

AMEND BOARD REPORT 20-1216-PO2
LOCAL SCHOOL WELLNESS POLICY FOR STUDENTS

THE CHIEF EXECUTIVE OFFICER RECOMMENDS:

That the Chicago Board of Education (“Board”) amend Board Report 20-1216-PO2 Local School Wellness Policy for Students. This policy was posted for public comment April 22, 2022 - May 23, 2022.

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 and for all students in grades PK-12. This policy also establishes nutrition standards, requirements and recommendations for foods and beverages sold, provided or served to students at school that compete with food provided under the National School Lunch Program (NSLP), School Breakfast Program (SBP), Seamless Summer Option (SSO), Summer Food Service Program (SFSP) and the Child and Adult Care Food Program (CACFP). This policy seeks to create a school environment that supports student nutrition and healthy food choices by providing nutrition standards for food and beverages sold 1) as competitive foods in vending machines or in school stores, 2) by food vendors on school grounds, 3) as a la carte items sold in the school dining centers, 4) as part of school fundraisers, celebrations or rewards. The nutrition standards set forth in this policy are consistent with the USDA’s Smart Snacks Guidelines and best practices for competitive foods. The requirements outlined in this policy only apply to activities that take place during the school day, i.e. from midnight the previous night until thirty minutes after the final bell.

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, and implementation of the WSCC (Whole School, Whole Community, Whole Child) framework.

EQUITY STATEMENT: This policy seeks to mitigate the effects of numerous inequities experienced by CPS students, such as food insecurity and inequitable access to safe spaces for outdoor play, by ensuring that schools provide consistent access to nutritious food and opportunities for physical activity and nutrition education. However, the Board recognizes that this policy does not address the root cause of said inequities which may disproportionately impact our greatest needs groups. The Office of Student Health and Wellness is engaging in ongoing work to operationalize the CPS Equity Framework through this policy within the locus of our control.

POLICY TEXT:

I. Definitions:

A La Carte: Individually priced food items, provided by Nutrition Support Services, which are available for sale in the school dining center that are not part of the reimbursable meal served through NSLP, SBP, SSO, SFSP or CACFP.

Celebrations: Special events or activities occurring in a classroom or elsewhere at school whether before, during or after the instructional day.

Competitive Foods: Foods and/or beverages sold to students on school grounds that compete with the school’s operation of the NSLP, SBP, SSO, SFSP or CACFP. Competitive foods include, but are not limited to, items sold in vending machines or school stores, by food vendors on school grounds, or in school dining centers as a la carte items.

Fundraiser: Any activity, event or sale to raise funds by or for a school or school club or program occurring on school grounds whether before, during or after school hours.

Nutrition Education: Nutrition education, as part of comprehensive health education, is a planned, sequential, PK-12 curriculum or supplemental education program that addresses the physical, mental, emotional, and social dimensions of health related to nutrition. The program 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.

Outside Foods: Any food items served, sold, or otherwise brought into schools that are not a part of the school meal programs (NSLP, SBP, SSO, SFSP or CACFP), a la carte, or vending machines, e.g. food brought in from restaurants, grocery stores, etc.

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 able to say more than a few words without pausing for a breath.

Physical Education ("PE"): Physical education is an academic 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.

Rewards: Incentives offered to students in recognition of good behavior or performance whether offered before, during or after school. *Includes individual rewards from teachers or other school staff, as well as small or large group events rewarding attendance, academic achievement, etc., such as a pizza party or breakfast with the Principal.*

School Day: The school day is defined as midnight to 30 minutes after dismissal.

II. Scope: The Chief Health Officer and Executive Director of Nutrition Support Services, or their designees, must collaborate to ensure all schools serving grades PK-12 comply with the following criteria regarding nutrition education, all food served and/or sold in schools, celebrations and/or rewards, and physical activity. This policy applies to any activities that take place on school grounds during the school day as defined above.

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

1. **Grade Level Requirements:**

a. *All schools and campuses serving grades PK-8 are required to integrate evidence-based nutrition education into the curriculum **in all grade levels included therein.** Elementary schools that do not serve all grades PK-8 (e.g. PK only, K-3, K-4, K-5, etc.), 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 subject to the requirements of this section.*

b. *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 must select curriculum that:
 - i. aligns with the National Health Education Standards and the CPS Health Education Scope and Sequence, and
 - ii. provides for evidence-based 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. OSHW will support schools in selecting a curriculum if necessary.

