

## Dupo CUSD #196

### 2018-2019 Wellness Policy Needs Assessment and Evaluation Tool

<b>POLICY GOALS</b>	<b>EVIDENCE OF MEETING GOAL</b>	<b>RECOMMENDATIONS</b>
Students in grades EC through 12 receive nutrition education.	Within our comprehensive health instruction, various units are taught with nutrition being one of many. Elementary grade levels (K - 4) have historically taught according to theme and include the food pyramid. EC through grade 4th- dental hygiene, playground safety, hand washing and grooming, food and nutrition, safety. Grades 5 through 8 <sup>th</sup> , nutrition is sequential as body systems as related to healthy lifestyles are taught at different grades. Students in grade 9-12 are offered education opportunities through health classes and physical education.	None.
Nutrition education is integrated into standards-based lesson plans in other subject areas.	Grades 2, 3, and 4 are also taught aspects of nutrition during physical education class. During grades 5 and 6, the social worker and nurse address students regarding development as they approach adolescence. The nurse at the middle school provides puberty education to students. All of this education relates to healthy decision making including general nutrition. High school students are offered nutrition education through the FACS program.	None.

**GOALS FOR PHYSICAL ACTIVITY**

<b>POLICY GOALS</b>	<b>EVIDENCE OF MEETING GOAL</b>	<b>RECOMMENDATIONS</b>
Physical education is provided by highly qualified instructors who participate in continuous professional development.	All physical education teachers are highly qualified by the State of IL and maintain ongoing professional development to remain current with licensure requirements. Teachers are encouraged to attend professional development conferences to stay abreast of trends.	None.
Students in EC participate in physical activities on a daily basis for a minimum of 15 minutes per day as part of the daily curriculum.	Students receive 30 minutes of physical activity each day.	None.
Students in K through 12 participate in physical education for a minimum of 150 minutes per week. (30 minutes daily.)	K through 3 receive 210 minutes of physical activity each week. Grades 4 through 6 receive 165 minutes of physical activity each week. This includes PE and supervised recess. Fitnessgram is now implemented and the pacer test has replaced the mile run. Heart rate monitors are also utilized to track fitness. The high school weight room class now includes the use of technology and devices to individualize and track growth. Student choice is often provided to students at the high school level in an effort to engage more students. Students are often allowed the choice to participate in competitive and noncompetitive activities.	None.
Students in K through 12 participate in daily standards-based physical education which is consistent with state/district standards.	Curriculum maps ensure alignment with State standards and sequential activities which are age appropriate.	Physical education and health teachers will continue to meet to ensure all grades continue to receive a developmentally planned and sequential curriculum.
Physical activities are available for students in grades K through 12 in after-school programs to promote physical activities.	Students in grade K through 4 participate in "Jump Rope for Heart." "Girls on the Run" is also offered to interested students in grades 3 through 6. Intramural activities are offered to students in grades 5 and 6. Numerous sports teams exist for grades 6 through 12.	Student interest surveys will continue to be administered to maximize student participation.
The district's physical activity facilities are available to the community and students outside the normal school day.	Gyms are rented by community members on a regular basis. The track is open for public use at any time.	None.

**GOALS FOR OTHER SCHOOL-BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS**

<b>POLICY GOALS</b>	<b>EVIDENCE OF MEETING GOAL</b>	<b>RECOMMENDATIONS</b>
<p>The food service department provides meals which meet the nutrition requirements and meet federal, state, and local laws.</p>	<p>ISBE and the National School Lunch Program have instituted many mandates in regard to serving whole grains and more green vegetables. The new mandates have changed the menu and offerings at each school. All dietary guidelines are followed and meet the nutrition requirements and regulations for the National School Lunch Program. K-6 is considered a “forced” lunch program.</p>	<p>The need to limit processed meals is ongoing.</p>
<p>Schools support activities for community/parent outreach to help promote healthy eating, physical activity, and overall healthy lifestyles/choices.</p>	<p>The “Girls on the Run” program initiative is a community and school partnership to encourage physical activity. Food service information is provided in school newsletters. Numerous presentations and forums have been provided to address cyber-bullying, social media, drugs/alcohol, and suicide. The Second Step program is now implemented beginning in Early Childhood classes, as well as Kindergarten through 5th grade. This program also has a Second Step Home link provided to parents. The D.A.R.E. program is offered in grades K-6. The district coordinates regular blood drives with the Red Cross and annual flu shots for district and community.</p>	<p>Create surveys for parents and students in regard to food choices within the cafeteria. Continue to use the Illinois Youth Survey as data to consider for educational programming.</p>
<p>Food service personnel have proper certification and training.</p>	<p>The Food Service Director ensures that all certifications are current.</p>	<p>None.</p>
<p>School-based organizations are encouraged to raise funds with non-food items.</p>	<p>Competitive foods are only offered on occasion for fundraising causes only. Competitive foods are very limited, monitored, and comply with the “general nutrition standards for competitive foods.” Beverage machines are limited in offering approved items and snack machines are turned off during the school day.</p>	<p>None.</p>