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

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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
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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 arrangements; and activities.

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

- (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.

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.

- 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

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than	
<u>Qt</u> her federally-funded CPS food service programs	
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		9	Demonstrates understanding of monomont-conscents
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		3. 4. 5. 6.	principles, strategies, and tactics as they apply to the learning and performance of physical activities.  Participates regularly in physical activity.  Achieves and maintains a health-enhancing level of physical fitness.  Exhibits responsible personal and social behavior that respects self and others in physical activity settings.  Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
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		plans of othe health, family	r school subjects including math, science, language arts, and consumer science, and social sciences.
	4.	activities (mo	number of students who engage in continuous physical derate) for a minimum of 15 to 30 minutes on 5 or more k through participation in one or more of the following:

community programs after school programs

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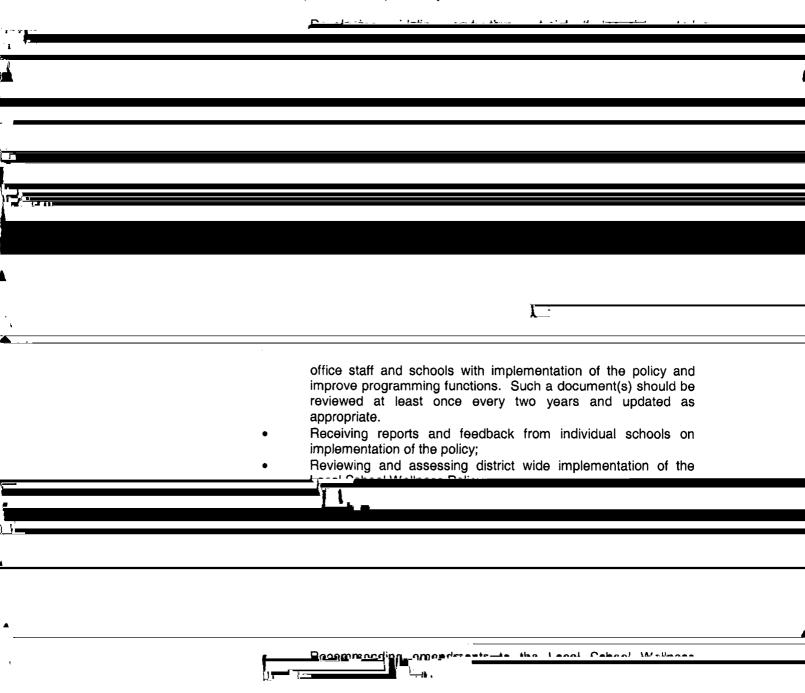
	2.	Promote student participation in the National School Breakfast Program and increase, the number of students served breakfast meals to a level	
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		that more closely matches the number of students served through lunch programs.	
	3.	Promote student participation in after-school programs that serve healthy snacks to children which meet federal and state regulations.	
·	4	Prompte strident valificitistion in the tederally funded summer food	
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·	•	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.	
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## 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:



John Maiorca

Chief Financial Officer

	Approved for Consideration:  Bubara Easan-Watter	Respectfully submitted:
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		Approved as to Legal Forms
	Noted:	Approved as to Legal Form≱/

**General Counsel**