Additionally, schools:

- iii. may supplement this curriculum with resources provided by the USDA's Team Nutrition or other approved sources vetted by OSHW's Materials Review Committee (section VII.4).
 - iv. should encourage maximization of 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. must 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. should utilize the school garden, if one exists, for nutrition education and ensure that all students have opportunities to interact with the garden throughout the growing season.
 - vii. must comply with any additional nutrition education requirements specified in Healthy CPS.
- b. The Chief Education Officer or designee, in collaboration with the Offices of Student Health and Wellness and Nutrition Support Services must 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.

IV. Food in Schools

A. Meal 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), School Breakfast Program (SBP), Seamless Summer Option (SSO), Summer Food Service Program (SFSP) and Child and Adult Care Food Programs (CACFP) must 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 SBP, 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 must offer students a variety of age-appropriate, healthy and appealing food and beverage choices in the dining center. Schools must 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 must have access to plain drinking water at no cost as part of the school meal program. Additionally, plain drinking water must be available to students at no cost throughout the school day.
- b. Menu items must not include any reformulated products not available for purchase in the public marketplace.
- c. No dessert-like items may be served as part of any school meal.
- d. Local food items must 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 must adhere to the USDA No Antibiotics Ever (NAE) standard. As other proteins that adhere to NAE standards become available and are fiscally feasible the district must consider procurement.
- f. All CPS menu items are pork-free and a vegetarian option will be made available daily.
- g. Schools should take steps towards reducing food waste by implementing Share Tables, as outlined by NSS.

3. **Breakfast.** All schools must 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. **Food and Beverages for Pre-K Students:**

1. Plain water must be available to students throughout the school day.
2. Plain, unflavored, milk must be provided to students in the fat content appropriate for age, unless medically prescribed otherwise.
3. Teachers and staff are prohibited from serving or promoting juice, including 100% Juice and diluted juice, for mealtimes, snacks, and celebrations.
4. Food must be served in age appropriate portions and forms that reduce opportunities for choking. Food characteristics that may cause choking include, but are not limited to, cylindrical, airway sized, and compressible forms which may wedge into and block the airway.

5. **Meal Times:** Principals must 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.

6. **Foods Provided to Students by Parents/Guardians.** Schools must communicate to parents/guardians that breakfast and lunch is available to all students free of charge and encourage parents/guardians to support the goals and objectives of this policy through participation in the school meal programs. Parents/guardians who elect to provide their child with meals outside of the NSLP and SBP are encouraged to send healthy foods in age-appropriate sizes and portions for their child and refrain from providing foods or snacks with minimal nutritional value.

7. **Food Sharing** Students are not permitted to share food directly with other students, including food brought from home and food provided through the NSLP and SBP. Certain uneaten food items may be redistributed via Share Tables in accordance with USDA policy (FNS Instruction 786-6), unless otherwise restricted by guidelines set forth by the Chief Health Officer or Executive Director of Nutrition Support Services (e.g. Allergy Management Guidelines or public health guidelines related to infectious disease outbreaks such as COVID-19).

8. Community Eligibility Provision (CEP): Under the CEP, the district provides breakfast and lunch to all students at no cost to them or their family. As long as the district is qualified, CPS will continue to offer this to families. Families shall not be required to complete meal application forms under CEP.

9. 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:

- h. Local Economies: support small and mid-sized agricultural and food processing operations within the local area or region.
- i. 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.
- j. Valued Workforce: provide safe and healthy working conditions and fair compensation for all food chain workers and producers from production to consumption.
- k. Animal Welfare: provide health and humane care for farm animals.
- l. 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.

10. School Gardens: All schools with edible gardens that intend to offer or serve food from the garden during the school day must adhere to the guidelines, policies and procedures outlined within the Eat What You Grow manual.

11. 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, parent, and community feedback that aims to improve the quality of and student satisfaction with school meals and increase overall participation.

12. 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.

