

**WELLNESS COMMITTEE MEETING  
THURSDAY, FEBRUARY 25, 2010 – 3:30 P.M.  
GENESE0 UNIT OFFICE**

**Committee Members Present:**

Linda DeSmith, Jackie Mickley, Nancy Dale, Julie West, Tom Ryerson, Deb Rokis, Michele Hepner, and Jack Schlindwein

**Board Policy 6:50 – School Wellness:**

Policy 6:50 was approved by the Geneseo Board of Education on April 16, 2009. This policy was reviewed again by the members of this committee. At this time, no changes to this policy are being recommended by this committee.

**Sub-Committee Report:**

The minutes from the October 6, 2009 Wellness Sub-Committee Meeting were reviewed (see attached). The two main topics from this sub-committee meeting were reviewed by this Committee (Nutrition and Physical Activity).

**Nutrition:**

The current lunch and breakfast programs that are being offered to the students and staff in the District continue to meet the guidelines/standards set by the National School Lunch Program.

There is, however, no monitoring of the snacks that are being served in classrooms in the District. A list of "Healthful Food and Beverage Options for School Functions" was reviewed by this Committee (see attached). It is recommended by this Committee that this list be shared with the administrators in the District. They will be encouraged to include this in their first newsletter of the 2010-2011 school year and to post it on the District web page. This list will also be shared with the PTAs in the District, in hopes that they will follow it for classroom parties and events. The administration will also be asked to encourage classroom teachers not to have students bring soda pop to classroom "special" event days. Teachers will also be asked not to drink these types of beverages in class in front of their students.

Mr. Ryerson reported that at the Middle School the snack bar has been removed. Too many students were eating non-nutritional items for their lunch.

This Committee also recommends that teachers stress the importance of good eating habits in the classroom.

**Physical Activity:**

The District continues to align their physical education curriculum with those outlined in the Illinois Learning Standards. Physical education instruction takes place at the elementary level three (3) days per week and is taught by the P.E. teacher. Two (2) days a week the classroom instructor is responsible for the P.E. instruction. At the middle school and high school levels, P.E. is taught every day of the week.

Even with a well-outlined physical fitness program being implemented in the District, we still have a large percentage of students in the District that are overweight and obese. Mrs. Rokis presented the Committee with a "Summary of Children's BMI-for-Age" (see attached reports for our Kindergarten and Freshmen students in the District - only 102 of the Kindergarten students are reflected in this report). According to these reports, 35% of our Kindergarten students are considered overweight or obese, and 30% of our Freshmen students are considered overweight or obese. Mrs. Rokis reported that these figures are consistent with National percentages. This information will be shared with the administrators in the District.

Mr. Ryerson volunteered to investigate "outreach" programs that may be available to schools to reinforce good eating and physical fitness for our students. He will contact the Director of Operations with this information. Hopefully, some of this can be implemented into our elementary classrooms, where the weight "problem" seems to begin.

The Committee also recommended that a possible "Healthy Eating and Fitness" Week be examined for implementation in the elementary schools. This could be similar to the "Turn Off Your TV" Week that has been held in several schools in the District. This idea will also be shared with the administration.

Mr. Schlindwein told the Committee that this information would be shared with the Board of Education at their March 11, 2010 Meeting. The Committee adjourned at 4:05 P.M.

## Instruction

### School Wellness

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

- Schools will support and promote good nutrition for students.
- Schools will foster the positive relationship between good nutrition, physical activity, and the capacity of students to develop and learn.
- Nutrition education will be part of the District's comprehensive health education curriculum. See School Board policy 6:60, *Curriculum Content*.

### Goals for Physical Activity

The goals for addressing physical activity include the following:

- Schools 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 be required to 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

Students will be offered and schools 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. In addition, in order to promote student health and reduce childhood obesity, the Superintendent or designee shall establish such administrative procedures to control food sales that compete with the District's non-profit food service in compliance with the Child Nutrition Act. Food service rules shall restrict the sale of foods of minimal nutritional value as defined by the U.S. Department of Agriculture in the food service areas during the meal periods.

