

Needs Assessment & Annual Evaluation Tool
River Ridge CUSD #210; Hanover, IL
(08-043-2100-26)
Goals for Nutrition Education

Policy Goals	Ok	Needs Improvement/Actions
Students in grades PreK- 12 receive nutrition education as part of a sequential, standards-based program coordinated within a comprehensive health education curriculum.	X	PreK through high school students are provided with approximately three weeks of health related lessons reaching an approximate 645 minutes of contact time discussing topics from the health pyramid to healthy and non-healthy diets.
Nutrition education is integrated into the standards-based lesson plans of other subjects.	X	Nutrition is presented through health classes in accordance with state guidelines.
A combination of classroom instruction, nutrition education in the cafeteria, health fairs, field trips or assemblies provide 50 contact hours each year for each student.	X	The students are required to complete a food log and a review of regulations the food industry and restaurants comply to. Students are given approximately 50 hours of instruction in this area.
The nutrition education program includes enjoyable interactive activities.	X	Students are asked to complete posters, food logs, and the material is presented in a discussion format hoping to provide a more relaxed atmosphere.

Goals for Physical Activity

Policy Goals	Ok	Needs Improvement/Actions
Students in grades PreK-12 participate in daily standards-based physical education which is consistent with state/district standards/guidelines/framework and is coordinated within a comprehensive health education curriculum.	X	All of the physical education goals are met at the PreK through 12 th grade level. Specifically the physical education teachers are meeting to map their individual curriculums into a PreK-12 scope and sequence minimizing the overlapping of instruction.
Elementary students participate in physical education for a minimum of 150 minutes per week. Middle and high school students participate in physical education for a minimum of 225 minutes per week.	X	Elementary students are given PE everyday for a total of 125 minutes per week. 6-12 receive PE everyday for a total of 215 hours.
Elementary students have daily supervised recess.	X	PreK through 5 th grade are provided with two recesses per day. Middle school students are given a 15 minute intramural period during lunch.
Physical activities are available to students through a range of before- and after-school programs.	X	Various park district activities are available to students throughout the school year. High school students are provided with a variety of extra-curricular sports and the fitness room is open for 40 minutes before and after school.
The physical education program actively engages families as partners in providing physical activity beyond the school day.	X	Students are given assignments to complete and parents are engaged during parent teacher conferences in which they are presented with our lifelong fitness data regarding their child and given ideas they can pursue outside of school.

Goals For Other School-Based Activities Designed To Promote Student Wellness

Parent Partnerships

Policy Goals	Ok	Needs Improvement/Actions
Schools shall support parents' efforts to provide a healthy diet and daily physical activity for their children in elementary through high school.	X	Through encouragement during parent meetings, PTO meetings, and parent teacher conferences.
Parents shall be provided information to help them incorporate healthy eating and physical activity into their student's lives.	X	Through encouragement during parent meetings, PTO meetings, and parent teacher conferences.

Consistent School Activities and Environment-Healthy Eating

Policy Goals	Ok	Needs Improvement/Actions
Food providers share information about the nutritional content of school meals and/or individually sold foods with students, family and school staff.	X	Cafeteria Director has posters and signage promoting healthy eating habits.

Consistent School Activities and Environment-Healthy Eating – cont'd

Policy Goals	Ok	Needs Improvement/Actions
School meals are served in a clean, safe and pleasant setting with adequate time to eat. The National Association of State Boards recommends that students have at least 10 minutes after sitting down for breakfast and 20 minutes for lunch to eat.	X	Students, depending on the arrival of buses are given ten minutes to eat breakfast and the assigned lunch period is thirty minutes.
Food service personnel have pre-service training and regularly participate in professional development activities.	X	Three of the five kitchen staff members are food service certified.
Food providers involve families, students and other school personnel in food and beverage selections for their local school.	X	Students and staff are randomly surveyed for suggestions for additions to the menu.