B. Competitive Foods

1. Food Nutritional Criteria: All foods served or sold outside the Schools Breakfast and Lunch programs must meet the following nutritional criteria:

- a. Food shall contain no more than 35% of total calories from fat per serving, (with the exception of nuts, seeds, nut butters, fruits or vegetables);
- b. Food shall contain zero trans fat (< 0.5 g per serving);

- c. Food shall have 10% or less of its total calories from saturated fat;
- d. Food shall have 35% or less of its weight from total sugars, excluding sugars occurring naturally in fruits, vegetables, and dairy ingredients;
- e. Food shall have less than 200 mg of sodium for a snack or side dish and less than 480 mg for a main dish;
- f. Bread, baked goods, and other whole-grain based products shall have a whole grain (such as whole wheat) listed as the first ingredient or contain grains that are at least 50% whole grains;
- g. Cheese must be low, reduced-fat and low sodium;
- h. Serving size shall not exceed 200 calories for a snack or side item and shall not exceed 350 calories for a main dish.;
- i. A la carte serving sizes may not exceed those of the National School Lunch or School Breakfast Program;
- j. Dried fruits or fruits packaged in their own juice or light syrup will not exceed 200 calories for elementary schools, middle schools, high schools; and
- k. Dried fruit and nut combination products can be included within these guidelines under the following circumstances:
 - i. The product shall include only unsweetened dried fruit, nuts and or seeds,
 - ii. The product shall not contain added sweeteners or added fats, and
 - iii. The product may contain more than 35% of total calories from fat if it meets requirements for saturated fat, trans fat, sodium, sugar and positive nutrients.

2. Beverage Nutritional Criteria: All competitive beverages available for purchase by students must meet the following nutritional criteria:

a. General beverage requirements:

- i. Schools may sell, provide or serve water, 100% juice, and milk to students that meets the following requirements:
 - 1. The beverages do not contain added sugars and non-nutritive sweeteners,
 - 2. Do not contain artificial sweeteners, and
 - 3. Do not contain more than a trace amount of caffeine (4mg).
- ii. Schools are prohibited from serving soft drinks, fruit drinks, vitamin water drinks and energy drinks.

b. Milk Requirements:

- i. All milk, flavored milk and milk substitute products must:
 - 1. Be low fat (1%) or skim (fat free),
 - 2. Provide specific levels of calcium, protein, vitamins A and D, magnesium, phosphorus, potassium, riboflavin, and vitamin B-12 as outlined by federal requirements.

3. Be 8 ounces or less for elementary school students and 12 ounces or less for middle and high school students.

4. Not contain any artificial growth hormones.

ii.. Flavored milk must be non-fat or low-fat (1%) and contain no more than 22 grams total sugars per 8 ounces.

iii. Non-dairy beverages offered as fluid milk substitutes must be nutritionally equivalent to milk providing specific levels of calcium, protein, vitamins A and D, magnesium, phosphorus, potassium, riboflavin, and vitamin B-12. and contain no more than 15 grams total sugars per 8 ounces.

c. *Water Requirements:* Drinking water, whether provided in bottles, dispensers or water fountains, must:

i. Only contain natural flavors,

ii. Have 0 mg of sodium,

iii. Contain no added sweeteners

iv. Be caffeine free.

v. If carbonated, must contain less than 5 mg sodium.

(Carbonated water must not be served to Pre-K students.)

d. *Juice Requirements:* Schools may sell, provide or serve only fruit and/or vegetable based juice drinks that:

i. Are composed of no less than 100% fruit and/or vegetable juices,

ii.. Contain no added sweeteners,

iii. Are in containers not to exceed 8 ounces, for elementary schools and

iv. Are in containers not to exceed 12 ounces for middle and high schools, and

e. Low- and no-calorie Beverages requirements (High School only): High schools may sell low- and no-calorie beverages, with or without caffeine and/or carbonation; calorie-free, flavored water that:

i. Does not exceed 40 calories per 8 ounces or 60 calories per 12 ounces for low-calorie beverages and

ii. Does not exceed 10 calories per 20 ounces for no-calorie beverages.

3. State or Federal Requirements:

a. Foods and/or beverages sold, provided or served to students on school grounds that compete with the school's operation of the NSLP, SBP, SSO, SFSP or CACFP must comply with all applicable federal and state regulations.

b. In the event the USDA or state of Illinois issue modified, more stringent, or additional nutritional standards for food or beverages sold, served or provided in schools, the Chief Health Officer, Executive Director of Nutrition Support Services, or a designee is authorized to update/enforce the nutritional criteria and related requirements specified in this policy.

c. In the event less stringent standards are issued it shall be at the discretion of the Chief Health Officer, Executive Director, or designee to update guidelines.