### 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 and/or School Breakfast Program.

### Monitoring

The Superintendent or designee shall provide periodic implementation data and/or reports to the Board concerning this policy's implementation sufficient to allow the Board to monitor and adjust the policy. Annually, at the November Board meeting, a report shall be presented by the Director of Operations, who will work with the High School Nurse and Food Service Director to provide opportunities for feedback and progress of implementation and evaluation of the Program. A meeting shall be called by the Director of Operations each February, so that in March any necessary revision of the policy may be completed.

Community Input

The Superintendent or designee will invite suggestions and comments concerning the development, implementation, and improvement of the school wellness policy from community members, including parents, students, and representatives of the school food authority, school administrators, and the public.

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.  
ISBE's "School Wellness Policy" Goal, adopted Oct. 2007.

CROSS REF.: 4:120 (Food Services)

Adopted by Board Action 04/16/2009

# Geneseo Community Unit School District No. 228

209 SOUTH COLLEGE AVENUE • GENESEO, ILLINOIS 61254 • (309) 945-0450 • FAX: (309) 945-0445

[www.geneseoschools.org](http://www.geneseoschools.org)

Dr. Joni L Swanson  
Assistant Superintendent

Mr. Jack B. Schlindwein  
Director of Operations

Mr. Scott D. Kuffel  
Superintendent

---

To: Paula Glawe  
Linda DeSmith  
Jackie Mickley  
Nancy Dale  
Julie West  
Tom Ryerson  
Deb Rokis  
Michele Hepner

From: Jack Schlindwein, Director of Operations

Re: Annual Wellness Meeting – February 25, 2010

Last February, we met to develop the District's Wellness Policy (6:50). As stated in the last paragraph on the first page of the policy, an annual meeting needs to be conducted to determine if any revisions need to be made to it. I have scheduled a meeting for **Thursday, February 25, 2010 at 3:30 P.M. at the Unit Office**. Enclosed is a copy of this policy, so you can review it again before the meeting. If you are unable to attend this meeting, please let me know as soon as possible. Thank you.

**WELLNESS SUB-COMMITTEE MEETING  
TUESDAY, OCTOBER 6, 2009 – 9:30 A.M.  
GENESEO HIGH SCHOOL**

**Present:**

Deb Rokis, Head District Nurse; Michele Hepner, Food Service Director; Jack Schlindwein, Director of Operations

Board Policy 6:50 – School Wellness, which was approved by the Geneseo Board of Education on April 16, 2009, was reviewed by the members of this sub-committee. Nutrition and Physical Activity in the District were discussed.

**Nutrition:**

Ms. Hepner reported that the District continues to follow the National School Lunch Programs Standards in all of our schools. Alternate lunches, which are offered at all of the buildings, have changed this school year. Instead of offering a sack lunch as the alternate, we now have the same “side dishes,” but a different main course item. These alternate lunches meet National Standards also.

There is, however, no monitoring of the snacks that are being served in classrooms in the District. At a future Elementary Administrators’ Meeting, we will discuss this topic. This discussion will also include the consumption of soda pop in the classrooms.

Nutrition Education continues in all of the classrooms in the District via the health education curriculum.

**Physical Activity:**

The District continues to align their physical education curriculum with those outlined in the Illinois Learning Standards. Physical education instruction takes place at the elementary level three (3) days per week and is taught by the P.E. teacher. Two (2) days a week the classroom instructor is responsible for the P.E. instruction. At the middle school and high school levels, P.E. is taught every day of the week.

Even with well-outlined nutrition and physical fitness programs existing in the District, Mrs. Rokis expressed some concerns about numerous students still being overweight and obese. Mr. Schlindwein asked Mrs. Rokis to compile some information regarding student obesity in the District prior to the Wellness Committee Meeting in February 2010. The Skyward software that is accessible to the District’s nurses will allow them to do this.

