

# **SCHOOL WELLNESS POLICY**

## **Monroe-Randolph Red Brick School**

### **School Wellness**

Student wellness, including good nutrition and physical activity, shall be promoted in the District's education 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:

- School will support and promote good nutrition for students.
- School will foster the positive relationship between good nutrition, physical activity, and the capacity of student to develop and learn.
- Nutrition education will be in conjunction with Red Bud High School's comprehensive health education curriculum.

### **Goals for Physical Activity**

The goals for addressing physical activity include the following:

- School 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.
- 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 and incorporate relevant Illinois Learning Standards for Physical Development and Health as established by the Illinois State Board of Education.

### **Nutrition Guidelines for Foods Available in Schools During the School Day**

The students will be offered and the school 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.

### **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 in conjunction with Red Bud High School.

### **Monitoring**

The staff shall provide periodic implementation data and/or reports to the administrator of the RSSP Program.

LEGAL REF.: Child Nutrition and WIC Reauthorization Act of 2004, PL 108-265, Sec. 204  
Child Nutrition Act of 1966, 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. §210.11  
105 ILCS 5/2-3.137  
23 Ill.Admin.Code Part 305, Food Program

ADOPTED: 02/29/08