



Hononegah CHS #207 Comprehensive Wellness Program for Students and Staff

Table of Contents:

Preamble	2
Strategic Plan Connections	2
Committee Members.....	3
Wellness Policy 6:50.....	3
Food Service Policy 4:12.....	6
Nutrition	7
Unused Food Sharing Plan.....	8
Family & Consumer Science Classes	9
Physical Activity (Sports & Clubs).....	10
Health & Wellness	11
Community Connections	12
Exempt Fundraising Days.....	12

Preamble:

Hononegah Community High School is committed to the optimal development of every student and the health and wellness of its staff members. The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year. The district believes that for staff to fulfill their professional obligations to the best of their abilities, physical and mental health should be supported through insurance and benefits that include programs that contribute to a healthy culture of positive interpersonal relationships, personal wellness, and workplace safety. Hononegah Community High School will foster collaboration with staff presenters, community organizations and mental/physical health professionals to provide programs and activities that encourage healthy living for students and staff.

Beliefs

We believe...

1. In establishing strong relationships and fostering positive mental health, so students can learn at their highest levels.*
2. In commitment to continuous growth and improvement.*
3. Students' involvement in activities play an important role in the school experience.*

Strategic Plan Results Statements

Student Experience:

1. 100% of students will be screened and the information will be used to create systems of support to help develop students' SEL competencies.
2. Students participation will increase in at least 2 sports, clubs and activities from 65% to 85%.

Community Partnerships:

1. A variety of resources will be created and implemented to promote Hononegah clubs and activities to 100% of freshmen students and parents.

Facilities:

1. The campus grounds will be enhanced and maintained to serve 100% of educational and athletic purposes.
2. 100% of educational and staff workspaces will be maintained and modernized to meet educational and safety needs.

Committee Members

Role	Representatives
Nutrition Education Programming	Nicole Johnson, Wendy Blackburn
Health Education Programming	
Physical Education Programming	Mike Broderick, Stephanie Broege, Jessica Starr
Student Support Services	Michele Blaser, Kelly Schmitz
Nutritional Services	Maria Small
Athletic/Extracurricular Programming	Steve Cofoid, Andrew Walters
Insurance/Benefits	Chad Smith, Stephanie Marsh, Adam Smith, Sandy Driscoll, Brad Halcomb, Justin Krueger, Kyle Falconer, Kendra Asbury
Supplemental Staff Programming	Leslie Brefeld, Lassen Fleege, Erin Weldon, Becky Reynolds, Maggie Moore, Mason Cheney, Emily Cassens, Jeanine Binger

Hononegah Community High School District 207

6:50 School Wellness

Student wellness, including good nutrition and physical activity, shall be promoted in the District's educational program, school based activities, and meal programs. This policy shall be interpreted

consistently with Section 204 of the Child Nutrition and WIC Reauthorization Act of 2004 and the Healthy Hunger-Free Kids Act of 2010 (HHFKA).

The Superintendent will ensure:

1. Each school building complies with this policy;
2. The policy is available to the community on an annual basis through copies of or online access to the Board Policy Manual; and
3. The community is informed about the progress of this policy's implementation.

Goals for Nutrition Education and Nutrition Promotion

The goals for addressing nutrition education and nutrition promotion include the following:

- Schools will support and promote sound nutrition for students.
- Schools will foster the positive relationship between sound nutrition, physical activity, and the capacity of students to develop and learn.
- Nutrition education will be part of the District's comprehensive health education curriculum. See Board policy 6:60, Curriculum Content.

Goals for Physical Activity

The goals for addressing physical activity include the following:

- Schools will support and promote an active lifestyle for students.
- Physical education will be taught in all grades and shall include a developmentally planned and sequential curriculum that fosters the development of movement skills, enhances health-related fitness, increases students' knowledge, offers direct opportunities to learn how to work cooperatively in a group setting, and encourages healthy habits and attitudes for a healthy lifestyle. See Board policy 6:60, Curriculum Content and Board policy 7:260, Exemption from Physical Education.
- During the school day, all students will be required to engage in a daily physical education course, unless otherwise exempted. See Board policy 6:60, Curriculum Content and Board policy 7:260, Exemption from Physical Education.
- The curriculum will be consistent with and incorporate relevant Illinois Learning Standards for Physical Development and Health as established by the Illinois State Board of Education (ISBE).

