

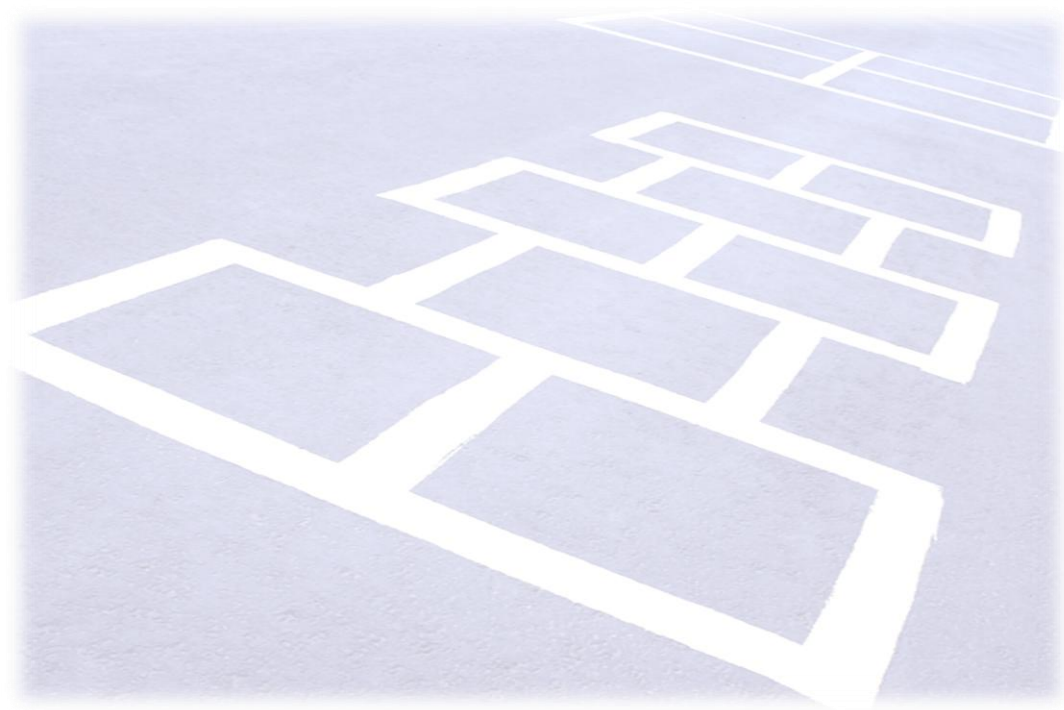


District 87 Wellness Policy Overview

August 26, 2009

Background

- District 87 Wellness Committee created in 2005
- Wellness Policy adopted in 2006
- Wellness Survey conducted in 2007



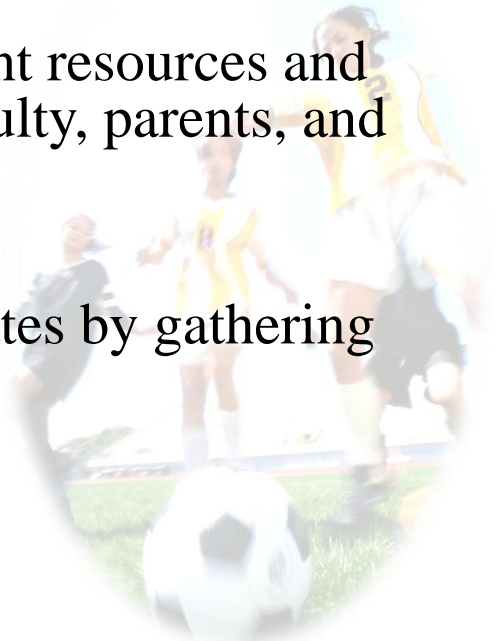
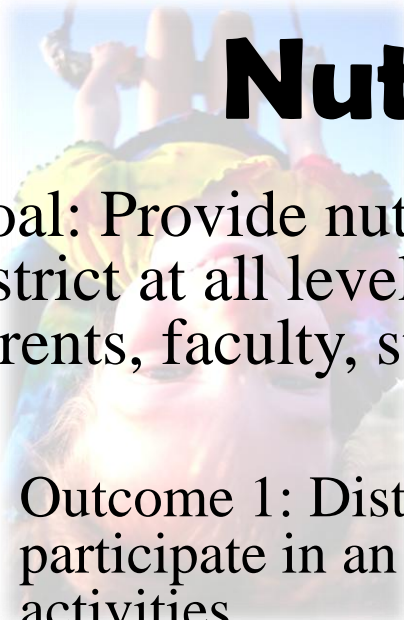
General Schedule & Curriculum

- Elementary
 - Physical Education 3 days per week
 - Recess Period 5 days per week
 - Health topics in science curriculum
- Middle School
 - Physical Education 5 days per week
 - 9-week Health course in Grade 7
 - Body systems units in science curriculum
- High School
 - Physical Education 5 days per week
 - 1 – semester Health course
 - Body systems & nutrition instruction in Biology I



Nutrition Education

- Goal: Provide nutrition education opportunities across the district at all levels; with an emphasis on impacting children, parents, faculty, staff, and administration in District 87.
 - Outcome 1: District stakeholders will have the opportunity to participate in an increased number of nutrition education-related activities.
 - Outcome 2: Develop appropriate and relevant resources and disseminate them among a percentage of faculty, parents, and children.
 - Outcome 3: Identify optimal participation rates by gathering relevant data.



