

ECHO & STARQuest

Local Wellness Policy SY 2021 - 2024

This document is intended to outline ECHO's and STARQuest Academy's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing distractions. The policy ensures that:

- students in the school have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus/day – in accordance with federal and state nutrition standards;
- students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- students have opportunities to be physically active before, during and after school;
- schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- school staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- the community is engaged in supporting the work of the LEA in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- the LEA establishes and maintains an infrastructure for management, oversight, implementation, evaluation, and communication about the policy and its established goals and objectives.

This Local Wellness Policy (LWP) outlines the LEA's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. This policy applies to all students, staff, and schools in ECHO & STAR Quest Academy. Specific measurable goals and outcomes are identified within each section below.

LOCAL WELLNESS COMMITTEE

Committee Role and Membership

ECHO & STAR Quest Academy will establish a Local Wellness Committee that meets at least two times per year to develop goals for and oversee implementation of school health and safety policies/programs, including periodic reviews and updates of this LWP.

The Local Wellness Committee will represent all school levels (middle, junior, and high schools) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; health education teachers; school health professionals (e.g., health education teachers, school health services staff (e.g., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services), and mental health and social services staff (e.g., school counselors, psychologists, social workers, or psychiatrists); school administrators (e.g., superintendent, principal, vice principal); health professionals (e.g., dietitians, doctors, nurses, dentists); and the general public. When possible, membership will also include Supplemental Nutrition Assistance Program Education coordinators (SNAP-Ed).

Leadership

Each school will designate a school wellness policy coordinator, who will ensure compliance with the policy.

Local Wellness Committee:

Name	Title / Relationship to the School or District	Email address	Role on Committee
Cortney Hale	Principal	chale@roe21.org	Assists in the evaluation of the wellness policy implementation; School Wellness Policy Coordinator
Deanna Morris	Director of Student Services/School Nutrition Program Director	dmorris@roe21.org	School Wellness Policy Coordinator
Jason Spannagel	Dean of Students	jspannagel@roe21.org	Assists in the evaluation of the wellness policy implementation
Julie Hilliard	Secretary/Breakfast & Lunch Aide	jhilliard@roe21.org	Secretary/Lunch Program
Molly Stephens	Support Staff	mstephens@roe21.org	Secretary/Lunch Program
Michaela Stanley	School Social Worker	mstanley@roe21.org	Wellness Team Leader
Jen Chambless	SIU Caravan Certified Physician's Assistant	jchambless@siumed.edu	Health & Nutrition Educator
Jennifer Hammonds	SIU Caravan; LCSW	jhammonds@siumed.edu	Health & Nutrition Educator

WELLNESS POLICY IMPLEMENTATION, MONITORING, ACCOUNTABILITY AND COMMUNITY ENGAGEMENT

Implementation Plan

ECHO & STAR Quest Academy schools will develop and maintain an implementation plan for implementing this LWP. This plan will delineate the roles, responsibilities, actions and timelines specific to the school; and include information about who will be responsible to making what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness.

ECHO & STAR Quest Academy will use a variety of tools (see list below) to complete school-level assessments of implementation of this plan; based on the results; ECHO & STAR Quest Academy will create an action plan, implement the plan, and generate an annual report. ECHO & STAR Quest Academy will retain records to document compliance with the requirements of this LWP at the ECHO's & STAR Quest Academy's main office and with the Office of the State Superintendent of Education.

Documentation maintained in these locations will include but is not limited to:

- this written LWP;
- documentation demonstrating that the policy has been made available to the public;
- documentation of efforts to review and update the LWP; including an indication of who is involved in the update and methods the LEA uses to make stakeholders aware of their ability to participate on the Local Wellness Committee;

- documentation to demonstrate compliance with the annual public notification requirements;
- the most recent assessment on the implementation of the LWP; and
- assessment documents will be made available to the public.

ECHO & STAR Quest Academy will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The school will make this information available via the school website <http://roe21.org> and through school-wide communications. This will include a summary of the school's events or activities related to wellness policy implementation. Annually, the schools also will publicize the name and contact information of the school officials leading and coordinating the Local Wellness Committee, as well as information on how the public can get involved with the Committee.

Triennial Progress Assessments

At least once every three years, ECHO & STAR Quest Academy will conduct a Triennial Progress Assessment and develop a report that reviews each schools' compliance with this LWP. This assessment and report will include a full description of the progress made in attaining the goals of ECHO & STAR Quest Academy's LWP.

The persons responsible for managing the triennial assessment and report are: Cortney Hale, Principal/School Wellness Policy Coordinator (chale@roe21.org) and Deanna Morris, Director of Student Services/School Wellness Policy Coordinator (dmorris@roe21.org).

The above referenced individual will monitor ECHO & STAR Quest Academy schools' compliance with this LWP and develop the triennial progress reports by utilizing, among other tools, the annual LEA self-evaluations described in the above section. ECHO & STAR Quest Academy schools will actively notify households/families of the availability of the triennial progress report.

Establishing a Plan to Measure the Impact and Implementation of the Local Wellness Policy

ECHO & STAR Quest Academy will evaluate compliance and effectiveness of this LWP using existing data collection tools, such as, but not limited to:

- IL Healthy Schools Act School Health Profiles;
- Centers for Disease Control and Prevention School Health Profiles;
- USDA triennial administrative review.

Revisions and Updating the Local Wellness Policy

This LWP will be assessed and updated at least every three years, following the triennial assessment discussed above. The Local Wellness Committee will update or modify this LWP based on the results of ECHO & STAR Quest Academy's annual self-assessment, the USDA triennial administrative review, and on other variables, including if/when ECHO & STAR Quest Academy's health priorities change; the community's health needs change; the wellness goals are met; new health science arises, new technology emerges; and new federal or state guidance/standards are issued.