A Wellness Committee Meeting will be scheduled in late February 2010, with an update being presented to the Board of Education at the March 11, 2010 School Board Meeting.

## HEALTHFUL FOOD AND BEVERAGE OPTIONS FOR SCHOOL FUNCTIONS

At school functions (parties, celebrations, meeting, etc.), healthful food options should be made available to promote student, staff and community wellness. Examples of nutritious food and beverages that are consistent with the Dietary Guidelines for Americans are listed below.

- \*Raw vegetable sticks/slices with low-fat dressing or yogurt dip
- \*Fresh fruit wedges - cantaloupe, honeydew, watermelon, pineapple, oranges, etc.
- \*Sliced fruit - nectarines, peaches, kiwi, plums, pears, apples, mangos, etc.
- \*100% fruit or vegetable juice
- \*Frozen fruit pops with fruit juice or fruit as the first ingredient
- \*Dried fruit - raisins, cranberries, apples, apricots
- \*Single serving applesauce or canned fruit in juice
- \*Trail mix (dried fruit and nuts)
- \*Dry roasted peanuts
- \*Party mix (variety of cereals, nuts, pretzels, etc.)
- \*Pretzels or reduced fat crackers
- \*Baked chips
- \*Low-fat muffins
- \*Granola bars
- \*Graham crackers
- \*Mini bagels
- \*Bread sticks
- \*Fat-free or low-fat pudding cups
- \*Ice cold water

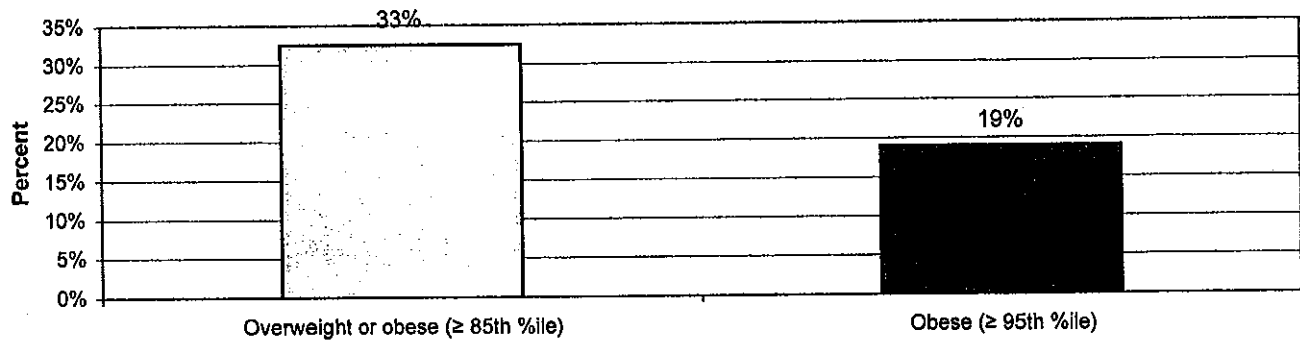
This list is not inclusive and meant only to provide parents and school staff with guidance for healthier food and beverage choices.

