



**Rowe Elementary School**  
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**Rowe Middle School**  
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## Rowe Elementary School Wellness Policy

Rowe Elementary School is part of the National School Lunch Program. Breakfast, Lunch, Snack, and Supper is provided at no cost to all scholars under the Community Eligibility Program (CEP) as of September 2014. This means that all scholars will be able to have breakfast, lunch, and a healthy snack while at school.

All meals and snacks provided at Rowe Elementary School meet nutritional criteria for school meals. Monthly menus are available for families on the Rowe Elementary website. Scholars who prefer to bring their own lunches are welcome to do so; however, all food items must adhere to our school nutrition policy. Please avoid sending anything that needs refrigeration or heating as these appliances will not be available.

Approved	Not Approved
<ul style="list-style-type: none"> <li>• Fruit</li> <li>• Vegetables</li> <li>• Yogurt</li> <li>• Cottage Cheese</li> <li>• Apple Sauce</li> <li>• Fruit Snacks (natural)</li> <li>• Cereal</li> <li>• Crackers (Triscuits, Wheat Thins, Goldfish, Cheez-its, Cheese sandwich crackers)</li> <li>• Fruit juice</li> <li>• Flavored waters</li> <li>• Milk, water, tea</li> <li>• Popcorn</li> <li>• Granola</li> <li>• Cereal Bars</li> <li>• Pretzels</li> <li>• Jello</li> <li>• Cheese Sticks</li> <li>• Graham Crackers</li> <li>• Vanilla Wafers</li> <li>• Animal Crackers</li> <li>• Hummus</li> <li>• Rice Cakes</li> <li>• Pita Chips</li> <li>• Muffins</li> <li>• Bagels</li> <li>• Tortillas</li> </ul>	<ul style="list-style-type: none"> <li>• Chips (i.e. Takis, Cheetos, etc.)</li> <li>• Cracker Jacks</li> <li>• Donuts</li> <li>• Pastries</li> <li>• Snack Cakes</li> <li>• Pop Tarts</li> <li>• Cupcakes</li> <li>• Candy</li> <li>• Chocolate</li> <li>• Gum</li> <li>• Suckers/Lollipops</li> <li>• Fruit Rollups, Gushers, Candy</li> <li>• Rice Krispie Treats</li> <li>• Cookies</li> <li>• Soft drinks</li> <li>• Soda</li> <li>• Sweetened tea</li> <li>• Juice drinks</li> <li>• Lunchables (that contain candy or cookies)</li> <li>• Fast Food</li> <li>• McDonalds (including breakfast)</li> <li>• Hot Chocolate</li> <li>• Any peanuts (Rowe is a peanut free school)</li> <li>• Coffee drinks</li> </ul>

## ***Nutrition Policy***

At Rowe Elementary School, we believe in providing our students with the tools to make healthy choices: academically, socially, emotionally, and *physically* that will allow them greater wellness throughout their lives. One such tool is providing students with nutrition and health education. In order to reinforce and model concepts about nutrition that students are taught, Rowe has created wellness policies to ensure that our values are reflected in our daily choices and behaviors.

### **Breakfast**

Rowe provides breakfast all scholars between the times of 8:02am and 8:20am. Breakfast will be delivered to the classrooms (RMS) at 8:00am. Scholars who arrive at school late are expected to have eaten breakfast at home. Scholars should refrain from bringing a breakfast that does not align with Rowe's healthy foods criteria (see healthy foods list).

### **Snack**

Rowe believes that healthy snacks are an essential fuel for learning. As such, Rowe requires that all snacks consumed in school (donated and purchased individually) meet certain criteria. In order to educate parents and scholars about what healthy snacks are, Rowe provides an approved list of snacks that can be consumed in school. Unhealthy snacks (snacks not on the healthy foods list) are prohibited. The logical consequence for a scholar who brings an unhealthy snack (or lunch) to school is that he or she will have his or her food confiscated and returned at dismissal.

### **Nut Free Policy**

Rowe Elementary has some peanut free classrooms. We have a number of scholars who have severe allergic reactions to peanut products. You will be alerted if a nut allergy is present in your child's classroom. For the safety of these scholars we ask that students and families refrain from bringing any products containing peanuts into the building if there is a scholar with an allergy in their class.

### **Holiday Celebrations & Birthday Celebrations**

Rowe wishes to maintain the celebratory spirit that holidays and birthdays can create.

***Birthday celebrations*** take place only on Friday. Families may bring in edible items as part of a birthday celebration however; it is *they should provide a healthy snack from the list above or choose a non-edible option* (see examples on the healthy foods list). Treats should be prearranged with classroom teacher. RMS does not allow class celebrations due to adhering to our Covid-19 protocols.

***Holiday celebrations*** (Halloween, Valentine's Day, Rising Rocket, Classroom Celebrations and other holidays). In lieu of adhering to our Covid-19 protocols, we are not allowing parents to contribute any foods for students. For any teacher/school led celebrations, Rowe will only provide sealed, pre-packaged treats.

*\* Rowe does not believe in using food as a means of reward or reinforcement. \**

### **Opportunities for Movement/Exercise in school**

Rowe recognizes that a responsive classroom is one that does not restrict movement but rather infuses movement into academic curriculum. Rowe Teachers strive to integrate movement through active "brain breaks" that get students up and moving in between learning. Rowe also provides enrichment learning for students through art, physical education, and musical theater. In addition to general content, these enrichment classes provides opportunities for movement, creative thinking and practices, and daily exercise.

*\* Rowe never uses exercise as a means of punishment. \**

### **Nutrition Education**

Students will receive opportunities for nutrition education that will be infused in the academic curriculum (P.E., Science and SEL). We believe implementing nutrition education is a convenient and strategic way of positively influencing children's nutrition knowledge and eating behaviors. We believe exposure to nutrition increases the likelihood of scholars creating healthy habits at a young age, decreased risk of obesity, improved cognitive development and increased nutrition knowledge and self-efficacy.

### **Food Sharing Plan**

*[Effective August 13, 2021 [Public Act 102-0359](#) required Illinois school districts to incorporate a food sharing plan for unused food focused on students in need into their Local Wellness Policy. Plans must be consistent with the Richard B. Russell National School Lunch Act, as well as accompanying USDA guidance on the Food Donation Program, in addition to following applicable federal and state regulations and sanitation codes. Districts should work closely with their Local Health Departments when developing plans.]*

At Rowe Elementary School our excess food is dispersed to students in need of additional meals.