



# Illinois State Board of Education

## The School Nutrition Environment & Social and Emotional Learning

Illinois State Board of Education  
Nutrition Department

Equity • Quality • Collaboration • Community



# Agenda



Social and Emotional  
Climate



School Nutrition  
Opportunities



Next Steps

# Social and Emotional Climate (SEC)

- In the school environment, social and emotional climate refers to students' experiences and how they impact social and emotional development
- Considers diversity and the unique needs of all students
- Social and emotional climate is an essential part of creating a healthy and safe school environment for all students

# Social and Emotional Learning (SEL)

- The learning process through which students develop recognition and management skills as they relate to:
  - Emotions
  - Goal setting
  - Empathy
  - Relationships
  - Decision making

# The Impact

- A positive SEC and opportunities for SEL have been linked to:
  - Engagement in school events and activities
  - Improved academic performance
  - Developing relationships
  - Increased positive behavior
  - Participating in less negative behavior
  - Improved mental health



# The Connection to School Nutrition

- The CDC recently released its research brief: [School Nutrition Policies and Practices Can Support the Social and Emotional Learning Climate and Learning](#)
- Policies surrounding school nutrition can affect a school's SEC by impacting SEL core competencies:
  - Self-awareness
  - Self-management
  - Social awareness
  - Relationship skills
  - Responsible decision-making

# Nutrition Education

## Examples of Opportunities for Nutrition Education

- Healthy eating
- Cooking skills
- Food marketing strategies
- Intuitive eating



# Nutrition Promotion

## Examples of Opportunities for Nutrition Promotion

- Taste testing
- Nutrition promotion materials
- Share tables
- Communications about school meals
- Food-based fundraising

# Meal Times

## Examples of Opportunities during Meal Times

- School staff joining meal times
- Duration of meal times
- Manners
- Self-service
- Bullying



# Food in the Classroom

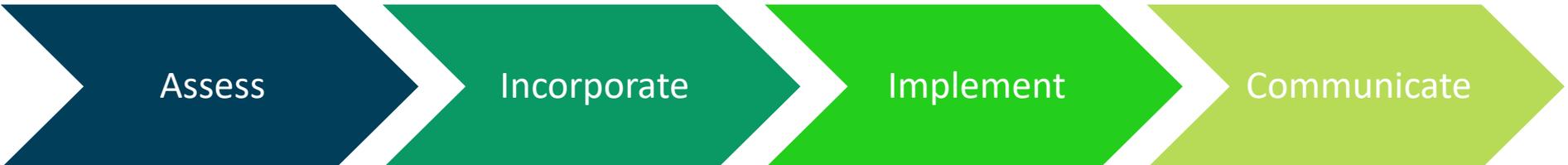
## Examples of Opportunities with Food in the Classroom

- Nonfood rewards
- Classroom celebrations
- Meals in the classroom
- School gardens



# Next Steps

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Assess

Incorporate

Implement

Communicate



# Assess

- Assess your organization or school's current policies and procedures
  - Do they align with SEC and SEL ideas?
  - Do they include school nutrition practices?
  - Do they make the connection between the two?

# Incorporate

- Incorporate school nutrition policies that align with SEC & SEL ideas
  - Research evidence-based strategies
  - Communicate with stakeholders
  - Develop realistic goals
  - Seek board approval



# Implement

- Take steps to implement these policies
  - Communicate with school staff
  - Implement policies!
  - Measure progress in attaining these goals



# Communicate

- Share information with parents and guardians:
  - The importance of SEC and SEL, and the connection to school nutrition
  - Policy updates
  - Success stories
  - How to get involved



# Looking for More Information?

CDC's School Nutrition Policies and Practices Can Support the Social and Emotional Climate and Learning Research Brief:

[https://www.cdc.gov/healthyschools/nutrition/pdf/321123-A FS SchoolNutrition.pdf](https://www.cdc.gov/healthyschools/nutrition/pdf/321123-A_FS_SchoolNutrition.pdf)

CDC's School Nutrition and the Social and Emotional Climate and Learning Webpage:

[https://www.cdc.gov/healthyschools/nutrition/school\\_nutrition\\_sec.htm](https://www.cdc.gov/healthyschools/nutrition/school_nutrition_sec.htm)

CDC's Comprehensive Framework for Addressing the School Nutrition Environment and Services:

[https://www.cdc.gov/healthyschools/nutrition/pdf/school\\_nutrition\\_framework\\_508tagged.pdf](https://www.cdc.gov/healthyschools/nutrition/pdf/school_nutrition_framework_508tagged.pdf)

# Contact Information

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<https://www.isbe.net/Pages/Nutrition-and-Wellness.aspx>



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