

**WITHDRAWN**

**DRAFT**

06-0726-P01

**July 26, 2006**

**ADOPT A NEW LOCAL SCHOOL WELLNESS POLICY ADDRESSING NUTRITION  
AND PHYSICAL ACTIVITY IN SCHOOLS**

**THE CHIEF EXECUTIVE OFFICER RECOMMENDS:**

That the Board of Education for the City of Chicago (the "Board") adopt a new Local School

Moderate: Movement activities for  $\geq 30$  minutes that do not make participants perspire and breathe hard

Vigorous: Movement activities for  $> 20$  minutes that do make participants perspire and breathe hard

Physical Education: 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; soccer, team, dual, and individual sports; tumbling, and

gymnastics; and aquatics.

II. SCOPE OF THE POLICY

All CPS schools shall make a reasonable effort to address goals for nutrition education, follow

- (1) A baseline standard shall be developed to enable measurement of growth in the number of high schools

using a properly aligned evidence-based nutrition

education curriculum over time

- (2) CPS shall monitor the use of such curriculum in high schools and design programming aimed at increasing the number of high schools that utilize a properly aligned evidence-based nutrition education curriculum.

2. All CPS schools shall make a reasonable effort to address the following

- a. Increase the number of schools providing instruction that is

1. Applicable federal regulations regarding all aspects of the National School Lunch Program, the National School Breakfast Program, and all other federally funded CPS food service programs
2. Applicable Illinois law that regulates the service or sale of foods and beverages in participating schools

3. Applicable federal and state guidelines for all foods made available on

campus

4. Board policy governing the operation of snack vending machines, Board Report 04-0623-PO1, The Operation of Snack Vending Machines, as may be amended
5. Board commitment to ensure that safe drinking water fountains are operational and readily available throughout school premises

6. Board policy governing the CPS commitment to accommodate dietary, cultural and religious preferences and needs of students in accordance with federal and state guidelines and regulations

**C. Physical Activity**

All CPS schools shall offer programming that is (1) designed to foster engagement in

- e. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
  - f. Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
3. Maximize classroom time by integrating physical activity into lesson plans of other school subjects including math, science, language arts, ~~health, family and consumer sciences, and social sciences.~~

f. Support parents' and guardians' efforts to provide a healthy diet and

secondary education.

6. Provide parents/guardians and school staff with information to help them incorporate healthy eating and physical activity into their students' lives. This information may be provided in the form of handouts, notices or

**B. Oversight and Monitoring**

1. District Wide Oversight and Monitoring

The Chief Executive Officer or designee shall be charged with the operational responsibility for ensuring that each school meets the local

wellness policy requirements.

Such operational responsibility shall include:

- Developing guidelines and other materials that assist central office staff and schools with implementation of the policy and

improve programmatic functions. Such a document(s) should be

Minimum High School Graduation Requirements 00-1000-P00

Illinois Learning Standards Policy 03-0024-P02

- Physical Education for Students Enrolled in Grades 11 and 12, 86-0806-ED3
- Family Life and Comprehensive Sexual Health Education 06-0426-P04