

**RESCIND BOARD REPORTS 95-0527-PO1 AND 06-0823-PO4  
AND ADOPT A NEW LOCAL SCHOOL WELLNESS POLICY FOR STUDENTS**

**THE CHIEF EXECUTIVE OFFICER RECOMMENDS:**

That the Board rescind Board Reports 95-0527-PO1 and 06-0826-PO4 and adopt a new Local School Wellness Policy For Students.

**PURPOSE:** The purpose of this policy is to establish requirements for nutrition education, physical activity and the provision of healthy food choices at school and to ensure the Board's expectations for student health and wellness are articulated and satisfied.

**BELIEF STATEMENT:** The Board recognizes the relationship that exists between academic achievement and student health and wellness. Accordingly, this policy reflects the Board's commitment to removing health-related barriers to learning via health policy, promotion, education and services. The Board values (a) school-based activities designed to provide students with a school environment that supports and promotes wellness, healthy eating and an active lifestyle, (b) the inclusion of nutrition education (c) nutrition requirements for all foods and beverages available on school property, (d) the integration of opportunities for physical activity, like recess, during the student day, (e) high-quality physical education programming, (f) school-based activities designed to promote health and reduce obesity, and (g) parents, guardians and family involvement in driving the success of school-based health, wellness and nutrition measures. In adopting a new policy with more rigorous standards, the Board sets a precedent for future health and wellness related policies and programs provided by the district.

**POLICY TEXT:**

**A. Definitions:**

***Nutrition Education:*** Nutrition education is a planned, sequential, K-12 curriculum or supplemental education program that addresses the physical, mental, emotional, and social dimensions of health related to nutrition. The curriculum is designed to motivate and assist students to maintain and improve their health, prevent disease, and reduce health-related risk behaviors. It allows students to develop and demonstrate increasingly sophisticated nutrition-related knowledge, attitudes, skills and practices.

***Physical Activity:*** Regular physical activity in childhood and adolescence improves strength and endurance, helps build healthy bones and muscle, helps control weight, reduces anxiety and stress, increases self-esteem, and may improve blood pressure and cholesterol levels. Physical activity is movement that reduces the risk of premature mortality in general and of coronary heart disease, hypertension, colon cancer, and diabetes mellitus in particular. Two levels of physical activity are commonly recommended including "Moderate" and "Vigorous."

*Moderate:* Movement activities in which participants breathe heavily and are able talk in complete sentences, but not sing.

*Vigorous:* Movement activities in which participants perspire, breathe hard and are not be able to say more than a few words without pausing for a breath.

***Physical Education ("PE"):*** Physical education is a planned, sequential, curriculum (K-12) that provides cognitive content and learning experiences in a variety of activity areas, such as basic movement skills; physical fitness; rhythm and dance; games; team, dual, and individual sports; tumbling and gymnastics; health education; and aquatics.

**B. Nutrition Education:** In order to establish a standardized approach to nutrition education, schools shall provide nutrition education programming under the following framework in accordance with the CPS Student Wellness Guidelines.

1. Grade Level Requirements:

- a. Elementary Schools and campuses serving grades K-8 are required to integrate evidence-based nutrition education into the curriculum **in all grade levels in the school**. Elementary schools that do not serve all grades K-8 (e.g. K-3, K-4, K-5, etc.) are subject to the requirements of this section.
- b. Middle Schools serving grades 6-8 or 7-8, Academic Centers located in high schools serving grades 7-8 and High Schools serving grades 6, 7 or 8 are required to integrate evidence-based nutrition education into the curriculum at **in at least two grade levels**.
- c. High Schools serving grades 9-12 are required to integrate evidence-based nutrition education into the curriculum of **at least two high school courses required for graduation**.