Consistent School Activities and Environment-Healthy Eating – cont'd

Policy Goals	Ok	Needs Improvement/Actions
Food provider's work with suppliers to obtain foods and beverages that meet nutrition requirements of school meals and nutrition standards for those sold individually.	X	Suppliers are providing CN labeled products.
Food providers reinforce school nutrition instruction and foster an environment where students can learn about and practice healthy eating.	X	Cafeteria Director has posters and signage promoting healthy eating habits.
Food providers take every measure to ensure that student access to foods and beverages on school campuses meets federal, state and local laws and guidelines.	X	Students are monitored and supervised during both breakfast and lunch and access to vending machines is restricted.
Foods and beverages brought into school for parties/celebrations/meetings are encouraged to be healthful options, Attachment B.	X	Teachers make parents aware of this option through weekly reminders in home notes.

Consistent School Activities and Environment-Healthy Eating – cont'd

Policy Goals	Ok	Needs Improvement/Actions
School-based organizations are encouraged to raise funds with non-food items, Attachment C.	X	School fund raisers typically involve raffles, the inclusion of non-food items in a fund raiser but does include some food related items.
Students are not permitted to leave school grounds to purchase foods or beverages.	X	River Ridge has a closed campus policy for all students.
Commercial advertising involves only foods and beverages that meet nutrition standards, Attachment A.	X	River Ridge hosts two soda machines that advertises Pepsi, however they are off limits during school hours.
Foods and beverages consistent with the current Dietary Guidelines for Americans and Food Guidance System (MyPyramid) are promoted.	X	These items are promoted through health class, physical education, and by the presence of stickers and posters in and around the cafeteria.
Staff providing nutrition education have completed a pre-service course in nutrition and a minimum of one hour nutrition education in-service training per school year.	X	FACE faculty member will be attending required trainings.

Consistent School Activities and Environment-Healthy Eating – cont'd

Policy Goals	Ok	Needs Improvement/Actions
All foods and beverages on campus comply with the federal, state and local food safety and sanitation regulations.	X	River Ridge complies with these standards as fully as possible in any and all moments of food distribution.
Access to any area involved in storage, preparation or service of food is limited to authorized personnel.	X	All areas are secured and locked with only a select group of employees having access.

Consistent School Activities and Environment-Physical Activity

Policy Goals	Ok	Needs Improvement/Actions
Physical education is provided by state certified staff that regularly participates in continuing education.	X	Staff members are all highly qualified and are given the appropriate amount of staff development opportunities.
Physical education classes have a student to teacher ratio comparable to those in other curricular areas.	X	PE classes maintain an approximate 20 to 1 ratio.

Consistent School Activities and Environment-Physical Activity – cont'd

Policy Goals	Ok	Needs Improvement/Actions
The physical education program is coordinated with the overall school health program. Physical education topics are integrated within other curricular areas.	X	Cross curricular activities are completed in science, health, and physical education.
Extended periods of inactivity are limited and students are provided activity breaks during long periods of inactivity.	X	Elementary and middle schools are provided with opportunities to become active during the day in the forms of recess and intramural activity periods.
Community partnerships provide students with additional opportunities to be active.	X	Park district activities including flag football, dance/gymnastics, baseball/softball, and basketball are offered throughout the year
The school's physical activity facility is available to the community and students outside the normal school day.	X	The fitness room and track are available twice a day to community members.
The physical activity facilities on school grounds is safe.	X	A school employed supervisor is available at the open times on a daily basis.
The school works with the community to create a safe and supportive environment for students to walk or bike to school.		Not applicable for now. All students are either bussed to school or provide their own transportation. Local organizations are working on a trail to provide this opportunity.

Food or Physical Activity as a Reward or Punishment

Policy Goals	Ok	Needs Improvement/Actions
School personnel are encouraged to use nonfood incentives or rewards with students, Attachment D, and do not withhold food from students as punishment.	X	Elementary teachers utilize a treasure chest consisting of toy cars/other small toys. Middle school uses a merit/demerit system to provide students with small time/event orientated activities.
School personnel do not use physical activity as punishment or withhold participation in recess or physical education class as punishment.	X	Corporal punishment is not allowed in the State of Illinois and our district is compliant with this law. Physical education is given the same consideration as any other subject and students are not withheld from any classes unless under a suspension.