Nutrition Guidelines for Foods Available During the School Day; Marketing Prohibited

Students will be offered and schools will promote nutritious food and beverage choices during the school day that are consistent with Board policy 4:120, Food Services (requiring compliance with the nutrition standards specified in the U.S. Dept. of Agriculture's (USDA) Smart Snacks rules)..

In addition, in order to promote student health and reduce childhood obesity, the Superintendent or designee shall:

1. Restrict the sale of competitive foods, as defined by the USDA, in the food service areas during meal periods;
2. Comply with all ISBE rules; and
3. Prohibit marketing during the school day of foods and beverages that do not meet the standards listed in Board policy 4:120, Food Services, i.e., in-school marketing of food and beverage items must meet competitive foods standards.

Competitive foods standards do not apply to foods and beverages available, but not sold in school during the school day; e.g., brown bag lunches, foods for classroom parties, school celebrations, and reward incentives.

Exempted Fundraising Day (EFD) Requests

All food and beverages sold to students on the school campuses of participating schools during the school day must comply with the "general nutrition standards for competitive foods" specified in federal law.

The Superintendent or designee in a participating school may grant an EFD for grades 9 through 12 in participating schools. To request an EFD and learn more about the District's related procedure(s), contact the Superintendent or designee. The District's procedures are subject to change. The number of EFDs for grades 9 through 12 in participating schools is set by ISBE rule which is currently 9 days for High Schools.

Guidelines for Reimbursable School Meals

Reimbursable school meals served shall meet, at a minimum, the nutrition requirements and regulations for the National School Lunch Program and/or School Breakfast Program.

Monitoring

At least every three years, the Superintendent shall provide implementation data and/or reports to the Board concerning this policy's implementation sufficient to allow the Board to monitor and adjust the policy (a triennial report). This triennial report must include without limitation each of the following:

- An assessment of the District's implementation of the policy
- The extent to which schools in the District are in compliance with the policy
- The extent to which the policy compares to model local school wellness policies
- A description of the progress made in attaining the goals of the policy

- How the District will make the results of the assessment available to the public
- Where the District will retain records of the assessment

The Board will monitor and adjust the policy pursuant to policy 2:240, Board Policy Development.

Community Involvement

The Board and Superintendent will actively invite suggestions and comments concerning the development, implementation, periodic reviews, and updates of the school wellness policy from parents, students, and representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the community. Community involvement methods shall align their suggestions and comments to policy 2:140, Communications To and From the Board and/or the Community Engagement subhead in policy 8:10, Connection with the Community.

Recordkeeping

The Superintendent shall retain records to document compliance with this policy, the District's records retention protocols, and the Local Records Act.

LEGAL REF.:

Child Nutrition and WIC Reauthorization Act of 2004, Pub. L. 108-265, Sec. 204.

Child Nutrition Act of 1966, 42 U.S.C. §1771 et seq.

National School Lunch Act, 42 U.S.C. §1751 et seq.

Healthy, Hunger-Free Kids Act of 2010, 42 U.S.C. §1758b, Pub. L. 111-296.

42 U.S.C. §1779, as implemented by 7 C.F.R. §§210.11 and 210.31.

Local Records Act, 50 ILCS 205/.

105 ILCS 5/2-3.139.

23 Ill.Admin.Code Part 305, Food Program.

ISBE's "School Wellness Policy" Goal, adopted Oct. 2007.

CROSS REF.: 2:140 (Communications To and From the Board), 2:150 (Committees), 2:240 (Board Policy Development), 4:120 (Food Services), 5:100 (Staff Development Program), 6:60 (Curriculum Content), 7:260 (Exemption from Physical Education), 8:10 (Connection with the Community)

ADOPTED: January 17, 2018

4: 120 Food Services

Good nutrition shall be promoted in the District's meal programs and in other food and beverages that are sold to students during the school day. The Superintendent shall manage a food service program that complies with this policy and is in alignment with School Board policy 6:50 School Wellness.

Food or beverage items sold to students as part of a reimbursable meal under federal law must follow the nutrition standards specified in the U.S. Dept. of Agriculture rules that implement the National School Lunch and Child Nutrition Acts. Schools being reimbursed for meals under these laws are participating schools.

