

Wellness Policy Revision

In the spring of 2008, the Aledo School District formed a wellness committee comprised of school district staff, community volunteers and Mercer County Health Department nurses and health educators.

The goal of the committee was to update and implement a wellness policy required by the Illinois State Board of Education for all schools.

The following is a list of the wellness policy changes that will be implemented for the upcoming school year. The district intends to revise the wellness policy annually. Parents and students are asked to partner with the school district in creating a healthy environment and positive attitude toward healthy habits.

1. Students will no longer be able to bring homemade treats from home. All treats must be commercially made or be prepared in a certified kitchen (e.g., cookies made at Mercer Market).
2. Food from restaurants (e.g., McDonalds) will no longer be allowed in the cafeteria during the lunch hour.
3. Students will no longer be able to purchase pop at school. The pop machines have been replaced with vending machines that sell water and juice.
4. The food vending machines at the high school will be filled with food that meet certain nutrition guidelines.
5. Clubs and organizations are encouraged to sell non-food items or healthy food items for fundraisers.
6. Teachers are discouraged from using food as a reward or incentive.
7. Teachers are discouraged from withholding food from students as punishment.
8. Instead of sitting in the cafeteria, Apollo students will now play on the playground while waiting for school to begin.
9. All K-5 students will be given an opportunity for a morning milk break each day at Apollo.
10. The cooks will increase the number of healthy food offerings at breakfast and lunch and will offer more fresh fruits and vegetables and more whole grain food items.