

Gayville-Volin School District 63-1

Local Wellness Policy Assessment

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Assessment completed by Patrick Beeman, Elementary Principal, Larry Buffington, Physical Education Teacher, Alice Hight, Business Manager, and Jacki Tramp, Food Service Director.

Section 1. Nutrition Education

The nutrition/health education curriculum is strong, partially due to the school's participation in the Fresh Fruit & Vegetable Program and cross curricular collaboration. Nutrition/health education curriculum is not taught in every grade at the high school level.

Section 2. Standards for USDA Child Nutrition Programs and School Meals

All meals served by the school lunch program provide students with all of the required food components. The school district has measures in place to protect the privacy of students who qualify for free and reduced price meals. The only students who are allowed to leave the school and potentially obtain lunch off campus are Juniors and Seniors who have met the eligibility requirements for "Open Campus". Students are allotted enough time to eat lunch. Relevant annual training opportunities are available to all food and nutrition services staff. The cafeteria has adequate seating and supervision during meal periods and students have access to water. Recess is not scheduled before lunch.

Section 3. Nutrition Standards for Competitive Foods and Other Foods & Beverages

All vending machines that do not carry only "Smart Snack" compliant items are unavailable to students during the school day. No restrictions have been placed on celebrations occurring during the school day that offer food and/or beverages.

Section 4. Physical Education and Physical Activity

The school has a written physical education curriculum that follows the state standards. The school is not meeting the minimum recommended minutes of PE each week at the elementary and high school levels. All teaching staff are highly qualified. Relevant training is offered for all PE teaching staff. Waivers for PE class are explicitly allowed and exemptions and substitutions for PE class are allowed for some grades. Before and after school physical activity is promoted for some grades. Daily recess does occur for every grade in the elementary on a well-equipped playground. There are no specific requirements for staff involvement in physical activity and no training provided for all staff. The school facilities are available for limited community use. A wellness center will be constructed in the fall of 2017.

Section 5. School Wellness Promotion & Marketing

School staff are sporadically encouraged to model healthy eating/physical activity behaviors and are not prohibited from using food as a reward. School staff do not use physical activity as a punishment but may withhold physical activity as a punishment. Marketing/promotion activities are performed to encourage healthy choices for the entire school. There is no marketing of "Smart Snack" non-compliant items on any signs, scoreboards, sports equipment, websites, curriculum or any other educational materials. All school related organizations are allowed only one exempt fundraiser per year.

Section 6. Implementation, Evaluation and Communication

The school district has a wellness committee with community-wide representation, but it does not meet on a regular basis. There has not been any assessment on the wellness policy implementation and progress towards wellness goals until this time. Regular, timely assessments will be completed in the future. The assessment results will be posted to the school website. The wellness policy, which is modeled after the state policy, will be reviewed and revised if necessary every three years.