

# Chicago Public Schools Policy Manual

Title: LOCAL SCHOOL WELLNESS POLICY FOR STUDENTS

Section: 704.7

Board Report: 17-0628-PO5

Date Adopted: June 28, 2017

## Policy:

### THE CHIEF EXECUTIVE OFFICER RECOMMENDS:

That the Board amend Board Report 12-1024-PO1 Local School Wellness Policy For Students.

**PURPOSE:** The purpose of this policy is to ensure the Board's expectations for a healthy school environment are articulated and satisfied by establishing requirements for nutrition education, physical activity and the provision of healthy food choices at schools.

**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.

### 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:** Physical activity is any bodily movement that results in energy expenditure. Two levels of physical activity are commonly recommended, "Moderate" and "Vigorous."

*Moderate:* Movement activities in which participants breathe heavily and are able to 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 subject that provides a planned, sequential, K-12 standards-based program of curricula and instruction designed to develop motor skills, knowledge and behaviors for healthy, active living, physical fitness, sportsmanship, self-efficacy and emotional intelligence.

The Chief Health Officer and Executive Director of Nutrition Support Services, or their designees, shall collaborate to ensure all schools comply with the following criteria:

**B. Nutrition Education:** In order to establish a standardized approach to nutrition education, schools shall provide nutrition education programming linking the classroom, dining center, and school garden (where applicable) under the following framework:

#### 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. Each school Principal shall:

- i. Select curriculum that aligns with the National Health Education Standards and the CPS Health Education Scope and Sequence.
- ii. 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.
- iii. Implement evidence-based nutrition instruction, supplemented by resources provided by the USDA's Team Nutrition or other vetted sources.
- iv. 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.
- v. 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.
- vi. Comply with any additional nutrition education requirements specified in the CPS Student Wellness Guidelines.

b. The Chief Education Officer or designee, in collaboration with the Offices of Student Health and Wellness and Nutrition Support Services 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.

**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 including:

- a. All students shall have access to plain drinking water as part of the school meal program.
- b. Menu items shall not include any reformulated products not available for purchase in the public marketplace.
- c. No dessert-like items shall be served as part of any school meal.

- d. Local food items shall be available at a minimum per the following schedule: frozen-local once per week, fresh-local twice per month, and local no antibiotic ever chicken twice per month; or more often as items become available and are fiscally feasible.
  - e. Chicken served on the menu shall adhere to the USDA No Antibiotics Ever (NAE) standard. As other proteins that adhere to NAE standard become available and are fiscally feasible the district shall consider procurement.
3. **Breakfast.** All schools shall comply with the district's Breakfast After the Bell policy in order to provide students with a nutritious meal to begin the school day, increasing student focus and attention in the classroom.
4. **Meal Times:** Principals shall ensure students receive at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated. Lunch periods are scheduled between 10am and 2pm. Students are scheduled in accordance with annual scheduling guidance issued by the Department of Teaching and Learning.
5. **Foods Provided to Students by Parents/Guardians.** Schools shall encourage parents/guardians 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 are encouraged to send healthy foods in age-appropriate portions for their child and refrain from providing foods or snacks with minimal nutritional value.
6. **Community Eligibility Provision (CEP):** Under the CEP, the district serves breakfast and lunch at no cost to all students without the burden of collecting household applications. As long as the district is qualified, CPS will continue to offer this to families.
7. **Good Food Purchasing Policy (GFPP):** The Board of Education embraces the GFPP as a strategy to help improve our region's food system through the adoption and implementation of the Good Food Purchasing Standards, which emphasize the following values:
  - a. Local Economies: support small and mid-sized agricultural and food processing operations within the local area or region.
  - b. Environmental Sustainability: support producers that employ sustainable production systems that reduce or eliminate synthetic pesticides and fertilizers; avoid the use of hormones, antibiotics, and genetic engineering; conserve soil and water; protect and enhance wildlife habitat and biodiversity; and reduce on-farm energy consumption and greenhouse gas emissions.
  - c. Valued Workforce: provide safe and healthy working conditions and fair compensation for all food chain workers and producers from production to consumption.
  - d. Animal Welfare: provide health and humane care for farm animals.
  - e. Nutritional: promote health and well-being by offering generous portions of vegetable, fruit and whole grains; reducing salt, added sugars, fats and oils; and by eliminating ingredients of concern as defined by Nutrition Support Services.
8. **School Gardens:** All schools with edible gardens shall adhere to the guidelines, policies and procedures outlined within the Eat What You Grow manual.
9. **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.
10. **Nutrition Education and Wellness in School Dining Centers.** 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 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 promotion 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. Marketing:** Schools shall restrict food and beverage marketing during the academic school day to only those foods and beverages that meet the nutrition standards set forth in the district's Healthy Snack and Beverage Policy.

**E. Physical Education:** Schools shall offer physical education programming in accordance with the CPS Physical Education Policy and Illinois state standards. In the event the state or federal government issues modified, more stringent or additional standards the Chief Health Officer is authorized to update the criteria and related requirements. In the event the state or federal government issue less stringent standards it shall be at the discretion of the Chief Health Officer to update guidelines. The district shall provide regular and on-going professional development geared towards physical education.

**F. Physical Activity:** 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.

1. *Integrated Physical Activity:* schools shall provide all students with additional daily opportunities for moderate to vigorous physical activity before, during and after school in addition to recess and physical education.

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 movement daily.

3. *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.

4. *School Community Shared-Use:* local schools are encouraged to open indoor and outdoor facilities for use during non-school hours for use by students, their families and the larger community. This includes but is not limited to gymnasiums, playgrounds, schoolyards, sports fields, courts, tracks, pools or other facilities.

**G. 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.

**H. 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 periods. Schools shall implement recess in accordance with guidelines set by the CPS Office of Student Health and Wellness.

**I. Food and Physical Activity as Rewards or Discipline:**

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, lunch in the classroom) as discipline.

2. Teachers and other school personnel shall not use physical activity (e.g., running laps, push-ups as discipline) or withhold opportunities for physical activity (e.g., withholding recess or 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.

**J. 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 FoodShare.
5. Conduct periodic reviews to ensure that items sold on school grounds are in compliance with the Healthy Snack and Beverage Policy.

**K. 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.

**L. 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 the Office of Student Health and Wellness policies and guidelines. 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. *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.
4. *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. In addition schools shall report progress to the Office of Student Health and Wellness when requested including through completion of an annual survey.

**M. Support and Oversight:** The Office of Student Health and Wellness shall:

1. Provide technical assistance, support and professional development/training 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 Teaching and Learning 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 December 2020, conduct a district-wide review and assessment of this policy in conjunction with the Healthy Snack and Beverage Policy and based on this assessment, propose Policy revisions.

**N. School Progress Report Measure:** CPS shall provide an annual 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 and related Board policy.

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

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

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<b>Amends/Rescinds:</b>	Amends 12-1024-PO1
<b>Cross References:</b>	Note: 12-1024-PO1 Rescinds 06-0823-PO4 and 95-0527-PO1
<b>Legal References:</b>	Healthy Hunger Free Kids Act of 2010, 42 USC 1751; Illinois Critical Health Problems and Comprehensive Health Education Act 105 ILCS 110 <i>et seq.</i> ; 105 ILCS 5/2-3.137.