

## MARCUM-ILLINOIS UESD WELLNESS POLICY

The Marcum-Illinois Union Elementary School Board of Education is committed to the optimal development of every student. The Board believes that students should have the opportunity to achieve personal, academic, and social success in a positive, safe, and health-promoting environment at every level, in every setting.

The school district will provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment, not just the classroom, shall be aligned with healthy school district goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity that will that fosters lifelong habits. In accordance with this belief, the Board commits to the following:

The school district will identify at least one goal in each of the following areas:

- **Nutrition Education and Promotion:** Schools will provide nutrition education and engage in nutrition promotion that helps students develop healthy eating behaviors.
- **Physical Activity:** Schools will provide students with age and grade appropriate opportunities to engage in physical activity that meet the state and federal regulations.
- **Other School Based Activities That Promote Wellness:** As appropriate, schools will support students, staff, and parents' efforts to maintain a healthy lifestyle.

The following nutritional guidelines for food available on school campuses will be adhered to:

- Meals served through the district's food services program shall comply with the National School Lunch and/or Breakfast standards for meal patterns, nutrient levels, and calorie requirements for the ages/grade levels served, as specified in 7 CFR 210.10 or 220.8  
<https://www.federalregister.gov/d/2012-1010>.
- Breakfast and lunch will be offered to all enrolled students on in session school days.
- The district takes steps to ensure that students qualifying for free or reduced priced meals are not overtly identified in any way. Payments will not be collected in the serving line to avoid overt identification.
- Marcum-Illinois UESD is currently serving meals under the Universal Meals Program which all students receive meal regardless of their family's income. Meal payments are not being collected at this time.
- Water fountains or water filling stations are available in the cafeteria for student use at no cost. Student may carry water bottles with them throughout the day.
- All school nutrition program directors, managers and staff will meet hiring and annual continuing education/training requirements in the USDA Professional Standards for Child Nutrition Professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.
- Foods available outside the reimbursable meal programs (e.g. before, during and thirty minutes after school) shall meet the United States Department of Agriculture ("USDA") Smart Snacks in Schools nutrition standards, at a minimum; School-based marketing shall be consistent with Smart Snacks nutrition standards. Smart Snack guidelines are found at [https://fns-prod.azureedge.us/sites/default/files/resource-files/allfoods\\_summarychart.pdf](https://fns-prod.azureedge.us/sites/default/files/resource-files/allfoods_summarychart.pdf)
- Fundraisers, during the school day, by school organizations may sell 1 food item on campus upon District approval.
- Snacks provided to students during the school day without charge (e.g., class parties) will be encouraged to be healthy foods. The district will provide parents and staff a list of foods and beverages that are healthy choices for classroom snacks and celebrations.

The Superintendent or Superintendent's designee shall implement and ensure compliance with the policy by:

- Reviewing the policy at least every three years with use of the triennial assessment and recommending updates as appropriate for school Board approval.
- Implementing a process for permitting parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school Board, administrators and the public to participate in the development, implementation, and annual review and update of the policy.
- Making the policy and updated assessment of the implementation available to the public (e.g., posting on the website, newsletters, etc.). This information shall include the extent to which the schools are in compliance with policy and a description of the progress being made in attaining the goals of the policy; and
- Developing administrative regulations, which shall include specific wellness goals and indicators for measurement of progress consistent with law and District policy.

**To implement the Wellness Policy, the following District specific goals have been established:**

**Goal 1 – Nutrition Education and Promotion:** Schools will provide nutrition education and engage in nutrition promotion that help students develop lifelong healthy eating behaviors. The goal(s) for addressing nutrition education and nutrition promotion include:

- Provide parents with materials regularly to promote nutrition education and knowledge through The Parent Institute, Harvest of the Month or similar newsletters.
- Provide nutrition education materials for all grade levels and encourage regular incorporation of nutrition education in the general education classes through school health curriculum, Fit Quest Grant and USDA materials, Smarter Lunchroom strategies, limiting competitive food, student input and taste testing.
- Promote fruits, vegetables, and other healthy foods through Harvest of the Month or a similar program.
- Encourage hydration with water through Rethink Your Drink

**Goal 2 – Physical Activity:** Schools will provide students and staff with age and grade appropriate opportunities to engage in physical activity that meet federal and state guidelines The goal(s) for addressing physical activity include the following:

- Afford all students with recess according to the following:
  - At least 25 minutes a day.
  - Outdoors as weather permits.
- Encourage students to get 60 minutes a day of moderate to vigorous physical activity through recess, PE and afterschool sports and activities.
- All students shall receive a minimum of 200 physical education instructional minutes every 10 school days throughout the school year.

**Goal 3 – Other School-Based Activities That Promote Student Wellness:** Schools will support student, staff, and parents' efforts to maintain a healthy lifestyle, as appropriate. The goal(s) for addressing other school-based activities that promote student wellness include the following:

- Provide parents a list of foods and beverages that meet nutrition standards for classroom snacks and celebrations.
- Discourage students from sharing foods or beverages during meal or snack times, given concerns about allergies and dietary needs.

**Public Involvement:** There is a process for permitting parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school Board, administrators and the public to participate in the development, implementation, and periodic review and update of the policy. The approved wellness policy and the results of assessments will be posted on Marcum's website at [www.marcum-illinois.org](http://www.marcum-illinois.org). A copy of the wellness policy will also be available in the school office. Triennial

Assessments will be measured by data collected, staff and student surveys that assess the progress in achieving a healthy environment at school.

- The District has a local wellness policy committee, within School Site Council, to advise the District on the development, implementation, and improvement of the school wellness policy. Which will meet twice a school year. Every three years, the local wellness committee will review the latest national recommendations pertaining to school health and will update the wellness policy accordingly.

If there are questions regarding this policy, please contact the district Superintendent or the Superintendent's Designee:

Maggie Irby, Superintendent/Principal  
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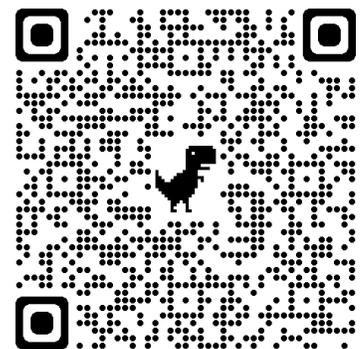
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1. mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
2. fax: 833-256-1665 or 202-690-7442; or
3. email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

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