4. Outside Foods:

- a. Schools must minimize the use of outside foods as outlined in sections B-6 (Fundraisers), D (Rewards), and E (Celebrations)
- b. To ensure food safety guidelines and student allergy management is maintained, no home-baked or home-cooked items may be served or sold to students as part of any school function.
- c. All foods provided as a function of school activities must be commercially purchased and include a nutrition facts label in which allergens can be clearly identified, or be provided through Nutrition Support Services (catering).

5. Vending Machines: Vending machines on CPS property are permitted to operate by approved vendors only. All food and beverage items for sale to students are subject to the nutrition criteria outlined in this policy and the following additional requirements. Only vending machines provided through the District contract, as overseen by Nutrition Support Services, are permitted.

a. *Beverage Vending Requirements:* Elementary, middle and high schools are permitted to operate beverage vending in compliance with the nutrition and other regulations outlined in this policy. Beverage vending machines may, at the Principal's discretion, be placed in any appropriate location within the building.

b. *Snack Vending Machine Placement*

i. *Elementary or Middle Schools:* Snack vending machines may not be placed anywhere in the school building, including the lunchroom, where they would be accessible for student use during school hours. Such machines are, however, permitted in areas restricted from students such as the teachers' lounge. If a snack machine is located in a school's common area and cannot be relocated to a restricted area, the machine must be rendered inoperable for the duration of the school day.

ii. *High Schools:* Snack vending machines may, at the Principal's discretion, be placed in any appropriate location within the school that is accessible for student use. Vending machines may be placed in the dining center provided they are not located near the entrance, serving line, or POS; placement is subject to NSS approval. All items in vending machines accessible for student use must comply with CPS nutrition guidelines outlined in this policy. Non-compliant vending machines are permitted in areas restricted from students such as the teachers' lounge.

c. *Compliance:* Schools must forfeit revenue from the sale of non-approved items in vending machines.

d. *Staff Restricted Vending.* Schools are encouraged to promote staff wellness by offering healthy snack and beverage options in vending machines that are accessible only to school staff/adults.

6. Fundraisers:

- a. Principals, school staff, parents/guardians and students are strongly encouraged to promote non-food fundraisers. Food fundraisers are not permitted during the school day. This includes sales from school stores and other methods of fundraising. School fundraising activities that begin 30 minutes after the scheduled end of the school day are not bound by these policies (i.e. sporting events, family nights, student clubs, etc.). Food fundraisers are permitted during the school day if

the items sold are intended to be consumed outside of school hours and away from school grounds (e.g. cookie dough, Taffy Apples). To ensure food safety guidelines and student allergy management is maintained, no home-baked or home-cooked items may be served or sold to students as part of any school fundraiser or function.

- b. All CPS fundraisers must be approved by the Network Chief.
- c. Schools must forfeit revenue from the sale of non-approved food or beverages.

7. Exceptions: The nutrition criteria outlined in this policy are recommended, but not required for food or beverages sold, served or provided: (a) during a school-sponsored activity or trip off school grounds and longer than the school day, (b) at concession stands at a sports stadium, gym, field house or auditorium, whether on or off school grounds, (c) as part of a school sports game, performance or event where parents/guardians and other adults are a significant part of an audience, (d) at school fundraising events held off of school grounds, and (e) outside of school hours, i.e. between 30 minutes after the final bell and midnight.

Students with Health Conditions: Nothing in this policy prohibits a student with a documented health condition from consuming foods or beverages provided from home. Reasonable accommodations will be made for students with diabetes or other health conditions where physician's orders specify the intake of certain snack foods or beverages at school to manage their medical condition.

8. School Staff and Administration: Principals, school staff, partners and program providers must promote a healthy eating environment in the school. Adults are encouraged to model healthy eating and serve nutritious food and beverages which meet the requirements in this policy at school meetings and staff-oriented events. Staff are encouraged to model healthy eating when in the presence of students as a way of healthy role-modeling.

C. Marketing: Schools must restrict food and beverage marketing during the academic school day to only those foods and beverages that meet the above nutrition standards.

D. Food and Physical Activity as Rewards or Discipline:

1. Rewards are incentives offered to students in recognition of good behavior or performance whether offered before, during or after school (See Definitions section for more information). Teachers and other school personnel are encouraged to promote non-food rewards. Individual student rewards using food are not permitted. This includes, but is not limited to, teachers, staff, or partners giving out candy or snacks during class, school assemblies, or other gatherings.

