



CHRISTOPHER HOUSE ELEMENTARY SCHOOL
LOCAL WELLNESS POLICY

2023-2024

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PREFACE

In accordance with 7 CFR 210.31(c), a Local Education Agency that participates in the National School Lunch Program (NSLP) and/or School Breakfast Program (SBP) must establish a Local School Wellness Policy for all schools under its jurisdiction. As of June 30, 2017, Local Wellness Policies must meet the minimum requirements set forth in the Final Rule: Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010.

Local Wellness Policies are a valuable tool in the promotion of student health and wellness through the NSLP and SBP. Schools play an essential role in preparing students for successful futures, and proper nutrition and physical activity are key to creating constructive learning environments. Local Wellness Policies provide guidance to further support schools efforts to provide students with a successful and healthy future.

WELLNESS POLICY COMMITTEE

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WELLNESS POLICY COMMITTEE RESPONSIBILITIES

Public Involvement

Christopher House permits and encourages public involvement in Local Wellness Policy development, implementation, updates, and reviews. Therefore, Christopher House shall invite a variety of stakeholders within the general public to participate in Local Wellness Policy processes. The following methods of communication will be utilized to notify the general public of the opportunity to participate in these processes:

- School newsletter
- School website

Assessments

Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three years. Christopher House shall conduct assessments of the Local Wellness Policy every three years, beginning in 2021 and occurring every three years thereafter. These assessments will:

- Ensure the wellness policy is in compliance with USDA, State, and Local rules and regulations
- Compare Christopher House's wellness policy to model wellness policies
- Measure the progress made in achieving the goals as outlined in Christopher House's wellness policy

Updates

The Wellness Policy Committee must update the Local Wellness Policy as appropriate in order to fit the needs and goals of Christopher House. Christopher House shall make the following available to the public:

- The Local Wellness Policy, including any updates to the policy, on a yearly basis
- The triennial assessment, including progress toward meeting the goals outlined in the wellness policy

Through the following channels:

- School newsletter
- School website

Records

Christopher House shall maintain record of the Local Wellness Policy. This includes keeping a copy of the current wellness policy on file and maintaining documentation of the following actions:

- The most recent assessment of the policy
- Availability of the wellness policy and assessments to the public
- Reviews and revisions of the policy, including the individuals involved and the efforts made to notify stakeholders of their ability to participate in the process

NUTRITION

Christopher House recognizes the important role nutrition plays in academic performance as well as overall quality of life. The National Education Association references numerous articles supporting the effects of nutrition on the classroom, for example, hunger often has a negative impact on students' success, attendance, and behavior.

According to the Centers for Disease Control and Prevention, approximately 18.5 percent of the nation's youth was considered obese in 2015-16. This percentage increased 1.3 percent when compared to the previous year. Conversely, 15.7 percent of American families experienced food hardship in 2017. Through participation in the U.S. Department of Agriculture's School Nutrition Programs, Christopher House commits to serving nutritious meals to students in order to prevent both overconsumption of nutrient-poor foods and food insecurity to give students the best chance to succeed inside and outside the classroom.

Nutrition Standards

MEALS

All reimbursable meals served for the purposes of the National School Lunch Program (NSLP) and School Breakfast Program (SBP) must meet or exceed USDA nutrition standards and regulations. This includes meeting standards for each of the meal pattern components (i.e. Grains, Meat/Meat Alternates, Fruits, Vegetables, and Milk) as well as meeting or exceeding the limitations set for calories, sodium, saturated fat, and trans-fat.

COMPETITIVE FOODS

All competitive foods and beverages sold must comply with the USDA Smart Snacks in Schools nutrition standards (7 CFR 210.31(c)(3)(iii)). Competitive foods and beverages refer to those that are sold to students outside the reimbursable meal on the school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day). This includes, but is not limited to, vending machine and à la carte items.

- Christopher House does not offer any competitive food or beverage options sold on campus during the school day.

OTHER FOODS AND BEVERAGES

A. The following policy refers to all foods and beverages provided, but not sold to students. Christopher House will prohibit the use of food as a reward or as part of a celebration. Providing alternatives to food as a reward promotes healthier habits by reducing exposure to less nutritious food items and, therefore, the amount of calorie-dense food items consumed (e.g. cakes, cookies, candy, etc.). This helps children develop improved food preferences and hunger cues to carry them throughout life. Instead, schools will implement the following methods for rewards and celebrations:

- Two school-wide celebrations per school year with outside food are permitted. Celebrating with fun instead of food is encouraged.
- [Healthy Celebrations & Rewards](#)
- Teachers should reward and celebrate scholars with non-food rewards

FUNDRAISERS

A. All fundraisers promoting food and/or beverage items that are held on school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day) must meet Smart Snacks nutrition standards.

The school shall also utilize non-food fundraisers to promote healthy habits and well-being. The school will implement the following non-food fundraising ideas:

- Dress Down Days: Scholars are able to dress down on select days for \$1
- Walk-a-Thon: Scholars walk around a select route and raise funds for the number of laps they walk.

B. Fundraisers promoting food and/or beverage items that are held on school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day) must meet Smart Snacks nutrition standards. However, Christopher House may participate in infrequent exempted fundraising days, in which food and beverage items do not meet Smart Snacks standards, as Christopher House sees fit. These exempted fundraising days shall not exceed nine days within one year. Christopher House shall comply with the following procedures when managing exempted fundraising days:

- Christopher House does not sponsor any fundraisers during the school day promoting food and/or beverages.