## Summary of Children's BMI-for-Age

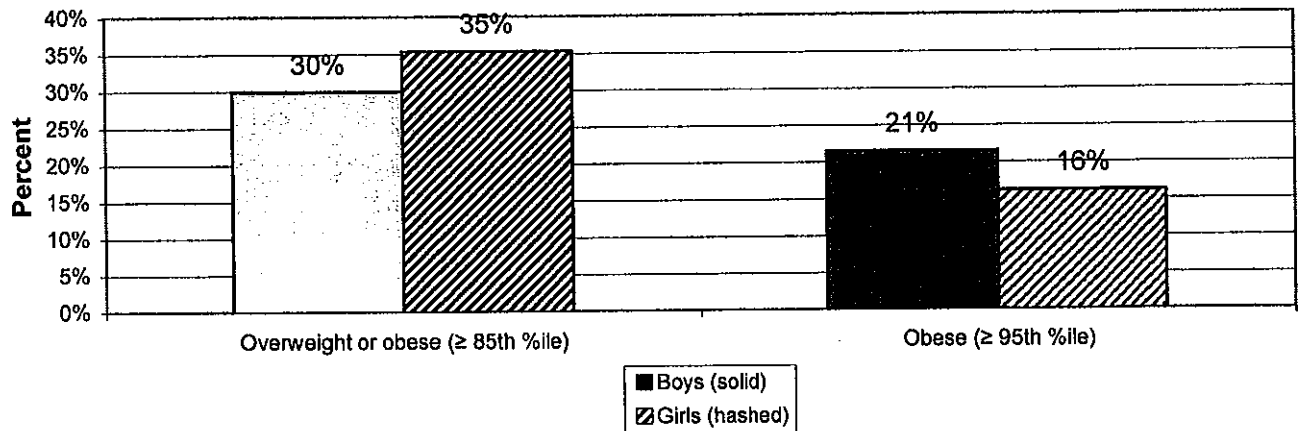
	Boys	Girls	Total
Number of children assessed:	107	99	206
Underweight (< 5th %ile)	2%	2%	2%
Normal BMI (5th - 85th %ile)	68%	63%	66%
Overweight or obese ( $\geq$ 85th %ile)*	30%	35%	33%
Obese ( $\geq$ 95th %ile)	21%	16%	19%

\*Terminology based on: Barlow SE and the Expert Committee. Expert committee recommendations regarding the prevention, assessment, and treatment of child and adolescent overweight and obesity: summary report. Pediatrics. 2007;120 (suppl 4):s164-92.

### Prevalence of Overweight and Obesity



### Prevalence of Overweight and Obesity, by Sex



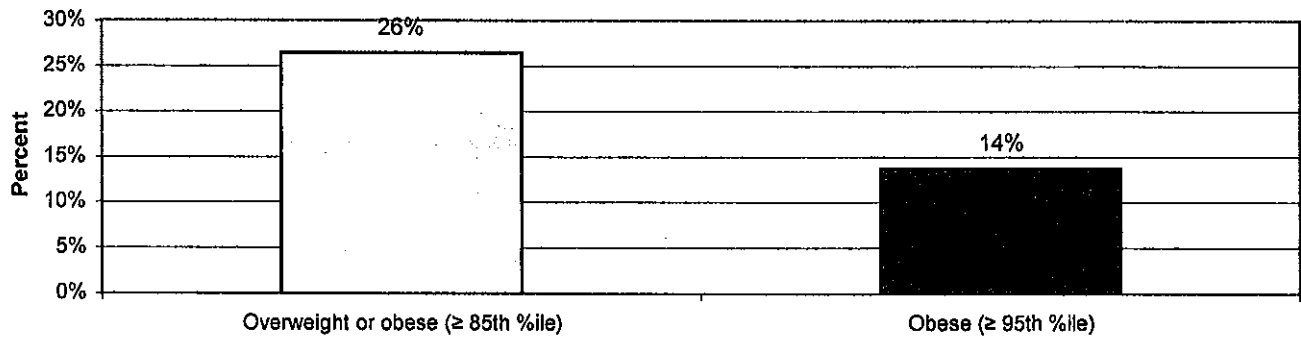


## Summary of Children's BMI-for-Age

	Boys	Girls	Total
Number of children assessed:	54	48	102
Underweight (< 5th %ile)	7%	4%	6%
Normal BMI (5th - 85th %ile)	57%	79%	68%
Overweight or obese ( $\geq$ 85th %ile)*	35%	17%	26%
Obese ( $\geq$ 95th %ile)	15%	13%	14%

\*Terminology based on: Barlow SE and the Expert Committee. Expert committee recommendations regarding the prevention, assessment, and treatment of child and adolescent overweight and obesity: summary report. Pediatrics. 2007;120 (suppl 4):s164-92.

### Prevalence of Overweight and Obesity



### Prevalence of Overweight and Obesity, by Sex

