during the meal periods.

### Guidelines for Reimbursable School Meals

Reimbursable school meals shall meet, at a minimum, the nutrition requirements and regulations from the National School Lunch Program and/or School Breakfast Program.

### Monitoring

The Director or designee shall provide periodic implementation data and/or reports to the Board concerning this policy's implementation sufficient to allow the Board to monitor and adjust the policy.

### Community Input

The director or designee will invite suggestions and comments for the development, implementation, and improvement of the school wellness policy from community members, including parents, students, and representatives of the school and food authority, school administrators and public.

LEG REF: Child Nutrition and WIC Reauthorization of Act of 2004, PL 108-265, Sec 204  
Child Nutrition Act of 1996, 42 U.S.C. 1771 et seq.  
National School Lunch Act 42, U.S.C. 1758  
42 U.S.C. 1779, as implemented by 7 C.F.R. 201.11  
105 ILCS 5/2-3.137  
23 Ill.Admin.Code Part 305, Food Program

CROSS REF: 4:120 (Food Service)

  
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Administrator

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