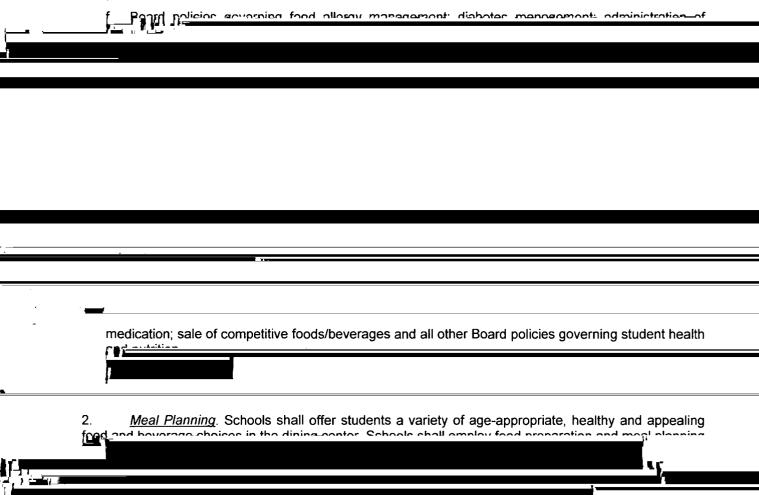
## RESCIND BOARD REPORTS 95-0527-PO1 AND 06-0823-PO4 AND ADOPT A NEW LOCAL SCHOOL WELLNESS POLICY FOR STUDENTS

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	That the Board rescind Board Reports 95-0527-PO1 and 06-0826-PO4 and adopt a new Local School Wellness Policy For Students.
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	and the provision of healthy food choices of school and to appure the Daard's expectations for student
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- **B.** <u>Nutrition Education</u>: 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. <u>Elementary Schools and campuses serving grades K-8</u> 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.
- not serve all grades K-8 (e.g. K-3, K-4, K-5, etc.) are subject to the requirements of this section. h , Middle Schools serving grades 6-8 or 7-8. Academic Centers located in high schools serving

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- 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



- 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
  - 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,

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

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<b></b>	Н.	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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Jennifer Cheatham	Barbara Byrd-Bennett
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	Approved as to legal form

James L. Bebley General Counsel