2. Principals, teachers, and other school staff are prohibited from withholding food or offering alternative lunch options (such as a brown bag lunch, lunch in the classroom) as discipline. *Food may not be withheld from any student for any reason.* In the case of student detention, in-school suspension or other restrictive activities, students must be allowed to go through the dining center service line and select a meal.

3. Teachers and other school personnel must 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.

4. Teachers and other school personnel are encouraged to use physical activity opportunities as rewards such as extra recess, special classroom privileges etc.

E. Celebrations: Celebrations are any special events or activities occurring in a classroom or elsewhere at school whether before, during or after the instructional day. Principals, school staff, parents/guardians, students and before and after school program partners should promote healthy classroom and school celebrations by minimizing the use of candy and snacks. A school may permit a maximum of two school-

wide celebrations per school year with outside food (food that is not sourced or provided by the school's dining center, e.g. through the NSS Catering Menu). Exceptions to the school-wide rule may be possible in cases of grade-specific celebrations such as dances and graduation. Small group celebrations, such as events celebrating attendance goals or other achievements, may include food provided any and all items served meet the nutrition criteria established in this policy. Schools are encouraged to utilize the NSS catering menu for all events at which food is served, and must not serve any outside food during regularly scheduled school meals (e.g. ordering food from a restaurant during the lunch period). Schools must notify parents/guardians of any celebrations that will involve food and must make accommodations for students with allergies or other food-related concerns. Celebrations must not replace the regularly scheduled school meals or prevent dining staff from preparing meals except in the case of student field trips. Schools must conform with: (i) applicable federal regulations, (ii) the Board's Chronic Conditions Management Policy; (iii) the guidelines to this Policy.

F. Student Access to Nutritious Foods: In order to increase student access to nutritious foods outside of the school-provided meals, schools must:

1. Refer all eligible students to CPS' Children and Family Benefits Unit (773-553-KIDS) to enroll them in any appropriate state and federal benefits programs such as Supplemental Nutrition Assistance Program (SNAP) and All Kids (Medicaid).
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. Conduct periodic reviews to ensure that items sold on school grounds are in compliance with this policy.

Additionally, the Office of Student Health and Wellness will work with community organizations and partners to identify additional opportunities to increase food access, such as school-based farmers markets and food pantries.

V. Physical Activity

A. Daily Opportunities for Physical Activity

Physical Activity can improve students' ability to focus, learn, and achieve academically. All schools must 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. Schools must provide all students, PK-12 with daily opportunities for physical activity before, during and after school.

1. Grade Level Requirements:

- a. Pre-K programs must provide a mix of structured physical activity and unstructured free play, including at least 30 minutes per day for half day programs and 60 minutes per day for full day programs.
- b. K-8 Schools must provide daily opportunities for moderate to vigorous physical activity for all students in addition to recess and physical education.
 - i. Grades K-5. District schools must provide all students in grades K-5 30 minutes of supervised, unstructured physical activity daily.
 1. All unstructured physical activity must comply with a student's Individualized Education Program (IEP) or Section 504 Plan.
 2. All unstructured physical activity must not include student use of any electronic devices (computers, tablets, phones, or videos that encourage sedentary behavior).

3. Physical Education must not be counted towards this requirement for unstructured physical activity.
 4. This 30 minutes is inclusive of the required 20 minute daily recess (section V.B.).
- ii. Grades 6-8. Schools must provide daily opportunities for moderate to vigorous physical activity in addition to recess and physical education.
- c. Grades 9-12. High Schools are encouraged to maximize existing daily opportunities for physical activity (in addition to physical education) before, during, and after school.

2. *Implementation Goals:* Curriculum Integration: 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. *Out of School Physical Activity:* 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 five or more days per week through participation in community programs, after school programs and/or before school programs.