2. Nutrition Education Implementation.

- a. The Principal shall ensure that the following requirements are satisfied in accordance with the CPS Student Wellness Guidelines when implementing nutrition education at their school:
  - i. Provide nutrition instruction that is consistent with or exceeds the U.S. Department of Agriculture (USDA)'s "Dietary Guidelines for Americans" and the most current "My Plate" plan.
  - ii. Implement evidence-based nutrition instruction, supplemented by resources provided by the USDA's Team Nutrition or other vetted sources.
  - iii. Maximize classroom time by integrating nutrition education into lesson plans of other school subjects including math, science, language arts, physical education, health, and social sciences.
  - iv. Provide students with consistent nutrition education messages through multiple channels in addition to classroom instruction including nutrition information provided in the cafeteria, health fairs, field trips, after school programming, and assemblies.
  - v. Comply with the additional nutrition education requirements specified in the CPS Student Wellness Guidelines.
- b. The Chief Education Officer or designee, in collaboration with the Office of Student Health and Wellness shall monitor and measure the extent to which schools utilize an evidence-based nutrition education curriculum under the framework described herein. A baseline standard shall be developed to enable measurement of growth in the number of schools using an evidence-based nutrition education curriculum over time.

3. Parent/Family Outreach. Schools shall provide parents/guardians with information to help them incorporate healthy eating and physical activity into their child's lives in and outside of school. This information may be provided in the form of handouts, postings on the school website, information provided in school newsletters, presentations that focus on nutrition and healthy lifestyles and any other appropriate means available for reaching parents.

**C. School Food Service:**

1. Compliance with Laws and Regulations. The food and beverages served on school campuses during the school day by CPS personnel as part of the National School Lunch Program (NSLP), National School Breakfast Program (NSBP), Seamless Summer Option (SSO) and Child and Adult Care Food Programs (CACFP) shall meet or exceed all applicable federal state and local laws and regulations as well as applicable Board policies and guidelines including, but not limited to:

- a. Applicable USDA regulations regarding all aspects of NSLP and NSBP, and all other federally-funded CPS food service programs;

- b. Applicable Illinois law that regulates the service or sale of foods and beverages on school grounds;
- c. Applicable law and regulations governing food safety and security for all foods made available on campus;
- d. CPS Food Service guidelines applicable to reimbursable school meals which shall not be less restrictive than federal regulations and guidance issued by the U.S. Secretary of Agriculture pursuant to the Child Nutrition Reauthorization Act and the Healthy, Hunger-Free Kids Act;
- e. Federal and state regulations to provide accommodations for dietary, cultural and religious preferences and needs of students; and
- f. Board policies governing food allergy management; diabetes management; administration of medication; sale of competitive foods/beverages and all other Board policies governing student health and nutrition.

2. Meal Planning. Schools shall offer students a variety of age-appropriate, healthy and appealing food and beverage choices in the dining center. Schools shall employ food preparation and meal planning practices consistent with federal guidelines, best practices and the CPS Nutrition Standards for school meals.

3. Breakfast. Elementary schools shall comply with the district's Breakfast in the Classroom policy in order to provide students with a nutritious meal to begin the school day, increasing student focus and attention in the classroom.

4. Foods Provided to Students by Parents/Guardians. Schools shall encourage parents to support the goals and objectives of this policy through providing students with healthy foods that will be consumed during the school day. Parents/guardians who elect to provide their child with meals outside of the NSLP and NSBP and are encouraged to send healthy foods in age-appropriate portions for their child and refrain from providing foods or snacks with minimal nutritional value.

5. Locally Grown. CPS is committed to using locally grown fruits and vegetables when available, in season and economically feasible.

6. Feedback. CPS is committed to meeting the nutritional needs of students across the district. To that end, Nutrition Support Services and district food service providers in accordance with USDA requirements will solicit student and parent feedback that aims to improve the quality of and student satisfaction with school meals and increase overall participation.

7. Nutrition Education and Wellness in the School Dining Center. Nutrition Support Services, district food service providers and School Dining Center staff shall be engaged in wellness activities that support taking nutrition lessons beyond the classrooms and into the school dining centers to encourage and promote healthy eating habits. Schools must:

- a. Ensure that, through Nutrition Support Services, food service staff receive ongoing professional development opportunities that include training regarding nutrition, meal planning, and wellness in accordance with current contracts.
- b. Encourage creativity in menu planning and implementation of strategies that provide tasty, appealing and healthy school meals.
- c. Serve school meals in clean, safe and pleasant settings with adequate time provided for students to eat, at a minimum, in accordance with state and federal standards and guidelines.
- d. Reinforce healthy food messages in the dining center through printed materials like posters and nutrition pamphlets and/or presentations like taste-tests or cooking demonstrations.