Nutrition Guidelines For All Foods And Beverages Available On School Campuses During The School Day

Policy Goals	Ok	Needs Improvement/Actions
Food providers offer a variety of age-appropriate, appealing foods and beverage choices and employ food preparation, purchasing and meal planning practices consistent with the current Dietary Guidelines for Americans.		This is under review in regards to the existence of vending machines and concession stand availability.
All foods and beverages sold individually (apart from the reimbursable school meal) on school campuses during the school day meet the nutrition standards of Attachment A.	X	Vending machines available for students are off and/or inaccessible for students during the school day.
Nutritious and appealing foods and beverages are available wherever and whenever food is sold or offered at school.	X	We have provided this opportunity for our students.

Guidelines For School Meals

Policy Goals	Ok	Needs Improvement/Actions
School meals served are consistent with the recommendations of the Dietary Guidelines and/or the nutrition requirements and regulations for the National School Lunch Program and/or School Breakfast Program and all applicable state and local laws and regulations.	X	The head cook reviews these guidelines and laws to ensure this goal is met.

Measuring Implementation & Community Involvement

Policy Goals	Ok	Needs Improvement/Actions
The district superintendent ensures that each school meets the local wellness policy requirements.	X	The superintendent reviews this plan, presents his vision to the members of the committee and facilitates the presentation of the plan to the school board.

Measuring Implementation & Community Involvement – cont'd

Policy Goals	Ok	Needs Improvement/Actions
The district superintendent appoints a district wellness team/council.	X	The team consists of building level administrators, teachers, and the head of the cafeteria staff or her designee.
The district wellness team/council members are staggered.	X	The input provided by the teachers while encompassing all of the physical education and health teachers will be altered to be based on a rotational basis per year.
The district wellness team/council is responsible for: <ul style="list-style-type: none"> ✓ creating and maintaining bylaws for operation, ✓ assessing the current school environment, ✓ development of a local wellness policy, ✓ presenting the local wellness policy to the school board for approval, ✓ measuring the implementation of the local wellness policy, and ✓ recommending revision of the policy. 	X	This plan is the product of a multi-grade and cross curricular effort.

Measuring Implementation & Community Involvement – cont'd

Policy Goals	Ok	Needs Improvement/Actions
<p>The principal of each campus is responsible for:</p> <ul style="list-style-type: none"> ✓implementation of the local wellness policy, and ✓appointing a school-based evaluation team to develop and implement an annual evaluation plan. 	X	This plan is a product of that effort.
<p>The school-based evaluation team is responsible for:</p> <ul style="list-style-type: none"> ✓evaluating policy implementation, ✓identifying areas for improvement, ✓reporting their findings to the campus principal, and ✓developing an action plan for improvement. 	X	This will be done with the current team and completed on a yearly basis.
<p>The district wellness team/council hears reports from each school-based evaluation team annually.</p>	X	This will be conducted throughout the 2013-2014 school year.

Measuring Implementation & Community Involvement – cont'd

Policy Goals	Ok	Needs Improvement/Actions
The district wellness team/council recommends any revisions to the policy it deems necessary to the district superintendent before the end of each school year.	X	This will be completed on a yearly basis at the discretion of the superintendent.
The district wellness team/council reports to the district superintendent and school board annually on the progress of the district wellness team/council and the status of compliance by the campuses.	X	The plan was presented and approved at the March, 2014 school board meeting.

BELIEF STATEMENT

The Board of Education of River Ridge School District is committed to providing a learning environment that supports and promotes wellness, good nutrition, and an active lifestyle and recognizes the positive relationship between good nutrition, physical activity and the capacity of students to develop and learn. The entire school environment shall be aligned with healthy school goals to positively influence students' beliefs and habits and promote health and wellness, good nutrition and regular physical activity. In addition, school staff shall be encouraged to model healthy eating and physical activity as a valuable part of daily life.

