

Lubavitch Girls High School (LGHS)

B”H



Local Wellness Policy

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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

Wellness Policy Leadership

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Wellness Policy Committee Responsibilities

Public Involvement

The Local Education Agency permits and encourages public involvement in Local Wellness Policy development, implementation, updates, and reviews. Therefore, the LEA 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:

- On our website in the section lghschicago.org/wellness we state that if there are any questions or feedback about our wellness policy please send them to: office@lghschicago.org

Assessments

Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three years. Lubavitch Girls High School shall conduct assessments of the Local Wellness Policy every 3 years at which the school intends to complete Local Wellness Policy assessments years, beginning in 2021 and occurring every 3 years thereafter. These assessments will:

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

Updates

The Wellness Policy Committee must update the Local Wellness Policy as appropriate in order to fit the needs and goals of the Local Education Agency. The LEA 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:

- The Lubavitch Girls High School website at lghschicago.org/wellness

Records

The Local Education Agency 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

The Local Education Agency 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, the LEA 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), School Breakfast Program (SBP), After School Snack Program (ASSP), and the Child and Adult Care Food Program (CACFP) for purpose of serving dinner must meet or exceed USDA nutrition standards and regulations with certain considerations made for religious requirements. 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.

LGHS commonly serves more fruit and vegetables at each meal than is required by the USDA as well as providing regular deliveries of fresh fruits and vegetables to boarding students in dormitories, which is in addition to the requirements for the NSLP and CACFP.

Competitive Foods

LGHS does not currently sell competitive food and beverages, but should we in the future the following policy would be observed:

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.

Other Foods and Beverages

- A.** The following policy refers to all foods and beverages provided, but not sold to students. The Local Education Agency will limit 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.

LGHS' current policy states that celebrations that include non-reimbursable food items may not be served until 15 minutes into the lunch or dinner periods and may not be served during breakfast or snack periods.

LGHS commonly rewards students with field trips, organized quality time with assigned mentors and other mentoring staff during and after school hours, special educational and recreational classes, or organized meals that serve healthy food and significantly limits using junk food as a reward.

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:

- LGHS's only school-wide fundraiser is for our annual play. The school raises funds by selling tickets and soliciting sponsors to place ads in the program

- 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, the LEA may participate in infrequent exempted fundraising days, in which food and beverage items do not meet Smart Snacks standards, as the LEA

sees fit. These exempted fundraising days shall not exceed nine days within one year. The LEA shall comply with the following procedures when managing exempted fundraising days:

LGHS Fundraisers Promoting Food and/or Beverages Policy

Twelfth grade is the only grade allowed to have a fundraiser that sells food and beverages. Each year the twelfth grade creates a senior café fundraiser to support their class' extracurricular activities. Per the Smart Snack Nutrition Standards the senior class has nine (9) exemption days where they do not need to follow Smart Snack Nutrition Standards. Those 9 exemption dates must be submitted for review before Tishrei Break. Should they want to sell food items beyond those 9 days they will comply with the SmartSnack Nutrition Standards.

2018-2019 Policy

On days that Senior Café occurs the time that items are allowed to be sold is between 12:40pm-1:05pm. The following exemption dates have been approved:

2/7/19

2/14/19

3/7/19

3/28/19

Nutrition Education

In accordance with the Illinois Learning Standards, the Local Education Agency shall meet all Illinois requirements and standards for Health Education. The Local Education Agency 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:

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The Local Education Agency shall incorporate nutrition education into the following curriculums for the following grade levels:

- Gym classes for every grade
- Elective Strength training course
- Elective Healthy Cooking course
- In life skills curriculum there is a unit on body image which includes healthy eating and exercises habits through the life cycles.
- In the 9th grade Integrated Science class and 10th grade Biology class both have a unit on nutrition and the effects of nutrition on the physical body.
- In 12th grade we have a nutritionist or public health professional come give a lecture on adult woman nutrition and other health topics.

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:

- Menus and school rules are posted in the school lunch room and examples of menus are listed in the Parents' guide to Food at LGHS emailed out and accessible via lghschicago.org/wellness

- The Smarter Lunchrooms Movement uses behavioral economics to positively influence food choices made by children. The evidence-based techniques implemented through the Movement have been proven to increase children’s consumption of nutritious foods. The District shall participate in the Smarter Lunchrooms Movement by utilizing the Smarter Lunchrooms 60-point Scorecard and other educational and promotional tools. The District shall implement the following Smarter Lunchrooms techniques:
 - Operations staff refer to [Smarter Lunchrooms Movement website](#) and [Scorecard](#) to look for strategies to improve lunchtime attendance and reimbursable meal counts.

Marketing

- A. The Local Education Agency will prohibit the marketing and advertising of all foods and beverages that do not meet Smart Snacks nutrition standards 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. The Local Education Agency 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 Local Education Agency shall meet all Illinois requirements and standards for Physical Education. The LEA shall offer Physical Education class as follows:

9th-12th grade each have 40 minute gym periods per week

25 girls have elected to participate in 1 addition hour of strength training 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:

- LGHS is a partial boarding school and we regularly organize physical activities for these students to participate in such as basketball, Frumba, ice skating. Also we have organized special discounts at the location JCC for students to work out on their own.
- LGHS does not currently offer a school based sport programs.

Physical Activity Promotion

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

- TBA

Other School-Based Activities

Just as it takes a comprehensive curriculum to provide education to support students' futures, the Local Education Agency'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, the LEA commits to making additional wellness-based activities available to all students beyond the cafeteria and gymnasium.

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

Field trips for athletic activities

Production

Religious clubs promote holistic wellness and caring and respecting our bodies and the bodies of others.