



**DUPAGE REGIONAL OFFICE OF EDUCATION  
CENTER FOR STUDENT SUCCESS  
LOCAL WELLNESS POLICY**

**Wellness Policy Committee Leadership**

Dr. Jeremy Dotson

**Wellness Policy Committee Members**

Jennifer Johnson  
Kathy Ekstrand  
Devin Donovan  
Jeff Gerard

The Wellness Committee will meet quarterly to discuss issues related to the social, emotional and behavioral health of CSS students and staff.

**Public Involvement**

The DuPage Regional Office of Education permits and encourages public involvement in Local Wellness Policy development, updates and reviews. The policy is easily accessible on the DuPage Regional Office of Education's website as well as the Center for Student Success page. It will also be available for viewing and feedback during Parent/Teacher conferences. CSS students are invited to provide feedback on meals and participate in onsite food tastings offered through Gourmet Gorilla.

**Nutritional Standards**

All reimbursable meals served for the purposes of the National School Lunch Program meet or exceed the current USDA nutrition standards and regulations.

There are no competitive foods available for sale during meal times or throughout the day and the school does not participate in food based fundraisers.

### **Nutrition Education**

Students receive nutritional education as part of the Health curriculum at the Center for Student Success.

### **Physical Activity**

The majority of students at the Center for Student Success are enrolled in a physical education class that meets daily for 45 minutes. For those students that do not have physical education in their schedule, they participate in a daily movement break which includes walking or use of the school gymnasium. In an effort to assist students with emotional regulations, students are also able to request walks with staff when needed.

### **Other School Based Wellness Activities**

The Center for Student Success incorporates wellness activities into the school day through a variety of activities. During social work sessions, students participate in drug/alcohol prevention lessons as well as Red Ribbon Week. Students participate in an onsite garden, growing healthy foods. The Center for Student Success also provides access to a licensed therapist to focus on our student and families emotional wellness.

