



Guidelines and Resources for Implementing  
Kinnikinnick School District #131  
School Wellness  
Initiatives



"Reaching for New Heights"  
Kinnikinnick CCSD #131  
Roscoe, IL

Dear Kinnikinnick parents, guardians and community members,

The Kinnikinnick CCSD #131 is part of a nationwide movement to create healthy school environments for our children. To ensure all students have a healthy school environment in which to learn and play, the Kinnikinnick District established **beBRAVEbeWELL**: an initiative to support our schools in achieving the goals of the district's wellness policies. This policy includes guidelines for nutrition education, physical education and activity, and social emotional education.

The district understands the important link between health and academic performance. We are working to encourage healthy eating and physical activity. By starting these habits early, children will increase the odds of having a longer and healthier life. We recognize that a child's health and well-being is the result of a team effort between parents, teachers, and the community, and we greatly appreciate your support.

Please review the attached **beBRAVEbeWELL** wellness packet outlining school food, celebrations, rewards, recess and overall student and staff wellness education. We appreciate your support in making Kinnikinnick a healthy and successful school district. Do not hesitate to contact the school principal should you have any questions or concerns regarding the new district guidelines. Again, we appreciate you support in making Kinnikinnick CCSD 131 a healthy, successful district.

Regards,

The Kinnikinnick CCSD 131 Wellness Team

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## INTRODUCTION

### **Mission:**

Kinnikinnick School District understands the important link between health and academic performance. In addition to the hard work our teachers and staff do every day to prepare students for success in the classroom, we are working to encourage healthy eating and physical activity through our [district strategic plan](#). A strategic plan is the collaborative guidance process that allows several stakeholders to look at areas of strength and weakness within the district and dream big for our future. The district wellness committee, consisting of teachers, staff, parents, and community members, has established a systematic approach to improvement in the areas of nutrition, physical health, and social emotional wellness.

To ensure all students have a healthy school environment in which to learn and play, the district established beBRAVEbeWELL: an initiative to support all schools in achieving the criteria of the district's wellness policies. By starting these healthy habits early in life, we can help reduce our children's health risks and increase their chances for longer, healthier lives.

### **Vision Statement:**

The members of the Kinnikinnick community believe that healthy and active lifestyles contribute to the development and sustainability of cognitive, social-emotional, and physical well-being. We are committed to an integrated approach to total well-being through education, nutrition, movement, community engagement, and development of life skills.



## beNUTRITIOUS

Numerous studies have shown a correlation between higher academic achievement and healthy lifestyle. The CDC recommends that schools implement policies and practices to create a nutrition environment that supports students in making healthy choices. A healthy school nutrition environment provides students with nutritious and appealing foods and beverages, consistent and accurate messages about good nutrition, and ways to learn about and practice healthy eating.

According to [CDC research](#), successful students are more likely to:

Eat breakfast everyday

- Consume adequate amounts of fruits, vegetables, and dairy
- Limit consumption of added sugars
- Maintain healthy levels of specific nutrients (vitamins A, B6, B12, C, folate, iron, zinc, and calcium)

### **Celebrations:**

School celebrations provide a perfect opportunity to reinforce the nutrition goals in our district. Focusing on fun rather than food creates an environment that positively influences student health and learning. Thank you for joining us in giving students healthy opportunities to celebrate important events and achievements.

- Schools are encouraged to celebrate student achievements, holidays, and birthdays by focusing on fun rather than food.
- Nutritious treats for birthday and other holiday celebrations are encouraged. Please consider non-food items for birthday celebrations (i.e. pencils, stickers, erasers, etc).
- Foods cannot be homemade and must be purchased with an ingredient label and provided in sealed container(s).

- The PTO has allocated \$100.00 per classroom (not party) to be used to help with expenses not covered by families in the classroom when planning your classroom parties. If you purchase supplies for a game/activity or need snack/drink that is not donated from other parents please submit your receipt(s) to the PTO for reimbursement.

**Parents/guardians should:**

- Honor their child's birthday by sending non-food treats such as stickers or pencils.
- Ensure all food sent to school for birthday celebrations promotes healthy food choices.
- Ask your child's teacher what non-food or healthy rewards/incentives they are utilizing in their classroom.
- Become involved in planning school holiday parties that include games, crafts and healthy foods and beverages.
- Participate in brainstorming ideas for healthy, non-food focused fundraisers for the school.

**Rewards:**

Many schools are moving towards healthy practices to reward students. While small tangible rewards can be fun for students, non-tangible rewards can benefit both students and teachers. Encouraging intrinsic rewards can help build self-esteem while developing good behavior in students.

