

Southeastern CUSD 337 Local Wellness Policy

School Wellness

Student wellness, including good nutrition and physical activity, shall be promoted in the District'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 Nutrition 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 the capacity of students to develop and learn.
- Nutrition education will be part of the District's comprehensive health education curriculum. See Board policy 6:60, Curriculum Content.

Goals for Physical Activity

The goals for addressing 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 healthy habits and attitudes for a healthy lifestyle. See Board policy 6:60, Curriculum Content.
- Unless otherwise exempted, all students will be required to engage daily during the school day in a physical education course. See Board policy 6:60, Curriculum Content.
- 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.

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 schools, classrooms, gymnasiums, and cafeterias. 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, teachers, parents, students and the community.

The District 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 at least ten or more evidence-based healthy food promotion techniques through the school meal programs using [Smarter Lunchroom techniques](#); and

Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards. Additional promotion techniques that the District and individual schools may use are available at <http://www.foodplanner.healthiergeneration.org/>.

Nutrition Guidelines for Foods Available in Schools During the School Day

Students will be offered and schools will promote nutritious food and beverage choices consistent with the current Dietary Guidelines for Americans and Food Guidance System published jointly by the U.S. Department of Health and Human Services and the Department of Agriculture. In addition, in order to promote student health and reduce childhood obesity, the Superintendent or designee shall establish such administrative procedures to control food sales that compete with the District's non-profit food service in compliance with the Child Nutrition Act. Food service rules shall restrict the sale 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 served shall meet, at a minimum, the nutrition requirements and regulations for the National School Lunch Program and/or School Breakfast Program.

Monitoring

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

Recordkeeping

The District will retain records to document compliance with the requirements of the wellness policy at 90 West Green Street, Augusta, IL 62311. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;

- Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the wellness committee;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

Annual Notification of Policy

The District will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The District will make this information available via the district website and/or district-wide communications. The District will provide as much information as possible about the school nutrition environment. This will include a summary of the District's events or activities related to wellness policy implementation. Annually, the District will also publicize the name and contact information of the District officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

Triennial Progress Assessments

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
- The extent to which the District's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of the District's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is D. Todd Fox, Superintendent, 90 West Green Street, Augusta, IL 62311.

The wellness committee in collaboration with individual schools, will monitor schools' compliance with this wellness policy.

The District will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

The wellness committee will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as District 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 indicated at least every three years, following the triennial assessment.**

Leadership

The Superintendent or designee(s) will convene the wellness committee and facilitate development of and updates to the wellness policy, and will ensure each school's compliance with the policy.

The designated official for oversight is D. Todd Fox, Superintendent.

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

Name	Title / Relationship to the School or District	Email address	Role on Committee
Mikayla Schone	Community Member	mikilayla@hotmail.com	Assists in the evaluation of the wellness policy
Debra Nelson	Head Cook	ttfs87@icloud.com	Assists in the evaluation and nutrition portion of the wellness policy
Brett Ufkes	Physical Education	bufkes@southeastern337.com	Assists in the evaluation and physical activity portion of the wellness policy
Sara Guymon	Science	sguymon@southeastern337.com	Assists in the evaluation and implementation of the wellness policy

Wellness Activities

1. Quincy Area Vocational Technical Center

a. Mission Statement

The WCR/QAVTC mission is to provide career and technical education programs students can continue to build on to establish future career goals. Our goal is to meet the career and technology needs of all learners - high school and adults.

b. All junior and senior students are eligible to enroll in classes. The following courses are offered for two years, available to students at any skill level.

- *Architectural Drafting*
- *Auto Body Repair*
- *Automotive Technology*
- *Business Management/Marketing*
- *Child Care*
- *Construction*
- *Cooperative Vocational Education*
- *Digital Electronics*
- *Electronics/Electricity*
- *Food Services*
- *Graphics Communications*
- *Health Occupations*
- *Introduction to Engineering Design*
- *Machining Technology*
- *Mechanical/Engineering Drafting*
- *Principles of Engineering*
- *Welding Technology*

2. Participation in the National School Lunch and Breakfast Programs

- a. Breakfast and lunch are available to all students.
- b. Over 60% of Southeastern students qualify for free or reduced meals.
- c. Studies have shown that students who eat breakfast have improved cognitive performance and academic achievement. If breakfast is provided at the school, it reduces the chance of students skipping it.

3. Communication

a. District Parent Announcements

- i. Monthly announcements from the superintendent are distributed to all parents to keep the district informed. Topics such as state requirements, availability of school meals, extracurricular activities, schedules, and community involvement are found in these announcements.

b. District Website

The majority of information published by Southeastern CUSD 337 can be found on the district website, <http://southeastern337.com/>.

It is updated weekly, if not daily.

c. Pay Voucher Announcements

- i. These announcements are distributed twice per month to all Southeastern employees. Topics include policies and procedures, board meeting information, finances, regulations, etc.

