

# Chicago Public Schools Policy Manual

**Title:** LOCAL SCHOOL WELLNESS POLICY ADDRESSING NUTRITION AND PHYSICAL ACTIVITY IN SCHOOLS

**Section:** 704.7

**Board Report:** 06-0823-PO4

**Date Adopted:** August 23, 2006

## Policy:

### THE CHIEF EXECUTIVE OFFICER RECOMMENDS:

That the Board of Education for the City of Chicago (the "Board") adopt a new Local School 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 learning through health promotion and disease prevention activities. These activities are designed to improve the quality of life for students attending the Chicago Public Schools ("CPS") and to decrease health disparities within the district and through the coordination of school health programs and services.

Consistent with the requirements to establish a wellness policy under the Child Nutrition and WIC Reauthorization Act of 2004, 42 U.S.C. § 1751 and the Illinois School Code, 105 ILCS 5/2-3.137, this policy specifically reflects the Board's commitment to provide students with a school environment that supports and promotes wellness, good nutrition and an active lifestyle through the inclusion of goals for nutrition education, nutrition guidelines for all foods available on school property, physical activity, and other school-based activities designed to promote health and reduce obesity. In addition, school staff shall be encouraged to model healthy eating and physical activity as a valuable part of daily life.

### POLICY TEXT:

#### I. DEFINITIONS

**Nutrition:** Nutrition involves healthy eating, which is associated with reduced risk of many diseases, including the three leading causes of death—heart disease, cancer, and stroke—and is important in childhood and adolescence for proper growth and development and can prevent obesity, dental caries, iron deficiency anemia, and other health problems.

**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 health-related knowledge, attitudes, skills, and practices.

**Physical Activity:** 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. 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. Two levels of physical activity are commonly recommended including "Moderate" and "Vigorous."

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

Vigorous: Movement activities for  $\geq 20$  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 nutrition guidelines for all foods available on school property and foster physical activity and other 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. Any student who does not provide a written objection to participation in CPS programming shall be required to participate.

## **III. LOCAL SCHOOL WELLNESS PROGRAMMING**

### **A. Nutrition Education**

#### **1. Nutrition Education Curriculum**

##### **a. Elementary Schools.**

CPS, through its Coordinated School Health Unit, shall measure the extent to which elementary schools utilize an evidence-based nutrition education curriculum.

(1) A baseline standard shall be developed to enable measurement of growth in the number of elementary schools using an evidence-based nutrition education curriculum over time.

(2) The CEO or designee shall monitor the use of such curriculum in elementary schools and design programming aimed at increasing the number of elementary schools that utilize an evidence-based nutrition education curriculum.

##### **b. High Schools**

CPS, through its Coordinated School Health Unit, shall measure the extent to which high schools utilize an evidence-based nutrition education curriculum that is aligned with the National Health Education Standards and the Illinois Learning Standards for Physical Development and Health.

(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 specific goals for nutrition education:**

- a. Increase the number of schools providing instruction that is 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.
  - d. Maximize classroom time by integrating nutrition education into lesson plans of other school subjects including math, science, language arts, physical education, health, family and consumer science, and social sciences.
  - e. Provide a minimum of fifty contact hours of nutrition education and nutrition education activities to students each year. Contact hours may include a combination of classroom instruction; nutrition education provided in the cafeteria; or health fairs, field trips and assemblies providing nutrition education.
  - f. Ensure that students receive consistent nutrition messages throughout schools, classrooms, and cafeterias.
3. The CEO or designee shall make a reasonable effort to engage food service providers in wellness partnerships that support taking nutrition lessons to classrooms and school cafeterias so as to encourage the coordination of classroom and cafeteria activities and use effective techniques to promote healthy eating habits.

**B. Nutrition Regulations and Guidelines for Foods and Beverages Available to Schools**

Where practicable, all schools should offer students a variety of age-appropriate, appealing food and beverage choices. Schools must also employ food preparation and meal planning practices consistent with federal guidelines and that seek to support the current recommendations of the Dietary Guidelines for Americans.

The provision of all food and beverages served on school campuses, by CPS personnel during the school day, shall comply with all applicable federal, state and local laws and regulations as well as certain Board policies and guidelines, including:

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 law, Board policies and regulations governing food safety and security 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. Local regulations governing the provision of safe and operational drinking water fountains.
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**

1. All CPS schools shall offer programming that: (1) is designed to foster engagement in physical activity that enables students to achieve and maintain a high level of personal fitness; (2) emphasizes self-management skills; (3) is consistent with Illinois Learning Standards and (4) is coordinated within a comprehensive health education curriculum.
2. The Board encourages schools to:
  - a. Provide elementary school students with an opportunity to participate in physical education for a minimum of 150 minutes per week, and middle school students and high school freshmen and sophomores an opportunity to participate for a minimum of 225 minutes per week.
    - Special emphasis should be placed on promoting an active lifestyle in preschool through primary grades as health habits are established at a young age.
    - Accommodations shall be made for students with disabilities, 504 plans, and other needs.
  - b. Utilize an evidence-based physical education curriculum aligned with the National Health Education Standards and the National Physical Education Standards.