- Teachers and staff will limit food as a reward and will use praise to reinforce positive behavior.
- Teachers and staff will use rewards such as stickers, small prizes, pencils, special privileges, etc.

**Snacks:**

We appreciate your support of our district wide nutrition goals and attached you will find the encouraged “Less Mess Snacks for Brain Power” list. These items meet nutrition guidelines and promote healthy eating among our students. USDA dietary guidelines can be found [here](#). As educators, caregivers and loved ones we all want the best for our students. Thank you for joining us in giving students healthy opportunities to celebrate important events and achievements.

- Less Mess Snacks for Brain Power provided on next page
- Remember to drink water throughout the day



# LESS MESS SNACKS FOR BRAIN POWER



The Kinnikinnick School District is striving to achieve a nutritious lifestyle in the classroom and lunchroom.

If snack is part of your child's daily classroom schedule, please send one in his/her lunch box or backpack. Reusable containers are earth friendly. Please label any container with first and last name.

Here is a list of suggestions of healthy foods that will help to fuel your child's learning and do not have any crumbs. Remember - Please NO NUTS!

- 
- |                        |               |
|------------------------|---------------|
| Bananas                | Watermelon    |
| Oranges                | Pineapple     |
| Carrots                | Kiwi          |
| Raw Peppers            | Cucumbers     |
| Cauliflower            | Peas          |
| Apples                 | Broccoli      |
| Raisins                | Dried Fruit   |
| Berries                | String Cheese |
| Sugar Snap Peas        | Cubed Cheese  |
| Unsweetened Applesauce | Grapes        |



## beACTIVE

Physically active students are better learners. Physical activity has been proven to increase students' academic performance, attendance and positive behavior. We incorporate and encourage physical activity in our district through physical education, recess, classroom activities, before and after school programs, and community engagement activities.

### Physical Education

The Kinnikinnick District supports students in gaining knowledge, skills and confidence for academic success and lifelong health. Students in grades K-3 on average have four days a week of Physical Education and one day extra recess.

Research shows that students receiving high quality physical education demonstrate:

- **Improved Brain Function:** Physically active students score higher in reading comprehension with just 20 minutes of physical activity.
- **Improved Test Scores:** Active students score higher on standardized tests.
- **Improved Behavior:** Disciplinary action among students and suspensions decreases.
- **Improved Health:** Regular physical activity leads to better health, fewer diseases and improved mental health.

### Recess

All elementary and middle schools have to provide students with supervised, weather-appropriate daily recess. Recess gives students the opportunity to be physically active and practice social skills. Similar to recess, Pre-K classrooms need to offer free play, either indoors or outdoors. Beginning in the 2019-2020 school year, classroom teachers will

also supervise an additional recess time for their students to engage in physical activity, a brain break, and increase social interactions among classmates.

A recent report from the National Association of Sport and Physical Education has shown that organized, purposeful recess can have the following beneficial effects on students:

- **Physical:** Recess increases students' physical activity time, which leads to improved health and physical fitness and helps prevent childhood obesity.
- **Social:** Recess allows children to learn and practice important social skills like sharing, communicating, cooperating, problem solving, conflict resolution and respecting rules and order.
- **Emotional:** Playing at recess reduces anxiety and aids in stress management. It also builds self-esteem and promotes relaxation between classes.
- **Cognitive:** Physical activity enhances cognitive development. Recess provides children with a necessary break from the classroom experience so they can concentrate in class.

You can help prepare your child for a fun and safe recess by making sure they are dressed appropriately for the day's weather.

### **Schoolwide and Community Challenges**

The district wellness committee is striving to increase the physical and emotional wellbeing of its staff and students through movement. The committee is dedicated to challenging our schools, students, staff, and community members to enhance our wellbeing. Healthy, successful students help build strong communities.

- Investing in the health of students contributes to healthy communities in the future.

# be BRAVE be WELL

2019-2020

BELOW IS A LIST OF MONTHLY WELLNESS CHALLENGES THAT CAN BE DONE WITH STUDENTS AND STAFF.