**D. Physical Education:** Schools shall offer physical education programming that:

- 1. Is consistent with state learning standards and CPS Student Wellness Guidelines;
- 2. Is coordinated within a comprehensive health education curriculum;

3. Emphasizes self-management skills;
4. Is designed to foster engagement in physical activity that enables students to achieve and maintain a high level of personal fitness over their lifetime; and
5. Is consistent with Health-Optimizing Physical Education learning objectives and strategies established by the Chief Instruction Officer including, but not limited to:
  - Engages *all* students in moderate to vigorous activity during two-thirds of all physical education class time;
  - Utilizes an evidence-based physical education curriculum aligned with the state standards for physical education;
  - Integrates skill-based assessments into all elementary physical education curricula; and
  - Accommodates students with disabilities with a 504 plan or IEP.

**E. Physical Activity:**

1. *Weekly Physical Activity – In School:* To improve academic outcomes and increase overall student fitness it is recommended that schools provide *all* students with a total of 90 minutes of moderate to vigorous physical activity per week, through a combination of:
  - Structured PE class taught by a certified PE teacher
  - Daily recess (elementary only)
  - Classroom physical activity
  - School activity assemblies
  - Other activities as specified in the CPS Student Wellness Guidelines
2. *Curriculum Integration Goals:* All core subjects including math, science, language arts, health, family and consumer science, and social sciences should maximize student attention and focus by integrating moderate to vigorous physical activity. All schools are encouraged to include increments of 10 minutes of physical activity at least one time per week into each core subject lesson plans.
3. *Inactivity Reduction Goals:* Schools shall discourage extended periods (two hours or more) of time when a student is not physically active. When activities, such as school testing, make it necessary for students to remain indoors for long periods of time, schools should provide periodic breaks during which students are encouraged to be moderately to vigorously active.
4. *Weekly Physical Activity Goals – Out of School:* Schools shall encourage students to engage in continuous physical activities (moderate to vigorous) outside of school hours for a minimum of 15 to 30 minutes on 5 or more days per week through participation in community programs, after school programs and/or before school programs.

**F. Active Transportation:** Schools shall encourage students to walk or bike to school when feasible. Schools should engage parents in organizing adult supervised groups to facilitate safe walking and biking. This may include assessing walking and biking access to school and exploring ways to improve access. Schools shall develop an arrival and dismissal plan to ensure, where possible, safer traffic, ingress and egress conditions for students in and around the school campus as part of their Facility Information Management Systems (FIMS) emergency and safety plan due October 1<sup>st</sup> of each year.

**G. Recess:** All elementary schools, middle schools, and high schools with elementary grades, shall provide elementary students (K-8) with a daily opportunity for recess. Recess is a non-instructional activity and shall occur during non-instructional time. Recess shall be at least 20 minutes in length per day. Recess, which provides students with a break from instruction and time to engage in play with peers, shall include physical activity and/or activities that promote social skill development. It is recommended that schools schedule recess prior to students' lunch period. Schools shall implement recess in accordance with CPS Student Wellness Guidelines.

**H. Food and Physical Activity as Rewards or Punishment:**

1. Teachers and other school personnel must promote non-food rewards and must not withhold food or offer alternative lunch options (such as a brown bag lunch, serve lunch in the classroom) as punishment.
2. Teachers and other school personnel shall not use physical activity (e.g., running laps, push-ups as a punishment) or withhold opportunities for physical activity (e.g., withholding recess, physical education) as punishment.
3. Teachers and other school personnel are encouraged to use physical activity opportunities as rewards such as extra recess, special classroom privileges etc.
4. Any food offered as a reward or part of a school celebration must meet the requirements of the Board's food allergy management policy and other Board policies regarding student health and nutrition.

