



Akin Consolidated School District #91

Franklin County • 21962 Akin Blacktop • Akin, IL 62890
Dr. McCollum, Superintendent/Principal
p 618-627-2180 • f 618-627-2119 • tmccollum@akin091.org

Wellness Policy K-8

School Wellness

Akin Grade School is committed to providing a learning environment that supports and promotes wellness, good nutrition, and an active lifestyle and recognizes the positive relationship between good nutrition, physical activity and the capacity of students to develop and learn. The entire school environment shall be aligned with healthy school goals to positively influence students' beliefs and habits and promote health and wellness, good nutrition and regular physical activity.

Goals for Nutrient Education

To provide students a nutrition program to promote healthy nutrition behaviors and to teach students how to make healthy choices now and throughout their lives.

Akin Grade School will support and promote good nutrition and academic performance for students.

Nutrition education will be provided within the comprehensive health education curriculum in accordance with the learning standards.

District staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.

Goals for Physical Education

Physical Education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.

Physical Education classes shall be taught in all grades in which students learn, practice and are assessed on developmentally appropriate skills and knowledge necessary for lifelong, health-enhancing physical education.



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All students will be required to participate in physical activities. Documented medical disabilities shall be accommodated during the class.

The curriculum will be consistent with and incorporate Illinois Learning Standards for physical education and health.

Nutrition Guidelines for Foods During 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 Healthy and Human Services and the Department of Agriculture.

Students, parents, school staff and community members bringing foods and beverages to school for parties/celebrations/PTO sponsored student lunches shall be encouraged to provide healthy options and shall be provided with a list of recommended food and beverage options (Attachment A).

School personnel shall be encouraged to use nonfood incentive or rewards with students (Attachment B).

Measurement and Evaluation

The District Superintendent or designee will be responsible for overseeing the policy, monitoring and evaluation implementation and reporting on the status of the policy to schools, parents and the community.

Community Involvement

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



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OPERATIONAL SERVICES 440.02 440.02 - OPERATIONAL SERVICES

Good nutrition shall be promoted in the District's meal programs and in other food and beverages that are sold to students during the school day. The Superintendent shall manage a food service program that complies with this policy and is in alignment with School Board policy 650.00, School Wellness. Food or beverage items sold to students as part of a reimbursable meal under federal law must follow the nutrition standards specified in the U.S. Dept. of Agriculture rules that implement the National School Lunch and Child Nutrition Acts. Schools being reimbursed for meals under these laws are participating schools.

The food service program in participating schools shall comply with the nutrition standards specified in the U.S. Dept. of Agriculture's Smart Snacks rules when it offers competitive foods to students on the school campus during the school day. Competitive foods are all food and beverages that are offered by any person, organization or entity for sale to students on the school campus during the school day that are not reimbursed under programs authorized by federal law. The food service programs in participating schools shall also comply with any applicable mandates in the Illinois State Board of Education's School Food Service rules implementing these federal laws and the Ill. School Breakfast and Lunch Program Act.

All revenue from the sale of any food or beverages sold in competition with the School Breakfast Program or National School Lunch Program to students in food service areas during the meal period shall accrue to the nonprofit school lunch program account.

LEGAL REF.: Russell B. National School Lunch Act, 42 U.S.C. § 1751 et~. Child Nutrition Act of 1966, 42 U.S.C. § 1771 et~. 7 C.F.R. Parts 210 and 220, Food and Nutrition Service. 105 ILCS 125/. 23 Ill.Admin.Code Part 305, School Food Service.