INTENT

The purpose of this policy is to ensure a total school environment that promotes and supports student health and wellness, helps to reduce childhood obesity and meets the requirements of the Child Nutrition and WIC Reauthorization Act of 2004 and the Illinois School Code, including, without limitation, goals for nutrition education, physical activity and other school-based activities designed to promote student wellness; nutrition guidelines for all foods available during the school day; a plan for measuring implementation including designating one or more persons charged with operational responsibility; and involving parents, students, school food service providers, the school board, school administrators, and the public in developing this policy.^{2,3}

RATIONALE

A disturbing number of children are inactive and do not eat well. The result is an alarming 16 percent of children and adolescents are overweight – a three-fold increase since 1980.¹ Congress passed the Child Nutrition and WIC Reauthorization Act of 2004 on June 30, 2004.² Recognizing the role schools can play in health promotion; this law requires local education agencies participating in a program authorized by the National School Lunch Act or the Child Nutrition Act of 1966 to develop a local wellness policy. The objectives of the wellness policy are to improve the school nutrition environment, promote student health and reduce childhood obesity. In addition, Public Act 094-0199 amends the Illinois School Code, requiring the Illinois State Board of Education to establish a state goal that all districts have a wellness policy.³

The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth and lifelong health and well-being. Healthy eating is demonstrably linked to reduced risk for mortality and development of many chronic diseases. Schools and school communities have a responsibility to help students acquire the knowledge and skills necessary to establish and maintain lifelong healthy eating patterns. Well-planned and well-implemented wellness programs have been shown to positively influence children's health.

Schools also have a responsibility to help students establish and maintain lifelong habits of being physically active. According to the U.S. Surgeon General, regular physical activity is one of the most important things people can do to maintain and improve their physical health, mental health, and overall well-being. Regular physical activity reduces the risk of premature death in general and of heart disease, high blood pressure, colon cancer, and diabetes.

GOALS FOR NUTRITION EDUCATION

- Students in preschool through grade 12 shall receive nutrition education as part of a sequential program that is coordinated within a comprehensive health education curriculum.⁴ The program shall be designed to provide students with the knowledge and skills necessary to adopt healthy eating behaviors *and* aimed at influencing students' knowledge, attitudes and eating habits. Special emphasis should be placed on nutrition education in preschool through primary grades as eating habits are established at a young age. The curriculum shall be consistent with and incorporate relevant Illinois Learning Standards.⁵
- To maximize classroom time and to achieve positive changes in students' eating behaviors, nutrition education shall be integrated into the standards-based⁴ lesson plans of other school subjects like math, science, language arts, physical education, health, family and consumer science and social sciences.
- To achieve positive changes in students' eating behaviors, it is recommended that a minimum of fifty contact hours of nutrition education opportunities be provided to students each year.⁶ Contact hours may include a combination of classroom instruction; nutrition education provided in the cafeteria; or health fairs, field trips and assemblies providing nutrition education.
- The nutrition education program shall include enjoyable interactive activities such as contests, promotions, taste testing, field trips and school gardens.

GOALS FOR PHYSICAL ACTIVITY

- Students in preschool through grade 12 shall participate in daily physical education that enables them to achieve and maintain a high level of personal fitness; emphasizes self-management skills including energy balance (calories in minus calories out); is consistent with state/district's standards/guidelines/framework; and is coordinated within a comprehensive health education curriculum.⁴ The curriculum shall be consistent with and incorporate relevant Illinois Learning Standards.⁵
- It is recommended that elementary students participate in physical education for a minimum of 150 minutes per week, and middle and high school students participate for 225 minutes per week (National Association for Sport & Physical Education recommendations).⁷ Special emphasis should be placed on promoting an active lifestyle in preschool through primary grades as health habits are established at a young age. Accommodations shall be made for students with disabilities, 504 plans, and other limitations.

- Schools shall provide a daily supervised recess period to elementary students.
- Students shall be provided opportunities for physical activity through a range of before- and after-school programs including intramurals, interscholastic athletics, and physical activity clubs.
- Because students should engage in a minimum of 60 minutes of physical activity a day, the physical education program shall actively engage families as partners in providing physical activity beyond the school day.⁸

Approval Statement

The undersigned agree that they have read and approve of the plan listed in the River Ridge Health Plan. This approval also is defined as providing support and agreement to the implementation of the plan and of notifying all necessary parties of changes in the plan and of the required number of evaluative reviews as stated by the State of Illinois.

SEE ATTACHED

Brad Albrecht, Superintendent

Cafeteria Director

Mike Foltz, Principal

Beau Buchs, Principal

Crissa Lord, FACE Teacher

Shean Albrecht Health Teacher

Elementary Physical Education Teacher

Middle School High School Physical Education Teachers