

WELLNESS PLAN

Timothy Christian Schools



BELIEF STATEMENT

The Board of Education of Timothy Christian Schools is committed to providing a learning environment that supports and promotes wellness. Good nutrition, physical fitness, adequate rest and general wellness also promote good attendance and academic performance. The school environment shall be aligned with healthy school goals to positively influence students' beliefs and habits and promote health and wellness, good nutrition and regular physical activity.

RATIONALE

In an attempt to be compliant with city, county and state wellness policies and Illinois State laws, the Board of Education of Timothy Christian Schools has implemented this Wellness Plan to protect our students and the school. Also, in response to the alarming trends in childhood obesity, Congress passed the Child Nutrition and WIC Reauthorization Act of 2004. This Act requires all schools that participate in the National School Lunch program to develop a local wellness policy. While Timothy Christian Schools do not participate in the National School Lunch program, the Board of Education believes that developing and implementing a wellness policy is a positive and desirable goal. In addition, the Illinois State Board of Education has been asked to establish a goal that all districts have a wellness policy. Good nutrition and physical fitness have been linked to improved mental and physical growth, as well as improved life-long health and well-being.

Items Approved and Implemented by TCS Board

- 1) Eliminated the distribution of home prepared foods to P-12 students during the regular school hours of 8 a.m. to 3 p.m. (As recommended by city, county and state Department of Health policies)
- 2) Eliminated the use of any trans-fat (partially hydrogenated oil) in food sold or distributed to P-12 students during regular school hours. (As recommended by our school nutritionist and current Illinois legislation to ban trans fats in schools)
- 3) Eliminated the use of Styrofoam in serving or delivering food to P-12 students during regular school hours. (As recommended by our school nutritionist and Chicago ban proposed in February 2010. Over one hundred other U.S. cities have already banned Styrofoam)
- 4) The school cafeteria eliminated the sale of soda, replaced our regular plastic ware with biodegradable ware, eliminated foods with trans-fats and the use of Styrofoam. They continue to make improvements to provide our students with more healthy food – including the addition of a fruit or vegetable with every lunch effective February 2011. (Per the Illinois School Board of Education Junk Food and Soda Ban 2006)
- 5) Replaced our soda and snack machines with **Yo Naturals** machines that provide students with significantly healthier options. Sodas are no longer distributed in the school. (Per the Illinois School Board of Education Junk Food and Soda Ban 2006)
- 6) Implemented TCS Birthday Program, whereby the school provides non-food items to the birthday children on a monthly basis. Eliminated mass distribution by parents of any edible birthday treats and Picture Lady treats.
- 7) Provided guidelines to room parents for the annual Christmas parties, inclusive of one “junk food” item, such as one cookie or one cupcake per child. Other recommendations included cheese/crackers, fruit/veggie platters, 100% juice or milk beverage options (no sodas).

Healthful Food and Beverage Options for School Functions

At any school function during school hours of 8a.m. to 3p.m. (parties, celebrations, meetings, etc.) healthful food options should be made available to promote student wellness. Examples of nutritious foods and beverages that are consistent with the Dietary Guidelines for Americans are listed below. (All food preparation needs to be commercially prepared and packaged. i.e. – Carrot sticks may not be prepared at home, but purchased as a veggie platter, etc.)

- Raw vegetable sticks/slices (commercially prepared)
- Fresh fruit or fruit salad (either whole pieces or commercially sliced/prewashed)
- Frozen 100% juice fruit pops
- Dried fruits with no added sugar – raisins, apricots, cranberries, etc.
- Single serving applesauce or canned fruit in juice
- Lean meats and reduced fat cheese sandwiches
- Rold Gold Pretzels or crackers (Ritz, Triscuits, Wheat Thins, Honey Maid Graham crackers, Teddy Grahams are allergy conscious brands as well as trans fat free)
- Popcorn
- Tortilla chips with salsa
- Yogurt with no added sugars or artificial sweeteners
- Milk or milk products (string cheese, cheese cubes, cottage cheese) made with real cheese

*Low-fat products should only be ones that are not produced with added sugars, artificial sweeteners, or added chemicals.

This list is not all inclusive and is meant only to provide parents and school staff with guidance for healthier food and beverage choices. Not all food and beverage items on this list will necessarily meet district nutrient standards listed as products vary in sugar, fat and calorie content from brand to brand. However, all of the items in the list are believed to be consistent with the intent of the wellness policy to promote student health and reduce childhood obesity.

****Manufacturers can change ingredients and practices at any time, without notice. AT ALL TIMES, LABELS MUST BE READ to check both ingredients and statements regarding cross-contamination (i.e., "may contain" statements) before a student with food allergies consumes a product. Following these "Guidelines for Distribution of Food during School Hours", the teacher must communicate to all parents in the classroom in advance when any food is to be distributed to students. This communication must include the specific food and manufacturer and the date that the food will be distributed so that parents can make an informed decision about whether the food is safe for their student or provide a safe alternative.***

TRANS-FAT FREE SUPPLIERS of Baked Goods for Christmas Parties (but not limited to):

Mrs. Scherer's Frozen Cookie Dough treats: mrsschererscookiedough@gmail.com

Chow's/Elmhurst #630-530-8646

Spring Road/Julianne's Bakery #630-832-2289

Cookies Fresco/Elmhurst #630-359-4500

Trader Joe's

Starbuck's

Whole Foods

Dominick's, Jewel, & Costco bakery items usually have hydrogenated oils/trans-fats (shortening or margarine) in the baked goods. Other suppliers may have trans-fat free options, but please read the ingredient list to determine if they are trans-fat free. **Oreo** and **Back to Nature** boxed cookies, for example, are also good options that are also allergy conscious because they have many nut-free varieties.

Preferred Pizza Provider

Mama Maria's Pizzeria #630-832-0555 (will deliver!)

Recommended Beverages

100% fruit or vegetable juice

Milk

Water, not flavored

Lemonade – with no added artificial sweeteners or flavors (no aspartame/Nutrasweet/Equal, sucralose/Splenda, saccharin/Sweet'N Low)

Wellness Committee Members

Wendy Marshall, Co-Chair/Parent

Andra Hersey, Co-Chair/School Counselor

Dr. Tim Hoeksema, Elementary & Middle School Principal

Kathi Espinosa, Cafeteria Director

Julie Bullington, Co-Chair of Allergy Committee/Parent

Ann Bakker, Impact Program Director

Casey Strauss, 7th Grade Teacher

Tab Forgac, Dietician/Parent

Jill Groenewold, Physical Education Teacher