Nutrition Education

In accordance with the Illinois Learning Standards, Christopher House shall meet all Illinois requirements and standards for Health Education. Christopher House shall include nutrition education within the health education curriculum and integrate nutrition education into other core subjects, as appropriate. Various grade levels and curriculums shall use nutrition education information, research, and materials from the following resources:

- [Dietary Guidelines for Americans](#)
- [MyPlate](#)
- [Team Nutrition](#)
- [FoodMASTER](#)
- [Nutrition Program-Common Threads](#)

As a Chicago Public Charter School, we follow the recommendations from CPS to guide our Nutrition Education Curriculum. Resources used for Nutrition Education Curriculum planning are listed below.

- [CPS Nutrition Education Guidance](#)
- [Nutrition Education Resource List](#)

Nutrition Promotion

The District shall implement nutrition promotion techniques through multiple channels, including the cafeteria, classroom, and home.

The District shall make cafeteria menus and nutrition information available through the following platforms:

- School newsletter
- School Website
- Monthly menu sent home with scholars

Farm to School efforts positively impact School Nutrition Programs by serving fresh and nutritious food items. Additionally, Farm to School programs have been linked to increased consumption of fruits and vegetables. The District shall participate in the following Farm to School activities:

- Farm to School activities can be integrated through the following resources as applicable to grade level through integration into unit plans and/or standalone lessons or outside presentations.
 - School gardens
 - Agricultural education
 - Farm-based field trips
 - Virtual Visits or Tours

Food loss and waste continue to be an issue facing the nation's food supply. In order to prevent food waste, the District will make every effort to order the precise number of meals needed on any given day by using production records and resources such as the USDA's Food Buying Guide. However, in the event excess food remains, the District will continue to provide food to students in need beyond the meals provided through the USDA School Nutrition Programs. Therefore, the District shall follow the established food sharing plan, in accordance with Public Act 102-0359, and federal and local regulations and sanitation codes:

- In the event that excess food remains after the conclusion of meal services, kitchen staff will prepare individually wrapped, non-perishable food items to be offered on a “Share Table” where children or parents/guardians can elect to take home additional food at no cost.
- Excess food or beverage items may be donated to a non-profit organization, such as a community food bank, homeless shelter or other non-profit charitable organization.

Marketing

Christopher House will prohibit the marketing and advertising of all foods and beverages on the school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day). The marketing standards described above apply, but are not limited to, oral, written, and graphic statements made for promotional purposes. Items subject to marketing requirements include, but are not limited to, posters, menu boards, vending machines, coolers, trash cans, scoreboards, and other equipment. This policy does not require schools to immediately replace equipment that does not meet this requirement; however, the District shall implement these standards as equipment needs replaced in the future.

PHYSICAL ACTIVITY

Physical activity is a key component of the health and well-being of all students. Physical activity lowers the risk for certain diseases, including obesity, heart disease, and diabetes. Physical activity also helps improve brain function, allowing students to perform better in school.

The Centers for Disease Control and Prevention recommends adolescents get at least 60 minutes of physical activity five days per week. Nearly 79 percent of school-age children fall short of meeting this requirement. Christopher House recognizes this connection and commits to promoting and providing opportunities for physical activity during and outside the school day.

Physical Education

In accordance with the Illinois Learning Standards, the Christopher House shall meet all Illinois requirements and standards for Physical Education. Christopher House shall offer Physical Education class as follows:

- P.E. classes are offered K-8 for a total of 120 minutes per week.

Other Opportunities for Physical Activity

The District shall include additional physical activity opportunities, outside of Physical Education class, during the school day through the following:

- Recess: K-8 has recess daily for 30 minutes
- Brain Breaks: Brain breaks are used throughout the school day for up to 30 minutes. The goal of the brain breaks are to allow scholars a time to have a movement break or time off of academics. This may include brain break videos, quiet time with independent calming activities etc.

The following opportunities for participation in school-based sports shall be offered to students each year:

- Kindergarten - 4th grade:
 - Open Gym Time

- Soccer
- Additional sports may be outsourced to vendors or lead internally based on scholar interest and program availability.
- 5th grade - 8th grade:
 - Sports programming is offered through the CPS SCORE Program
 - Additional sports may be outsourced to vendors or lead internally based on scholar interest and program availability.

Physical Activity Promotion

The District shall promote physical activity through the participation in the following initiative(s):

- CPS Healthy Schools Programming
- [Chicago Run](#) Chicago Run is a nonprofit organization that provides young people from Pre-K through high school with inclusive running and physical activity programs. We empower young people with equitable access to physical activity and use running as a catalyst to transform lives. Through the power of sport, we build resilience to stress and trauma and develop social and emotional skills. We primarily focus programming in under-resourced communities with limited access to physical activity and play.
- [Girls On The Run \(GOTR\)](#): is an after-school program designed to inspire girls of all abilities to recognize and embrace their inner strength. Lessons emphasize the important connection between physical and emotional health. Through safety modifications and virtual programming, dedicated and trained staff are ready to adapt to local community needs. At the end of the program, girls complete a 5K, which provides a tangible sense of accomplishment, setting a confident and goal-oriented mindset into motion.

OTHER SCHOOL-BASED ACTIVITIES

Just as it takes a comprehensive curriculum to provide education to support students' futures, Christopher House's wellness approach must also be comprehensive in its intent to provide students with the tools they need to live a healthy lifestyle. In order to further establish positive behaviors related to nutrition, physical activity, and health, Christopher House commits to making additional wellness-based activities available to all students beyond the cafeteria and gymnasium.

Christopher House shall offer other school-based activities to support student health and wellness, including coordinated events and clubs. The following events and clubs shall be organized and promoted each year:

- Girls On The Run (3rd-8th)
- Student Council and Classroom Delegates (K-8th)
 - Health and Wellness is added into agendas to create and form initiatives based on scholar and school needs.
- Additional clubs may be outsourced to vendors or lead internally based on scholar interest and program availability.