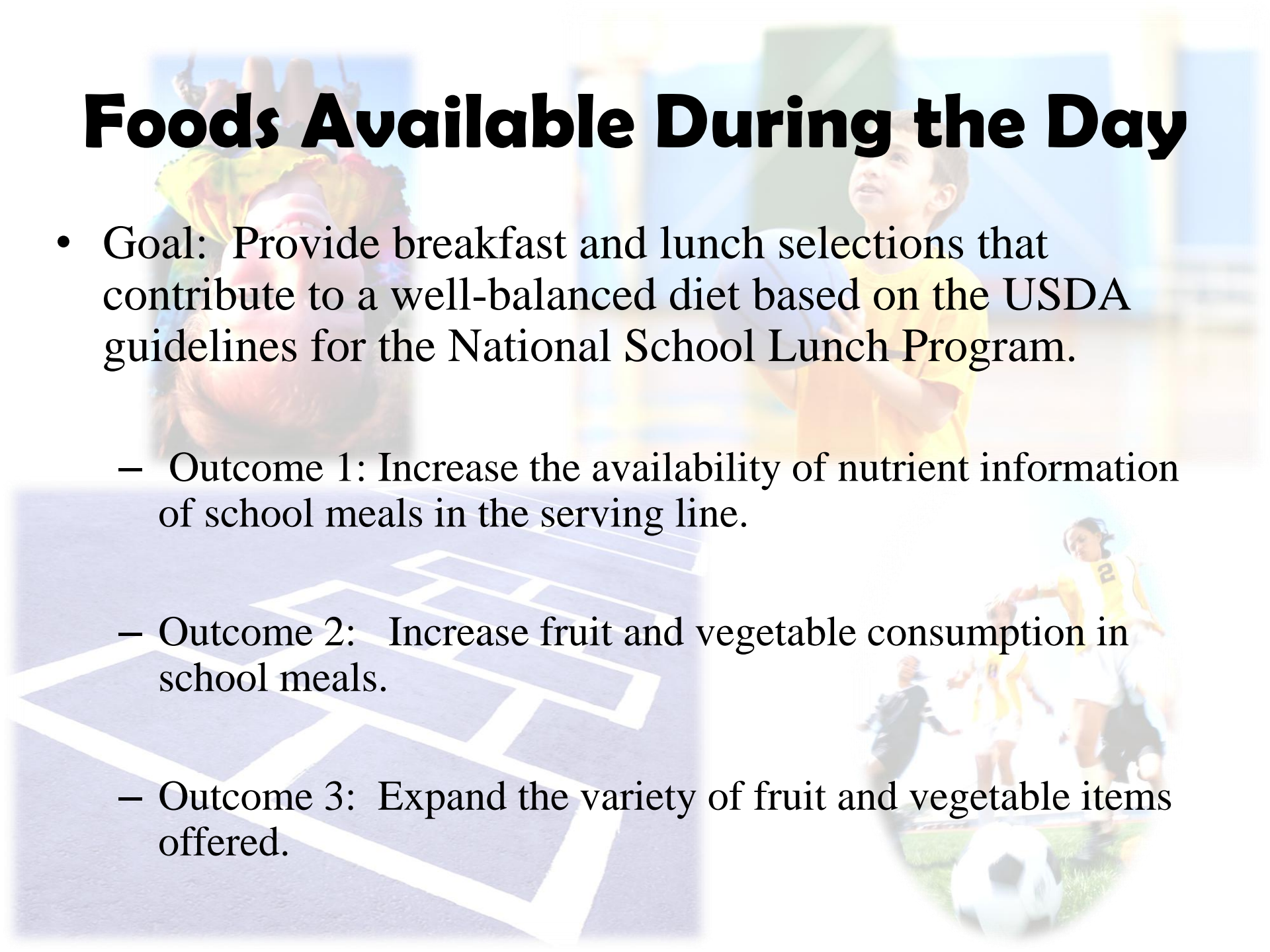
Physical Activity

The background of the slide features a collage of images related to physical activity. On the left, a group of children is seen from behind, holding hands in a circle. In the center, a young boy in a yellow shirt is holding a blue basketball. On the right, a group of children in yellow and white soccer uniforms are playing on a field, with a soccer ball in the foreground. The overall scene is bright and active, suggesting a school or community sports environment.

- Goal: Provide physical education opportunities across the district at all levels; with an emphasis on impacting children, parents, faculty, staff, and administration in District 87.
 - Outcome 1: “My PE Initiative” will be expanded to include all schools within the district.
 - Outcome 2: Develop appropriate and relevant resources and disseminate them among a percentage of faculty, parents, and children.
 - Outcome 3: Identify optimal participation rates by gathering relevant data.

Foods Available During the Day

- Goal: Provide breakfast and lunch selections that contribute to a well-balanced diet based on the USDA guidelines for the National School Lunch Program.
 - Outcome 1: Increase the availability of nutrient information of school meals in the serving line.
 - Outcome 2: Increase fruit and vegetable consumption in school meals.
 - Outcome 3: Expand the variety of fruit and vegetable items offered.



School-Based Wellness Activities



- Goal: Create wellness promotions and offer extra-curricular school activities.
 - Outcome 1: Plan and implement one family activity that contains a wellness component each year at each school.
 - Outcome 2: Provide staff with a resource guide for planning extra-curricular school activities which includes suggestions for incorporating wellness components.