

Instruction

School Wellness

Student wellness, including good nutrition and physical activity, shall be promoted in the District's educational program and school activities. This policy shall be interpreted consistently with section 204 of the Child Nutrition and WIC Reauthorization Act of 2004.

Goals for Physical Activity

The goals for addressing physical activity include the following:

- Nettle Creek 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. See Board policy 6:60, *Curriculum Content*.
- During the school day, all students will engage in a daily physical education course, unless otherwise exempted. 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 Guidelines for Foods Available in Schools During the School Day

Any food brought in during the day for student consumption, must adhere to specific guidelines. **At least 3 days before bringing food into the school**, parents must complete the "Request for Food Served in the Classroom" and submit it to the classroom teacher. This form must be approved by both the classroom teacher and the school superintendent. **Items may not be brought into the classroom that are not on the approved list and that are not pre-packaged. The approved list can be found below. Please note that with regard to fruits and vegetables, only pre-washed, store packaged fresh fruit and vegetables are permitted also permissible.**

This policy covers food that is brought into the classroom to be shared with other students - not, for example, an item that is brought in for an individual student snack or for an individual student lunch brought from home.

IN ADDITION: TEACHERS MAY PROVIDE ITEMS FOR THE CLASS THAT ARE NOT A PART OF THIS LIST, OR MAY PLAN A SPECIAL LUNCH WITH STUDENTS. WHEN THIS HAPPENS, A PERMISSION SLIP WILL BE SENT HOME ADVISING

PARENTS OF EXACTLY WHAT WILL BE SERVED. THE PERMISSION SLIP MUST BE RETURNED IN ORDER FOR A STUDENT TO PARTICIPATE IN THE SPECIAL LUNCH OR TREAT.

PERMISSIBLE CLASSROOM SNACKS:

SNACK	VARIETY
Cereals	Shredded Wheat, Cheerios, Apple Jacks, Fruit Loops, Kix, Great Value Toasted Corn/ Rice/ Wheat Squares, Crispix, or Cinnamon/ Original Life
Cheese Crackers	Cheese Nips, Cheez-Its, Goldfish, Pepperidge Farm Goldfish (no whales), Savoritz, or Great Value Penguins and Baked Cheese Crackers
Crackers	Keelber Club, Keebler Wheatables, Kellogg's Special K Crackers, Kraft Handi-Snacks, Town House, Triscuit, Wheat Thins, Ritz, or Saltines
Dairy	Yogurt, Cheese, String Cheese, Cottage Cheese
Fruits	Applesauce, Raisin, Craisins, Dried Fruit, Fruit Cups, Fresh Fruits (only pre-washed and store packaged)
Fruit Snacks	Fruit Roll-Ups, Fruit by the Foot, Betty Crocker Fruit Flavored Snack, Market Pantry, or Great Value Fruit Smiles
Graham Crackers	Toddy Grahams, Goldfish, Keebler, Nabisco, Great Value, or Benton's
Pirate's Booty	Veggie or Aged White Cheddar
Popcorn	Pop Secret, Act 11, Jolly Time, SkinnyPop, or Orville Redenbacher
Pretzels	Rold Gold, Utz, Pepperidge Farm, Clancy's, or Great Value
Baked Cereal Bars	Nutri Grain or Milville
Treats	Kellogg's Original Rice Crispy Treats, Lorna Doone Shortbread Cookies, Keebler Nilla Wafers, Chips Ahoy Cookies - original, chunky, chewy, or candy blast, Oreos Original or Double Stuffed
Vegetables	Raw Vegetables (only pre-washed and store packaged)

Request for Food Served in the Classroom

Because of the increasing number and severity of food allergies and medical needs of our students, we need to monitor the quantity and type of foods being served in our classrooms. We hope to make significant strides in reducing the amount of unhealthy foods brought into our classrooms as well as those foods that could pose a danger to our students. To this end, any individual wishing to bring food to the school during the day, must complete this form and **submit it at least 3 days ahead of time**. The classroom teacher will notify that your request is approved.

Parent: _____ Student: _____ Grade: _____

Today's Date: _____

Date Food Will Be Served: _____

Specific Food Item to Be Served (*Must be from approved list): _____

Reason for Treat: _____

Approval by: _____ (Teacher)

Approval by: _____ (Superintendent)

***Any requests for food to be brought in for a special event during the day that is not included on the approved list will be denied.**