4. Physical Education Classes

- a. All students in grades kindergarten through eighth participate in physical education classes. Classes are also offered to grades nine through twelve.

5. Recess

- a. All elementary students (kindergarten through sixth grade) have daily recess periods.

6. ;

7. Work Study Program

- a. Seniors who qualify can participate in this program that allows them to maintain employment during certain school hours.
- b. This program encourages a good work ethic both in and away from school.

8. The Southeastern Way

- 1) *Southeastern is different. We should not and do not apologize for this. Actually, we celebrate being different than "the rest of them."*
- 2) *Southeastern's foundation is simple.
Everything we do is built on:*
 - *Respect*
 - *Classiness*
 - *Having a good time*
 - *Focusing on the "Big Three" (grades, discipline, and attendance).**All four can be accomplished at the same time....we do it every year.*
- 3) *It has been proven that there is a direct correlation between your success in life and the 'Big Three.' Don't make things more difficult than what they really are.*
- 4) *The philosophy is loaded with incentives for students who make the right choices. There will be consequences for each choice that you make (positive & negative).*
- 5) *There is a time and place for almost everything.*
- 6) *Do not blame others for your mistakes or problems. The Southeastern Team will do whatever it can to help you with non-school problems. Do not bring these problems into the school OR take them out on this school. Everyone has problems and obstacles they must overcome to achieve. It is called "life." Southeastern helps produce students every year who overcome obstacles. There are students who have bigger problems than you, yet they refused to be classified as a victim. Toughen up and overcome.*
- 7) *A mistake is only a mistake when you have a poor attitude and do not learn from it. Accept responsibility for your own actions.*
- 8) *Southeastern wants to work hard and play hard. It is important to understand your rights and your privileges. The nuts and bolts of what a school is all*

about are those minutes you spend in class. Those minutes should be and will be precious. Sports and extra-curricular activities will and should take a back seat.

- 9) *The grass always looks greener on the other side; however, in most situations it is not. "Wherever you go, there you are." No matter what others tell you (they have 40 to for pride sake), the easiest way to receive your high school diploma is right here at Southeastern Junior/Senior High.*
- 10) *It does not matter who you are or who you think you are – EVERYONE will be held accountable for their actions and decisions.*

9. Junior/Senior High School Incentives

- a. Southeastern offers attractive incentives to students who meet certain criteria in the following areas:
 1. Grades
 2. Attendance
 3. Discipline
- b. These incentives encourage students to attend and do well in school.

10. Drivers Education

- a. This course is offered to all high school students and consists of 30 hours of classroom instruction and 6 hours of behind-the-wheel instruction.
- b. This teaches the student a prominent task and prepares them for the responsibility of driving.

11. Dual Credit Courses

- a. Students have the opportunity to receive both high school credit and college credit for the same class. Every student who earns a passing grade can receive high school credit and college transfer credit. Only students who have accumulated 19 credits or more AND meet JWCC's requirements are eligible to take dual credit courses at Southeastern High School. JWCC credits transfer to colleges and universities nationwide and these courses should transfer easily to most schools. However, if you plan to attend a college other than JWCC after high school graduation, we encourage you to discuss the transfer of these credits with that school as well.

12. Kindergarten and Preschool

- a. Southeastern offers full day kindergarten and half day early childhood education and preschool. This allows children to socialize and learn at an earlier age and increases their readiness for formal schooling.

13. Extracurricular Activities

- a. The following activities are offered at Southeastern:
 1. Yearbook
 2. Student Council
 3. FCCLA (Family, Career and Community Leaders of America)
 4. FBLA (Future Business Leaders of America)
 5. NHS (National Honor Society)
 6. School Musical
 7. Music

8. Science Club
9. Scholastic Bowl
10. FFA
11. Band
12. Basketball
13. Baseball
14. Softball
15. Volleyball
16. Track
17. Golf
18. Cheerleading

- b. Studies show that participation in organized social, academic, or physical activities can improve self-esteem, reduce behavioral problems, and improve academic outcomes.
- c. Participation in physical activities decreases risk of obesity and can lead to additional opportunities post-high school.

14. Teaching Outdoors

- a. Various classes venture outdoors to enhance the learning experience. Agricultural classes can examine trees and landscaping while science classes can observe and learn about nature.
- b. Placing students in an outdoor setting can reduce behavioral problems and raise their mood.

Resources:

1. Feeding America: Map the Gap
<http://feedingamerica.org/hunger-in-america/hunger-studies/map-the-meal-gap.aspx>
2. County Health Rankings & Roadmaps
<http://www.countyhealthrankings.org/>
3. USDA
<http://www.fns.usda.gov/tn/local-school-wellness-policy>
4. ISEBE
http://www.isbe.net/nutrition/htmls/wellness_policy.htm