

DEFERRED

DRAFT

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

THE CHIEF EXECUTIVE OFFICER RECOMMENDS:

~~The Board of Education of the City of Chicago (the "Board") adopts 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 and to decrease health disparities within the district and through the coordination of school health programs and

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 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. All CPS schools shall also However, no student whose parents or

- (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

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

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. Food safety and security guidelines for all foods made available on campus

4. Board policy governing the operation of snack vending machines. Board

Board 04-0622-P01 - The Operation of Snack Vending Machines

- e. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

14. Increase physical activity for health, enjoyment, challenge, self

- 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 45 to 90 minutes on 5 or more

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

...promote healthy eating and physical activity into their students' lives

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 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.

- Minimum High School Graduation Requirements, 03-1022-PO2
- Illinois Learning Standards Policy, 03-0924-PO2
- Physical Education for Students Enrolled in Grades 11 and 12, 86-0806-ED3
- Family Life and Comprehensive Sexual Health Education, 06-0426-PO4

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

Approved for Consideration:

Respectfully Submitted:

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Noted:

Approved as to Legal Form:

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