The National Standards for Physical Education include the following:

1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
  2. 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.
3. Maximize classroom time by integrating physical activity into lesson 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

**D. Other School-based Activities**

In an effort to foster the provision of additional school-based activities that promote good health and reduce obesity, the CEO or designee shall:

1. Encourage the development of and participation in partnerships with stakeholders that have the potential of assisting schools to achieve the goals of this policy.

2. Urge food service providers and school administrators to work together and promote participation in all federally-funded school food programs.
3. Coordinate activities with city agencies such as the Chicago Park District to maximize student summer services and student participation in federally-funded summer food service programs.
4. Ensure that, through the Department of Food Services and Warehousing, food service management companies provide food service staff training throughout the year in accordance with current contracts.
5. Prohibit school personnel from withholding meals from students or changing menu offerings to students as punishment.
6. Encourage creativity in menu planning and implementation of strategies that provide tasty, appealing and healthy school meals.

Moreover, the Board encourages schools to:

1. Refer an increased number of eligible students to the Child and Family Benefits Unit to enroll them in any appropriate state and federal programs.
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 incorporate healthy eating and physical activity into their students' lives. This information may be provided in the form of handouts, postings on the school/district website, information provided in school/district newsletters, presentations that focus on nutrition and healthy lifestyles and any other appropriate means available for reaching parents.
7. 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.
8. Consider local wellness policy goals when planning school-based activities.
9. Organize local wellness committees at individual schools that involve parents/guardians, teachers, administrators and students to improve nutrition and physical activities at the school level.
10. Ask students, parents/guardians, community members and staff to serve healthy items at school events and to use healthy school fundraising and classroom celebration ideas.

11. Foster increased student consumption of a variety of healthy foods, including fresh fruits, vegetables, whole grains, and low-fat dairy products through creative food service and presentation of healthful foods such as salads and low fat yogurts.
12. Foster the use of non-food incentives or rewards with students.

#### **IV. ADMINISTRATION OF LOCAL SCHOOL WELLNESS PROGRAMMING**

##### **A. Administrative Support Services**

CPS shall provide schools with administrative support to further the implementation of this policy. Support services shall be offered through various departments, including the Office of Specialized Services, the Department of Food Services and Warehousing, the Office of High School Programs and the Chief Education Office.

CPS shall also provide information to schools regarding resources available through community based and other external organizations when additional services are needed.

##### **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 guidelines and other materials that assist central 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 Policy, as necessary;
- Providing reports to the Board as to the district and individual school compliance with the Policy.
- Identifying opportunities for school and district collaboration with agencies and community organizations to enhance implementation of this policy.

###### **2. Local School Oversight**

- a. The principal of each campus shall be responsible for implementation of the local wellness policy and shall appoint a school-based team that includes parent/guardian membership to develop and implement an annual evaluation plan.
- b. The school-based evaluation team shall evaluate policy implementation and identify areas for improvement. The evaluation team shall report its findings to the campus principal and develop with him/her a plan of action for improvement, as needed.

**C. Assurances Regarding Guidelines for Reimbursable School Meals**

Federally reimbursable meals and snacks shall be prepared in compliance with strict USDA nutrition guidelines. All guidelines established by the Board or by schools that are applicable to Chicago Public Schools for reimbursable school meals shall not be less restrictive than federal regulations and guidance issued by the U.S. Secretary of Agriculture pursuant to the Child Nutrition Act and the Richard B. Russell National School Lunch Act.

**D. Related Policies**

The Board has adopted other policies that further support the goals set forth in this Policy and applicable federal and state laws. Those policies, as they may be amended, include:

- Student Social and Emotional Health Policy, 04-0922-PO3
- Student Health Examinations, Immunizations, and Dental Examinations Policy, 05-0928-PO2)
- Administration of Medication During School Hours Policy, 02-0724-PO01
- Minimum High School Graduation Requirements, 06-0628-PO2
- Illinois Learning 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

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**Amends/Rescinds:** Adopted 06-0823-PO4

**Cross References:**

**Legal References:** Child Nutrition and WIC Reauthorization Act, 42 U.S.C. §1751; Illinois School Code, 105 ILCS 5/2-3.137