**I. Student Access to Nutritious Foods:** In order to increase student access to nutritious foods outside of the school-provided meals, schools are encouraged to:

1. Refer all eligible students to CPS' Children and Family Benefits Unit to enroll them in any appropriate state and federal benefits programs such as SNAP (food stamps) and All Kids.
2. Promote student participation in the federally-funded summer food service programs and coordinate activities with city agencies to maximize student summer services and student participation in federally-funded summer food service programs.
3. Promote student participation in after-school and summer programs that serve healthy snacks to children which meet federal and state regulations.
4. Reduce waste from school meals by participating in the Love Food Hate Waste and FoodShare programs, the latter of which redistributes and promotes the consumption of wholesome foods after-school and in the school community.
5. Conduct periodic reviews to ensure that items sold on school grounds in vending machines, school stores, by food vendors on school grounds, as fundraisers or as a la carte items comply with any applicable federal regulations regarding the sale of competitive foods at school and related Board policy.

**J. Staff Wellness:** CPS encourages school staff to pursue a healthy lifestyle that contributes to their improved health status, improved morale, and a greater personal commitment to the school's overall comprehensive health program.

**K. Local School Implementation:**

1. *School Wellness Champion:* The principal will annually designate a school employee to serve as the School Wellness Champion who will (i) lead and coordinate their school's efforts to increase healthy eating and physical activity for students, (ii) serve as the liaison to CPS Office of Student Health and Wellness regarding school level efforts to implement this policy and reporting as needed, and (iii) annually establish, serve on and lead a School Wellness Team that develops goals, strategies and initiatives for student health, wellness and physical activity during the school year.
2. *School Wellness Team:* The principal shall ensure that a School Wellness Team is formed annually to spearhead health and wellness initiatives at the school that are in compliance with this policy and ensure the school's compliance with any applicable federal regulations regarding the sale of competitive foods/beverages at school and/or related Board policy. The principal shall establish a system to annually identify School Wellness Team members which may include parents/guardians, teachers of physical education, classroom teachers, school health professionals, students, school administrators and community health and wellness partners.

3. *Reporting:* The principal shall provide quarterly updates to the Local School Council regarding the school's health and wellness initiatives and the school's implementation of this policy.

L. **Support and Oversight:** The Office of Student Health and Wellness shall oversee school implementation and compliance with this policy and in doing so shall:

1. Provide technical assistance and support to assist schools with implementation of the policy and improve programming functions;
2. Ensure schools are offered support services through various departments including the Office of Student Health and Wellness, Nutrition Support Services, and the Chief Instruction Office to ensure the full implementation of this policy;
3. Establish a process for identifying and distributing resources made available by qualified agencies and community organizations for the purpose of collaborating with schools to enhance implementation of this policy;
4. Establish a process to gather regular reporting and feedback from individual schools, community partners, students and parents on the implementation of the policy;
5. Conduct periodic evaluations and report on district-wide and individual schools' compliance with the Policy; and
6. By January 2015, conduct a district-wide review and assessment of this Policy and other related Board policies regarding the sale of competitive foods/beverages at school on the policies' effectiveness and, based on this assessment, propose Policy revisions.

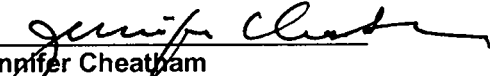
M. **School Progress Report Measure:** CPS shall provide an annual "Healthy Schools Certified" indicator on the CPS School Progress Report that is directly correlated with the school's health and wellness environment and school's compliance with this and any applicable federal regulations regarding the sale of competitive foods/beverages at school and related Board policy.

N. **Review of Policy Coordination Efforts:** The Chief Health Officer shall designate individuals from central office departments, schools, as well as external stakeholders to convene at least annually, and on an as-need basis, to review CPS wellness and community coordination efforts and opportunities.

O. **Guidelines:** The Chief Health Officer or designee is authorized to develop and implement guidelines, standards and toolkits to ensure the effective implementation of this policy.


**LEGAL REFERENCES:** Healthy Hunger Free Kids Act of 2010, 42 USC 1751; Illinois Critical Health Problems and Comprehensive Health Education Act 105 ILCS 110 *et seq.*; 105 ILCS 5/2-3.137.

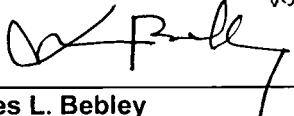
Approved for Consideration:

  
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Jennifer Cheatham  
Chief of Instruction

Respectfully submitted:

  
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Barbara Byrd-Bennett  
Chief Executive Officer

Approved as to legal form 

  
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James L. Bebley  
General Counsel