The food service program in participating schools shall comply with the nutrition standards specified in the U.S. Dept. of Agriculture's Smart Snacks rules when it offers competitive foods to students on the school campus during the school day. Competitive foods are all food and beverages that are offered by any person, organization or entity for sale to students on the school campus during the school day that are not reimbursed under programs authorized by federal law. The food service programs in participating schools shall also comply with any applicable mandates in the Illinois State Board of Education's School Food Service rules implementing these federal laws and the Ill. School Breakfast and Lunch Program Act.

All revenue from the sale of any food or beverages sold in competition with the School Breakfast Program or National School Lunch Program to students in food service areas during the meal period shall accrue to the nonprofit school lunch program account.

LEGAL REF.

B. Russell National School Lunch Act, 42-U-S.QSIZ51 et seq.

Child Nutrition Act of 1966, 4.2-U-S-QS-IZZ1 et s^eq.

7 C.F.R. Parts 210 and 220, Nutrition Standards in the National School Lunch and School Breakfast Programs.

105 ILCS 1251.

23 Ill.Admin.Code Part 305, School Food Service.

CROSS REF.: 4:130 (Free and Reduced-Price Food Services), 6:50 (School Wellness)

ADOPTED: January 21, 2015

Nutrition

Hononegah Food Services offers students and staff a variety of nutritionally balanced meals that are prepared in accordance with the USDA dietary guidelines for the National School Breakfast and Lunch Programs. Our program also adheres to the Smart Snacks in Schools Standards that limit fats, sugars, sodium and calorie content in all A la Carte foods sold during the school day.

The food service department is committed to increasing our menu choices to provide more options for our students. Adding more daily choices increases the participation of our students in the National School Lunch Program which in turn provides better nutrition. A wide variety

of choices encourages our students to choose to participate in the program. Post covid for the 2022-2023 school year, we were able to bring back our fresh fruit and vegetable bar. This allows the students to choose for themselves daily up to 1 cup of fruit at breakfast and 1 cup of fruit and 1 cup of vegetables with their lunch. We offered 5 fresh fruit choices and 4 fresh vegetables choices every day. The DOD/FFavors program allows us to introduce our students to fruits and vegetables they may not normally have access to.

School year 2022-2023 we added 4 new Entree salads to the daily offerings. They were Chicken Caesar Salad, Vegetarian Caesar Salad, BLT Salad, and Taco Bowl Salad.

The Food Services Department continues to work with all departments to encourage the use of healthier alternatives when rewarding students and participating in fundraisers. The Booster Club is also encouraged to use more wholesome foods and cut back on candies and other non-nutritive foods for their sales. We continue to see more clubs/activities have nonfood fundraisers.

Unused Food Sharing Plan (Addition to Wellness Policy)

Food loss and waste continue to be an issue facing the Nation's food supply. In order to prevent food waste, Hononegah Community High School District will make every effort to minimize daily food waste by following the below plan:

- Purchase food based on prior sales
- Utilize production records to plan meal counts daily
- Batch cook per lunch period to avoid excess waste
- Utilize the USDA Food Buying Guide and GFS order guides for portion sizes when ordering
- Proper dating and labeling procedures are in place to prevent waste
- FIFO: first in first out rotation utilized in preparation and storage
- Follow all proper HACCP guidelines in food preparation and cooling leftover food so it can be utilized the next day or a future date on the menu.

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.

- Work with Administrators and Counselors and Social Workers to contact families in need to donate excess food remains.
- Work with Administrators and Counselors and Social Workers to contact homeless or at-risk students in need to donate excess food remains.
- If still excess food remains beyond what can be donated to families and students we will contact Rockton Food Pantry to accept donations.

