

**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.

SUBJECT: The purpose of this decision is to establish a new Local School Wellness Policy for students.

and the provision of healthy food choices at school and to ensure the Board's expectations for student

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.

Middle Schools serving grades 6-8 or 7-8. Academic Centers located in high schools serving

- 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

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 CDC Nutrition Standards for school

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

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

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punishment.

2. Teachers and other school personnel shall not use physical activity (e.g., running laps, push-ups

2. **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;

Approved for Consideration: _____


Respectfully submitted: _____




Jennifer Cheatham
Chief of Instruction



Barbara Byrd-Bennett
Chief Executive Officer

Approved as to legal form 



James L. Bebley
General Counsel