4. *School Community Shared-Use:* In an effort to increase equitable community access to physical activity, schools are encouraged to consider opportunities to open indoor and outdoor facilities during non-school hours for free use by students, staff, families, and/or the larger community, provided the following requirements are observed:

- a. Such events (e.g. dance or other fitness classes, basketball nights, etc.) are hosted and supervised by the school;
 - b. Applicable facilities include gymnasiums, playgrounds, schoolyards, sports fields, courts, and tracks, but does not include swimming pools.
 - c. [Board Rule 6-25](#) and Board policies and procedures regarding safety and security, including but not limited to staffing and background checks, are followed;
 - d. Third party organizations, whether non- or for-profit organizations, are not covered under this provision, and must enter into a License Agreement or School Usage Permit per Board Rule 6-25. Contact the Real Estate Department for more information; and .
 - e. The Principal must consult with the Office of Safety & Security and the Department of Facilities to ensure that there is sufficient staffing coverage and safety measures in place to protect the health, safety, and cleanliness of the school and its students and staff. The school is responsible for funding any associated costs of staffing due to extension of any after hours or incremental activities.
- B. Recess:** All elementary schools, middle schools, and high schools with elementary grades, must provide elementary students (K-8) with a daily opportunity for recess. Recess is a non-instructional activity and must occur during non-instructional time. Recess must 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 must implement recess in accordance with guidelines set by the CPS Office of Student Health and Wellness.
- C. Physical Education:** The District recognizes that Physical Education is an important part of overall physical activity in schools. Schools must offer physical education programming in accordance with the Illinois School Code and the CPS Physical Education Policy, as overseen and administered by the Office of Teaching and Learning. .

VI. Employee Wellness: CPS encourages school staff to pursue a healthy lifestyle that contributes to their improved physical and health status, improved morale, and a greater personal commitment to the school's overall comprehensive health program. In order to achieve this: OSHW will work with the Office of Talent to establish health-promoting programs and initiatives focused on skill development and lifestyle changes including but not limited to nutrition, physical activity, mental health, and general wellbeing. School administrators and Network staff are encouraged to develop wellness initiatives that support the unique needs of their staff within the school's capacity, such as expanding access to exercise facilities (gym, weight room), or hosting staff-focused wellness events.

VII. Local School Implementation:

1. *School Wellness Champion:* The principal must annually designate a school employee to serve as the School Wellness Champion who will (i) lead and coordinate their school's efforts to create and sustain a culture of health and wellness, (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 and wellness during the school year.

2. *School Wellness Team:* Each school is required to have a wellness team, a group of individuals who work to create a culture of health and wellness within the school. The principal must 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' Healthy CPS Initiative, as well as coordinate compliance plans and efforts for ensuring adherence to policy requirements. The Wellness Team must be representative of the overall school community to the greatest extent possible, and should include parents/guardians, teachers of physical education, classroom teachers, school health professionals, students, school administrators and community health and wellness partners, and other relevant stakeholders. Schools that have gardens and Pre-K programs must include representatives of both on their Wellness Team, and student groups must be consulted on a regular basis. The principal must establish a system to identify School Wellness Team members annually.

3. *Parent/Family Outreach.* Schools are encouraged to 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 must 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 must report progress to the Office of Student Health and Wellness when requested including through completion of an annual survey.

VIII. Support and Oversight: The Office of Student Health and Wellness will:

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 Office of Teaching and Learning to ensure the full implementation of this policy;
3. Establish a District-wide Whole Child Task Force to serve as an advisory group for this policy as well as other aspects of WSCC (Whole School, Whole Community, Whole Child) implementation.
4. 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, including but not limited to a Materials Review Committee comprised of content experts from OSHW and other relevant CPS departments

including but not limited to the Office of Teaching and Learning and the Office of Social-Emotional Learning, to vet curricula and programs related to Nutrition Education, Physical Activity, and Gardens;

- 5. Establish a process to gather regular reporting and feedback from individual schools, community partners, students and parents on the implementation of the policy;
- 6. Establish a process for assessing the equity impact of this policy, including how the policy is implemented in relation to who is most impacted by inequity to determine targeted universalist supports for schools;
- 7. Conduct periodic evaluations and report on district-wide and individual schools' compliance with the Policy; and
- 8. By December 2023, conduct a district-wide review and assessment of this policy and propose relevant Policy revisions.

IX. School Progress Report Measure: CPS will 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.


X. Review of Policy Coordination Efforts: The Chief Health Officer and Executive Director of Nutrition Support Services must 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.

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


CROSS REFERENCES: Board Rule 6-25

LEGAL REFERENCES: Healthy Hunger Free Kids Act of 2010, 42 USC 1751; Illinois Critical Health Problems and Comprehensive Health Education Act 105 ILCS 110 *et seq*; 105 ILCS 5/2-3.137, 7 CFR Parts 210 and 220, USDA Smart Snacks in School nutrition standards, ~~Board Rule 6-25~~, 105 ILCS 5/27-6.3.

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