Aug.	<p><i>"Brave Soles"</i></p> <p>Jaime Cox 5k Memorial Run Training</p> <ul style="list-style-type: none"> <li>•Utilize 5k training program</li> </ul> <p>Aug. 27-Oct. 12</p> <p>October 1st: FUN RUN!</p>
Sept.	
Oct.	
Nov.	<p><i>"Pump out those push-ups"</i></p> <ul style="list-style-type: none"> <li>Do 10 push-ups per day</li> <li>•BCBSIL Well On Target</li> </ul>
Dec.	<p><i>"Let's Go Core"</i></p> <ul style="list-style-type: none"> <li>1 minute plank everyday</li> <li>•BCBSIL Well On Target</li> </ul>
Jan.	<p><i>"Oh, the H<sub>2</sub>O"</i></p> <p>Add at least 8 ounces of water to your daily water intake.</p> <ul style="list-style-type: none"> <li>•BCBSIL Well On Target</li> </ul>
Feb.	<p><i>"Kindness Counts"</i></p> <p>Do something kind for someone else every day of the month.</p>
Mar.	<p><i>"Gotta Stretch"</i></p> <ul style="list-style-type: none"> <li>5 minutes of stretching daily</li> <li>•BCBSIL Well On Target</li> </ul>
Apr.	<p><i>"Every Day We Exercise"</i></p> <ul style="list-style-type: none"> <li>•Utilize April exercise calendar</li> </ul>
May	<p><i>"Give Me 10"</i></p> <ul style="list-style-type: none"> <li>Add 10 minutes outside every day</li> <li>•BCBSIL Well On Target</li> </ul>

## beHAPPY

Students learn best when they feel safe, both physically and emotionally. We must ensure that every student feels welcomed, supported and respected in school by both peers and adults. Students also learn more when they have the opportunity to develop social and emotional skills, such as managing frustration, building relationships and making responsible decisions. Those skills are needed to persist with a tough math problem, collaborate on a group project, and to set goals for college and career. As the world evolves so does our curriculum. The district wellness committee is committed to ensuring that our students are equipped for their futures by providing them the social emotional tools to approach any challenge.

Our first order of business is to create a baseline of skills that students are mastering and those social emotional skills that need further attention. From this gathered survey data, we will be able to identify if curricular resources are needed at each grade level to further enhance the social emotional education programs like Ledgewood OWLS, StoneCreek Super Heroes, and Kinnikinnick and Roscoe Middle School Brave Way programs.

## APPENDIX

### School Wellness Policy

[Kinn #131 School Board Policy 6-50 School Wellness](#)

#### beBRAVEbeWELL SMART goals

Strategic Planning is the journey through which an organization continuously evolves. Through a systematic approach to improvement the district wellness committee broke into three subcommittees that will develop, oversee and evaluate the following goals. The wellness subcommittees created clear and attainable goals called SMART goals. SMART goals are specific, measurable, achievable, relevant, and time bound. Using this method will help motivate our district to achieve set goals by defining our objectives and completion dates.

#### beNUTRITIOUS goals:

1. In grades kindergarten through 5th grade, students will be introduced in classrooms and the lunchroom to a variety of different fruits and vegetables in order to increase the number of students who test healthy food by the end of the 2021 - 2022 school year.
2. We will increase the sales of salad meals sold in grades 6th through 8th by 25% by the end of the 2019 - 2020 school year.
3. We will increase the availability of health and allergy aware options for students during instruction, snack time, and special events in the classroom.

#### beACTIVE goals:

1. Utilizing existing faculty or department meetings, all staff who are

currently enrolled in a Blue Cross/Blue Shield health plan will be educated in the Blue Points Program, and at least fifty percent (50%) of staff who are not currently enrolled will be signed up for the Blue Points Program by the end of the 2018-2019 school year.

2. The usage, as measured by total number of participant logins, in the Blue Points Program will increase by twenty percent (20%) by January 1, 2020.
3. Ledgewood will continue to provide additional daily unstructured free-play time for the duration of the 2019-2020 school year.
4. Stone Creek and Kinnikinnick will pilot additional unstructured free-play time a minimum of three times per week for the duration of the 2019-2020 school year.
5. Roscoe Middle School will pilot improved unstructured free-play time for the duration of the 2019-2020 school year.

**beHAPPY goals:**

1. In September 2019 and January 2020, gather *students' insights* via survey regarding the status of their social-emotional wellness as defined in the Illinois SEL standards for students.
2. In November 2020 and February 2021 gather *teachers' insights* via survey regarding the status of the students' social-emotional wellness as defined by the Illinois SEL standards for students.
3. In November 2019 and February 2020 survey staff with at least 75% participation to identify wellness issues in order to provide support

material through a district wellness website.

4. By Fall 2019, develop a page on the district website and share on social media to inform the community of celebrated Kinnikinnick experiences.