Rockton Food Pantry Old Stone Church

101 E. Union Street

Rockton IL 61072

815-624-6212

Pantry Hours Thursday 9am until 11am

Donations can be dropped off Monday through Wednesdays 9am until Noon

Family & Consumer Science Classes

Introduction to Culinary Arts and Nutrition

- Sanitation – ANSI Food Handler Certification
- Nutrition: Macro and micronutrients
- Nutrition and disease prevention
- Reading and analyzing Nutrition label information
- Nutritional Analysis, 24-hour diet recalls
- Fast Food Comparison and Analysis, MyPlate
- Healthy Recipe Substitutions
- Organic, conventional, and non- GMO
- Hydroponics/container gardening
- Farm to Table, Farmer's Markets
- Sustainability
- Eating healthy in a restricted environment
- Fresh herbs and health substitutions incorporated into labs
- Nutritional Scales used with labs to develop nutrient content awareness
- Nutrition info in each unit: Healthy Substitutions, Veg, Fruit, Leaven Agents, Whole Grains, Dairy introduction, Cookies
- Cookie Catering = using whole wheat flour & less fat
- Use of nutritional apps on Chrome through student mobile devices for lab prep
- Chopped Competition: End of course lab assessment: menu plan, prep, present for appetizer and dessert round with ingredient substitutions
- We incorporate lessons on altering recipes to meet specific dietary needs and allergies.
- Use of Choosemyplate.gov website as a legitimate resource for the newest nutrition recommendations, tips and ideas on healthy food and physical activity habits

Culinary Arts I

- Nutritional Scales used with labs
- Nutrition information- Milk, Cheese, Eggs, Cakes, Pies, Yeast Breads & Meal Planning
- Execution of a 3 course nutritional meal to feed the class
- Field trip to grocery store to compare prices & nutritional information
- Exercise & weight loss

- Nutritional Labeling

Culinary Arts & Hospitality

- Analyze restaurant meals for nutritional balance
- Create, prepare & serve 3-course nutritionally balanced meals to employees/business partners
- Create, prepare & serve monthly nutritionally balanced meal to School Board
- Create, plan and change dessert recipes to make more nutritionally balanced
- Iron Chef Competitions
- Regional Top Chef Competition

Physical Activity

Sports: Wellness through Athletic Department Participation

2022-23 Hononegah Community High School Athletes					
Fall Participation					
<u>Sport</u>	<u>Freshmen</u>	<u>Sophomores</u>	<u>Juniors</u>	<u>Seniors</u>	<u>Total</u>
Boys Cross Country	6	5	11	4	26
Girls Cross Country	8	8	9	5	30
Cheerleading	23	14	11	4	52
Dance	14	5	9	9	37
Football	48	56	28	28	160
Boys Golf	7	12	13	10	42
Girls Golf	1	0	4	6	11
Boys Soccer	19	10	14	14	57
Girls Swimming	2	10	4	4	20
Girls Tennis	7	8	11	8	34
Volleyball	19	12	5	7	43
Total Athletes = 512 (285 male / 227 female)					
Winter Participation					
<u>Sport</u>	<u>Freshmen</u>	<u>Sophomores</u>	<u>Juniors</u>	<u>Seniors</u>	<u>Total</u>
Boys Basketball	17	13	11	4	45
Girls Basketball	8	9	8	3	28
Boys Bowling	3	13	16	8	40
Girls Bowling	1	4	3	4	12
Competition/Sideline Cheer	15	7	4	1	27
Competition/Performance Dance	5	1	4	4	14
Boys Swimming	4	7	9	9	29
Wrestling	9	12	8	3	32
Total Athletes = 227 (144 male / 83 female)					

Spring Participation					
Sport	Freshmen	Sophomores	Juniors	Seniors	Total
Baseball	19	15	15	3	52
Girls Soccer	9	11	8	5	33
Softball	11	14	9	6	40
Boys Tennis	3	6	4	5	18
Boys Track	25	12	28	13	78
Girls Track	20	18	17	9	64
Boys Volleyball	4	16	4	9	33
Total Athletes = 318 (181 male / 137 female)					

Clubs: Wellness through Clubs/Activities Participation

Activity/Club	Males	Females	Total Participants
American Sign Language	1	26	27
Anime/Manga Club	13	29	42
Art Endeavor's Club	7	24	31
Athletic Leadership	20	30	50
Baking Club	11	40	51
Bass Fishing			
Café Ole (Spanish Club)	4	27	31
Chess Club	42	8	50
Cinematics Club	23	13	36
Extreme Sports	0	0	0
Fall Play	6	32	38
Fashion/Cosmetology Club	1	12	13
Forensics Club (Speech)	0	0	0
French Club	0	0	0
GAIA	10	34	44
GSA	24	76	100
Gamers Association Club	19	3	22
Grace on Campus	1	10	11
Hockey Enthusiasts Club	28	13	41
Homeless Pet Club	2	40	42
Intramurals	98	37	135
Jazz Choir	3	10	13
Key Club	24	87	111
Life. United. People Coming Together	11	20	31
Marching Band	31	39	70
Math Club	17	22	39
Model UN - Hononegah	4	5	9
National Honor Society	19	41	60
Newspaper Club	4	13	17
Page Turner's Literary Enthusiasts Club	2	20	22
Photography Club	25	55	80

