

Whiteside School District #115

Local Wellness Policy

Adopted: 2025/2026

Promoting Student Health, Wellness, and Academic Success

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Preface

Whiteside School District #115 is committed to promoting the health, well-being, and academic success of all students through a comprehensive approach to nutrition, physical activity, and healthy lifestyle practices. The District recognizes that student wellness is directly linked to academic performance and lifelong habits.

In accordance with 7 CFR 210.31(c), a Local Education Agency that participates in the National School Lunch Program (NSLP) and/or School Breakfast Program (SBP) must establish a Local Wellness Policy for all participating schools under its jurisdiction. As of June 30, 2017, Local Wellness Policies must meet the minimum requirements set forth in the Final Rule: Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010.

Local Wellness Policies are a valuable tool in the promotion of student health and wellness through the NSLP and SBP. Schools play an essential role in preparing students for successful futures, and proper nutrition, physical activity, and wellness are keys to creating constructive learning environments. Local Wellness Policies guide schools' efforts to provide students with a successful and healthy future.

Wellness Policy Committee

District Level Leadership: Superintendent

Committee Members:

- Superintendent
- Building Level Principals (Middle And Elementary)
- Food Service Director
- Teacher
- Parent/Board Member

Committee Responsibilities

Oversight, implementation, and triennial assessment

Public Involvement

The Whiteside School District permits and encourages public involvement in Local Wellness Policy development, implementation, updates, and reviews. The District shall invite a variety of stakeholders within the public as well as school community members to participate in Local Wellness Policy processes. The District encourages stakeholder participation through our website, monthly newsletters, emails, and Board meetings.

Assessments

Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than once every three years. Whiteside School District shall conduct assessments of the Local Wellness Policy approximately every 3 years, beginning in 2020.

These assessments will be connected to the Triennial assessment conducted every three years to ensure compliance and progress. (2020, 2023, 2026, 2029, etc)

- Ensure the wellness policy is in compliance with USDA, State, and Local rules and regulations
- Compare the Local Wellness Policy to model wellness policies
- Measure the progress made in achieving the goals as outlined in the Local Wellness Policy

Updates / Notification

The Local Wellness Policy Committee shall update the Local Wellness Policy as appropriate to continue to fit the needs and goals of Whiteside School District. The District shall make the following documents available to the public:

The Local Wellness Policy, including updates to the policy, on an annual basis

The most recent triennial assessment, including progress made toward meeting the goals outlined in the Local Wellness Policy

The District will complete this process by making the information available to the public by way of the District's website. This will include a link to the most up to date Wellness Policy as well as the most recent Triennial assessment.

Nutrition

The District supports student success through access to nutritious meals and education. The Whiteside School District is committed to providing nutritious meals to support nutrient consumption and food security giving students the best chance to succeed inside and outside the classroom.

The District will prohibit **marketing** and **advertising** of all foods and beverages that do not meet Smart Snacks nutrition standards on the school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day).

The marketing standards described above apply, but are not limited to, oral, written, and graphic statements made for promotional purposes. Items subject to marketing requirements include, but are not limited to, posters, menu boards, vending machines, coolers, trash cans, scoreboards, and other equipment.

(This policy does not require schools to immediately replace equipment that does not meet this requirement, however, the District shall implement these standards as equipment needs replaced in the future.)

Nutrition Standards

Meals

All reimbursable meals served for the purposes of the National School Lunch Program (NSLP) and School Breakfast Program (SBP) must meet or exceed USDA nutrition standards and regulations. This includes providing minimum quantities for each of the required food components. For lunch, this includes grains, meat/meat alternates, fruit, vegetables, and milk. For breakfast, this includes grains, fruit, and milk. Additionally, meals must follow the limits set for calories, sodium, saturated fat, and added sugar. Visit the links below for more details on the nutrition requirements:

- [National School Lunch Program](#)
- [School Breakfast Program](#)

Ala Carte Food Sales

Ala Carte foods and beverages sold must comply with the USDA's [Smart Snacks in School](#) nutrition standards.

- Elementary School currently does not have Ala Carte.

- Middle School provides an Al Carte sales only in the food service line/area and it should be noted that all sales are Smart Snack eligible.

Unused Food Sharing Plan

Food loss and waste continue to be an issue facing the nation's food supply. In order to prevent food waste, the District will make every effort to produce the precise number of meals needed on any given day by using production records and resources such as the USDA's Food Buying Guide. However, in the event excess food remains, the District will continue to provide food to students in need beyond the meals provided through the USDA School Nutrition Programs. Therefore, the District shall follow the established food sharing plan, in accordance with Public Act 102-0359, and federal and local regulations and sanitation codes:

- Food or beverage items may be donated to a non-profit organization, Inter-Faith Food Pantry
- Additional Serving may be distributed to prevent waste.

Nutrition Education

Students PreK–8 receive annual nutrition education integrated into curriculum.

- The District shall provide nutrition education to students in preschool through grade 8 as part of a comprehensive instructional program. Instruction shall be designed to equip students with the knowledge and skills necessary to make informed, healthy dietary choices.
- Nutrition education shall be integrated into the District's health and science curriculum.
- Students shall receive nutrition education annually. Instructional opportunities may include, but are not limited to, classroom instruction, cafeteria-based learning, health and career fairs, field trips, and school assemblies.
- The District shall make available resources and training materials to staff members and parents to support and reinforce nutrition education.

Nutrition Promotion

Menus and nutrition info shared monthly and online; healthy eating promoted.

- The District's food service program shall provide information regarding the nutritional content of school meals. This information shall be distributed monthly to schools and made accessible on the District's website.
- Schools shall promote healthy eating behaviors through strategies such as educational posters, color-coded food choices, and school-wide promotional activities.

- The District shall provide opportunities to engage families as partners in promoting healthy nutrition and physical activity beyond the school day. Such opportunities may include family nutrition nights, health fairs, open gym events, and communications that include healthy living tips.

Physical Activity

Daily PE and additional opportunities such as recess and community programs.

- Students in preschool through grade 8 shall participate in daily physical education in accordance with state requirements and shall be provided additional opportunities for physical activity throughout the school day.
- The District shall encourage student participation in organized physical activities through partnerships with community organizations, including but not limited to Belleville Parks and Recreation and the YMCA.
- School personnel shall not withhold participation in physical education as a form of punishment, except when a student's behavior poses a disruption to the instructional environment or a safety concern.
- Elementary schools shall provide a daily, supervised recess period to promote physical activity and social development. (Please note that the 5th grade is located at the district's middle school and receive daily supervised recess.)

Other School-Based Wellness Activities

Meals served in safe environments; family engagement encouraged.

- School meals shall be served in clean, safe, and pleasant environments. Adequate time shall be provided for students to eat, consistent with state and federal guidelines.
- The District shall promote nutritious food and beverage choices consistent with current federal dietary guidelines, including an emphasis on fruits, vegetables, low-fat dairy products, and whole grains.
- Food service operations shall ensure that all foods and beverages available to students on campus comply with applicable federal, state, and local laws and regulations.