

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

THE CHIEF EXECUTIVE OFFICER RECOMMENDS:

That the Board of Education & School Committee (the Board) recommend that the Board of Education & School Committee (the Board) adopt the following Local School Wellness Policy Addressing Nutrition and Physical Activity in Schools.

Wellness Policy Addressing Nutrition and Physical Activity in Schools.

POLICY STATEMENT:

The Board recognizes the relationship that exists between academic achievement and access to best practice and evidence-based nutrition, health promotion and disease prevention programs and services. Accordingly, this policy reflects the Board's commitment to address barriers to

Moderate: Movement activities for ≥ 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; games; 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

school-based activities designed to promote good health and reduce obesity by offering programming to students. However, no student whose parents or guardians provide a timely written objection to participation in certain programming shall be required to participate in such programming or shall be suspended or expelled for refusal to participate in any such program.

- (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.

ALL CPS schools shall make a reasonable effort to address the following

specific goals for nutrition education:

consistent with the U.S. Department of Agriculture (USDA)'s "Dietary Guidelines for Americans" and the most current "My Pyramid" plan.

- b. Increase the number of schools implementing instruction with resources provided by the USDA's Team Nutrition or other federal sources.
- c. Increase the number of evidence-based nutrition education programs supplementing the curricula available to schools

1. Applicable federal regulations regarding all aspects of the National

Other federally-funded CPS food service programs

2. Applicable Illinois law that regulates the service or sale of foods and

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Demonstrates understanding of movement concepts

principles, strategies, and tactics as they apply to the learning and performance of physical activities.

3. Participates regularly in physical activity.
4. Achieves and maintains a health-enhancing level of physical fitness.
5. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
6. Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

plans of other school subjects including math, science, language arts, health, family and consumer science, and social sciences.

4. Increase the number of students who engage in continuous physical activities (moderate) for a minimum of 15 to 30 minutes on 5 or more days per week through participation in one or more of the following:
 - a. community programs
 - b. after school programs
 - c. recess

2. Promote student participation in the National School Breakfast Program and increase the number of students served breakfast meals to a level

that more closely matches the number of students served through lunch programs.

3. Promote student participation in after-school programs that serve healthy snacks to children which meet federal and state regulations.

4. Promote student participation in the federally-funded summer food

service programs.

5. Support parents' and guardians' efforts to provide a healthy diet and daily physical activity for their children throughout their elementary and secondary education.

6. Provide parents/guardians and school staff with information to help them

B. Oversight and Monitoring

1. **District-Wide Oversight and Monitoring**

The CEO 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, implementing, and assessing a local wellness policy

office staff and schools with implementation of the policy and improve programming functions. Such a document(s) should be reviewed at least once every two years and updated as appropriate.

- Receiving reports and feedback from individual schools on implementation of the policy;
- Reviewing and assessing district wide implementation of the local school wellness policy

Recommending amendments to the local school wellness

06-0823-PO4

- Student Social and Emotional Health Policy, 04-0922-PO3
- Student Health Examinations, Immunizations, and Dental Examinations Policy, 05-

Administration of Medication During School Hours Policy, 03-0724-PO01

Minimum High School Graduation Requirements, 06-0628-PO2

Writing Standards Policy, 03-0924-PO02

- Physical Education for Students Enrolled in Grades 11 and 12, 86-0806-ED3
- Family Life and Comprehensive Sexual Health Education, 06-0426-PO4

Approved for Consideration:

Barbara Eason-Watters

Respectfully submitted:

[Signature]

Noted:

John Maiorca
John Maiorca
Chief Financial Officer

Approved as to Legal Form ^{DM}

Patrick Rocks
Patrick Rocks
General Counsel