District/School

Wellness Plan

Iuka

Community Consolidated School District

No. 7

Iuka Grade School

March – 2025
Triennial Assessment Conducted March - 2025

School Wellness Plan

Iuka Community Consolidated School District No.7 promotes healthy schools by supporting wellness, good nutrition, and regular physical activity as a part of the total learning environment. The district supports a healthy environment where children and staff can learn and participate in positive dietary and life style practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of children. Improved health optimizes students' performance potential and ensures that no child is left behind. The district also believes that a healthy staff can more effectively perform their assigned duties and model appropriate wellness behaviors for students. This plan encourages a holistic approach to staff and student wellness that is sensitive to the individual and community needs.

To accomplish these goals:

- Child Nutrition Programs comply with federal, state and local requirements. Child Nutrition Programs are accessible to all children.
- Sequential and interdisciplinary nutrition education is provided and promoted.
- Patterns of meaningful physical activity connect to students' lives outside of physical education.
- All school-based activities are consistent with local wellness goals.
- All food and beverages made available on campus (including vending, concessions, parties, and fundraising) during school activities are consistent with the current Dietary Guidelines for Americans.
- All food made available on campus adhere to food safety and security guidelines.
- The school environment is safe, comfortable, pleasing and allows ample time and space for eating meals. **Food and/or physical activity is not used as a reward or punishment.**

Nutrition

Academic performance and quality of life issues are affected by the choices and availability of good foods in our schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability and ability to learn.

- The district will take every measure to ensure that student access to foods and beverages meet federal state, and local laws and guidelines. Menu and product selection shall utilize student, parent, staff, and community advisory groups whenever possible.
- Nutrition services shall support classroom activities for all elementary and middle school students that include hands-on applications of good nutrition practices to promote health and reduce obesity.
- **Classroom snacks shall feature healthy choices.**

- Nutrition services policies and guidelines for reimbursable meals shall not be more restrictive than federal and state regulations require.
- **Foods available on school campus will comply with the current USDA Dietary Guidelines for Americans**
    - **Vending Machines**
    - **Fundraisers**
    - **Concession Stands**
    - **School Parties/Celebrations**
- **Foods and beverages sold at fundraisers shall include healthy choices and provide age-appropriate selections for elementary and middle schools.**
- **Vending machines in junior high and all faculty/staff areas at school shall provide only single serving drinks that meet the following guidelines>**
    - **Water**
    - **100% fruit juice**
    - **Non-carbonated drinks with less than 150 calories per container**
    - **No more than 1/3rd of the choices will be carbonated drinks.**
- Food safety will be a key part of the school food service.

Lunchroom Climate

The lunchroom environment provides students with a relaxed enjoyable climate.

- The National Association of State Boards of Education recommends that students should be provided adequate time to eat, at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated.
- Cafeterias include enough serving areas so that students do not have to spend a large amount of time waiting in line.
- Drinking water is available for students at meals.
- Food is not used as a reward or a punishment for student behaviors, unless it is detailed in a student's Individual Education Plan (IEP).
- Convenient access to hand-washing facilities before meals.

Nutrition Education

Healthy living skills shall be taught as a part of the regular instructional program and provides the opportunity for all students to understand and practice concepts and skill related to health promotion and disease prevention.

- IGS shall provide for an interdisciplinary, sequential skill-based heath education program based upon state standards and our districts curriculum map.
- Nutrition education will be integrated into other areas of curriculum such as science, language arts, social studies, and math
- Students shall be taught communication, goal setting and decision-making skills that enhance personal and family health.
- School staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned.

- Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.
- The school district will provide information to families that encourage them to teach their children about health and nutrition.

Physical Activity

All students enrolled pre-kindergarten through eighth grade, including students with disabling conditions and those in alternative education programs, shall participate in daily physical education for the entire year. The physical education program is designed to stress physical fitness and encourage healthy, active lifestyles.

- Physical activity will be integrated across curricula and throughout the school day. Movement can be made a part of science, social studies, and language arts.
- Physical education courses will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.
- Physical education includes the instruction of individual activities as well as competitive and non-competitive team ports to encourage life-long physical activity.
- Physical education activities teach cooperation, fair play, and responsible participation in the activity. Teachers shall aim to develop student's self-confidence and maintain psychological environment free of embarrassment, humiliation, or harassment of any kind.
- Adequate equipment is available for all students to participate in physical activity.
- Physical activity facilities on school grounds will be safe.
- Students in elementary and middle school grades shall participate in physical education for at least 150 minutes during each school week.
- The district shall provide a daily recess period.
- Information will be provided to families to help them incorporate physical activities in their child's lives.
- Employees shall be encouraged to engage in daily physical activity during the workday as part of work breaks and/or lunch periods, before or after work hours.

Health and Safe Environment

A healthy and safe environment for all, before, during and after school supports academic success. Safer communities promote healthier students. Healthier students do better in school and make greater contributions to their community.

- School buildings and grounds, structures, and equipment shall meet all current health and safety standards, including environmental air quality, and be kept inviting, clean, safe and in good repair.
- Schools and district offices and grounds shall maintain an environment that is free of tobacco, alcohol and other drugs, including non-school hours.
- Safety procedures and appropriate training for students and staff shall support personal safety and violence and harassment free environment.

- Each work site, school and classroom shall work to create an environment where students, parents/guardians, and staff are respected, valued and accepted with high expectations for personal behavior and accomplishments.
- Each building shall provide a supportive environment that includes guidance, counseling, and school social work services that encourages students, families and staff to request assistance when needed and link them to school community resources.
- Students shall be taught to understand and respect the differences In others and how to build positive interpersonal relations.
- The pest management control program is designed to prevent pest infestations and minimize exposure to pesticide in the school building and on school grounds.

Exempted Fundraising Day (EFD) Requests

- All Food and beverages sold to students on the school campuses of participating schools during the school day must comply with the "general nutrition standards for competitive foods" specified in federal law.
- ISBE rules prohibit EFD's for grades 8 and below in participating schools.

Monitoring and Policy Review

- The district superintendent will ensure compliance with established district-wide nutrition and physical activity wellness policies.
- The principal will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent.
- The school food service staff will ensure compliance with nutrition policies within the school food service areas and will report on this matter to the superintendent.
- The superintendent will conduct or appoint a school-based evaluation team to develop and implement an annual evaluation plan. The evaluation team shall evaluate policy implementation and identify areas for improvement.
- The superintendent or the evaluation team shall report to the school board annually on the progress of the wellness program and recommend to the district any revisions to the policy deemed necessary.

Unused Food Sharing Plan

- The Head Cook will identify any extra unused food that is within its "use by" or "best by" date and distribute the items to students that qualify for "Free and Reduced Lunches".
- All items will be distributed in accordance with all State and Federal Laws.