

# Kemmerer School



## Wellness Policy

# 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**

Mike Dance, Homeservices Supervisor  
Contact: [mike.dance@kemmerervillage.org](mailto:mike.dance@kemmerervillage.org)

## **Wellness Policy Committee Members**

Mike Dance, Homeservices Supervisor  
Contact: [mike.dance@kemmerervillage.org](mailto:mike.dance@kemmerervillage.org)

Brett Beck, Director of Campus Operations  
Contact: [brett.beck@kemmerervillage.org](mailto:brett.beck@kemmerervillage.org)

# 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:

Parents and Guardians whose children participate in the Kemmerer Village Residential Treatment program are informed of wellness policies upon placement and encouraged to provide input through their contact with their child's treatment team as well as ongoing access to Kemmerer Village administration. Further stakeholders including teachers and facility staff have access to Kemmerer Village Administration to provide input.

## **Assessments**

Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three years. Kemmerer Village shall conduct assessments of the Local Wellness Policy every three years, beginning in 2017 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 the LEA's wellness policy to model wellness policies
- Measure the progress made in achieving the goals as outlined in the LEA's wellness policy

## **Updates**

Updates to the Wellness Policy are available through:

- Kemmerer Village Website
- Materials available to parents and guardians upon admission of Kemmerer Village clients

## Records

Available upon request are:

- The most recent assessment of the policy
- Availability of the wellness policy and assessments to stakeholders
- 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) 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.

Kemmerer Village exceeds the basic expectations in that fresh fruit is offered at each breakfast and a fresh salad bar with fresh fruits and vegetable is offered at each lunch period.

## Nutrition Promotion

Kemmerer Village posts cafeteria menus and nutrition information in the dining hall.

## Competitive Foods

Kemmerer Village does not provide competitive foods.

## **Fundraisers**

Kemmerer Village does not conduct school fundraisers.

## **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:

- Kemmerer Village clients participate in PE through the Central A&M School district. These classes meet all federal and state expectations.

## **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:

- Kemmerer Village clients participate in cottage activities during the weekend which include physical activities such as basketball, walks, volleyball, softball, swimming and soccer.
- Kemmerer Village clients participate in organized sports teams through the Illinois Inter-Agency Athletic group. These teams include basketball, bowling, swimming, soccer, softball, and volleyball.