Psych Club	3	12	15
Renaissance	3	13	16
Robotics	37	12	49
Rugby Club	0	28	28
Scholastic Bowl	18	7	25
Special Olympics	10	11	21
SOAR	17	42	59
Spring Musical	7	36	43
Stagehands	11	45	56
Stand-Up-To-Cancer	4	7	11
Student Council	22	91	113
TRI-M	1	13	14
Varsity H- Club	18	17	35
WYSE (Science Club) (ACES)	6	8	14
Writer's Club	0	4	4
Pinball	TBD	TBD	TBD
Totals	607	1,112	1,719

Hononegah Community High School also has a large variety of clubs and activities that help the social and emotional wellness of our students. The 2022-2023 had a total of 44 clubs active.

2022-2023 “Get Up and Move” Clubs

Other Non-traditional activities that provide opportunities to "Get Up and Move":

Athletic Leadership Club

Bass Fishing Club

Intramurals Club

Pep/Marching Band

Photography Club

Robotics Club

Special Olympics

Stage Hands Club

Hockey Enthusiasts*

Pinball Club*

*Newly approved clubs.

Participation Yearly Totals for Clubs and Sports:

2022-2023			
Class	# of Participants	Enrollment	Percentage
Seniors	258 (129 F/ 129 M)	437	59%
Juniors	310 (151 F/ 159 M)	466	67%

Sophomores	308 (155 F/ 153 M)	457	67%
Freshmen	347 (193 F/ 154 M)	455	76%
Total	1,223	1,815	67%

Hononegah Health & Wellness

Hononegah Community High School continues to strive to reach out to students, staff, parents, and the community to encourage healthy activities, social emotional learning and good nutrition.

In May of 2022 the Triennial Wellness Policy Assessment was performed to review our policies. Our goal for the 2022-2023 school year is to reconvene the wellness committee and begin the process of reviewing areas of high impact i.e.: health classes, PE, FACs, NSLP, clubs and activities to develop goals and activities for wellness for students and staff.

Health & Wellness Supports:

Student Support Services

Our district has a great resource for social emotional wellness in our Student Support Services office. We are staffed with two school psychologists, two social workers, and six counselors.

Strength & Conditioning Coordinator

New position! HCHS has created a new position for 23-24 to help all students and athletes with best practices in strength and conditioning to improve physical wellbeing.

Clubs

Students being involved in clubs/activities gives them a sense of community and this is important for social emotional wellness and to promote physical wellness. Many of the clubs have fundraisers or activities to give back to our local community and to support our student body. Below are a few examples of students sponsored activities for 2022-2023 school year:

- NHS packed sack lunches for Carpenters' Place
- NHS conducted the Feel the Love Food Drive
- NHS Miss Carly's Go Bag service project
- Student Council Trunk or Treat
- Student Council Kits for Kids Project
- Student Council & RRVBC blood drive
- Varsity H-Club Dodgeball Tournament
- Hockey Enthusiasts Setup Rockton ice rink

Additional activities

Our Field House is open to the community on school days for use of the track for early morning walking. (6:30 A.M. - 7:30 A.M.)

Annual Wellness Challenge: Staff and students team up to track physical activity and exercise competition style. Teams are rewarded randomly with incentive gifts and weekly winners are rewarded as well.

Community Connections

Hononegah CHS #207 has joined the Stateline YMCA Corporate Cup which will be held September 9-19, 2023.

Exempt Fundraising Days

These were the Exempt Fundraising Days for the 2022-2023 School Year

September 2nd

October 14th

November 4th

December 2nd

January 6th

February 3rd

March 10th

April 14th

May 5th

These are the Exempt Fundraising Days for the 2023-2024 School Year

September 7th

October 5th

November 2nd

December 7th

January 4th

February 1st

March 7th

April 4th

May 2nd

On these 9 days a club or group or sport may have a fundraiser that does not meet smart snack requirements.