

CPS LOCAL SCHOOL WELLNESS POLICY

The CPS Local School Wellness Policy for Students aligns with the requirements of the USDA's HealthierUS School Challenge – a certification program that recognizes schools for meeting requirements around healthy foods, nutrition education and physical activity. HealthierUS School Challenge is a key component of the First Lady's "Let's Move!" Campaign. The policy requirements below have been reviewed by and include feedback from CPS parents, students, teachers, principals and food and fitness community partners, demonstrating the district and the community's commitment to setting a high bar for nutrition and physical activity in all CPS schools.

(Not all policy items are required for schools. **Required items are in BOLD**)

Local School Policy Oversight

Engaging parents, staff and community members in planning and implementing the wellness policies at each school is key. To that end, schools are required to:

- 🍏 **Nominate a School Wellness Champion annually**
- 🍏 **Have a Local School Wellness Team which can include parents, teachers, students and community members**
- 🍏 **Report once quarterly to the Local School Council (LSC) regarding the school's health and wellness initiatives**

Nutrition Education

By including lessons about nutrition in core curriculum schools can impact students' decisions about healthy eating throughout their lifetime. The policies require:

- 🍏 **All students K-8 must receive nutrition education at all grade levels**
- 🍏 **Middle Schools must provide nutrition education in at two grade levels**
- 🍏 **High Schools must provide nutrition education in two required courses**
- 🍏 All schools should engage parents and guardians in nutrition education

School Food

Students consume over 2/3 their calories at school. The quality and variety of foods they are offered through school meals can impact their weight and overall health. The policy requires:

- 🍏 **Schools must meet CPS Nutrition Guidelines – equivalent to the USDA's Gold Standard**
- 🍏 **CPS's continued commitment to local food procurement when possible**
- 🍏 Schools to encourage parents to provide healthy meals and snacks to students to be consumed at school during the school day

Physical Education

Quality physical education is important for student brain development and motor skills. Recognizing the importance of PE on academic performance, all schools must:

- 🍏 **Offer health-optimizing PE classes to students that are focused on lifelong fitness skills and includes health education.**
- 🍏 **2/3 of PE time should be spent in moderate to vigorous activity**
- 🍏 **Conduct skill-level assessments at the elementary level**

Recess

Recess provides students with a daily opportunity for physical activity, promotes social development, and allows students to develop critical skills outside of the classroom, such as leadership and healthy conflict resolution. The policy requires:

- 🍏 **All elementary schools must provide at least 20 minutes of daily recess**
- 🍏 Schools should schedule recess before lunch to avoid students rushing through their meal to play.

Student Rewards & Punishments

Celebrating and rewarding students with food, or withholding food or physical activity as punishment can have negative consequences on students' regular eating habits and preference for physical activity. For that reason the policy states that:

- 🍏 **Teachers and staff should limit unhealthy food given as a reward or incentive**
- 🍏 **Teachers and staff must not withhold food or physical activity as a punishment (this includes recess and PE class)**

Physical Activity

Regular physical activity in childhood and adolescence improves strength and endurance, helps build healthy bones and muscles, helps control weight, reduces anxiety and stress, increases self-esteem, and may improve blood pressure and cholesterol levels. To that end, all schools must:

- 🍏 **Encourage all students to engage in 90 minutes of physical activity per week, during the school day – this includes the time students spend in PE, at recess and engaging in other physical activity in the regular classroom.**



HEALTHY SNACKS AND BEVERAGES (“COMPETITIVE FOODS”) POLICY

Because most children consume a large portion of their daily food intake at school, the school food environment is one of several settings that can influence children’s food choices and eating habits. By ensuring that food offerings are consistent with an overall healthy diet, schools can model healthy eating behaviors. The CPS Healthy Snacks and Beverages Policy (or “Competitive Foods Policy”) sets standards for foods sold or served on school grounds to ensure a healthy school food environment.

The policy’s nutrition requirements align with the requirements of the USDA’s HealthierUS School Challenge – a certification program that recognizes schools for meeting requirements around healthy foods, nutrition education and physical activity. HealthierUS School Challenge is a key component of the First Lady’s “Let’s Move!” Campaign. The policy requirements below have been reviewed by and include feedback from CPS parents, students, teachers, principals and food and fitness community partners, demonstrating the district and the community’s commitment to healthful foods for all CPS students.

Policy Nutrition Requirements

No more than 35% of total calories from fat per serving

Zero trans fat

10% or less of total calories from saturated fat

Total sugar must be at or below 35% by weight

Less than 230 mg of sodium for a snack or side dish

Less than 480 mg for a main dish

Serving size does not exceed the food served in the National School Lunch/School Breakfast Program

Portion size for other school food sales

Elementary: 150 calories

High School: 200 calories

Canned fruit must be packed in juice or light syrup

Dried Fruit must have no added sweetener

Dried Fruit Calorie Restrictions

Elementary: 150 calories

Middle School: 180 calories

High School: 200 calories

Allowed beverages include:

Low-fat or fat free milk

Milk that is limited to 8 fluid ounces

Fruit and vegetable juices that are 100% juice, with no sweeteners

Water that is non-flavored, non-sweetened, non-carbonated, non-caffeinated, and with no non-nutritive sweeteners.

Juice serving sizes that are restricted to 6 ounces in elementary school and 8 ounces in high school

The policy’s nutrition standards apply to the following foods. (Not all policy items are required for schools. **Required items are in BOLD**)

Vending, a la Carte and Fundraisers

Districts that have adopted similar healthy snack and beverage policies saw an increase in fruit and vegetable consumption at school. Similar policies had no long-term effect on the funds raised by schools through snack and beverage sales. With students’ health and well-being in mind:

🍏 **In order to meet the policy’s nutrition requirements schools must adopt healthy fundraiser guidelines for food and beverages sold on school grounds, including:**

- **Foods sold in vending machines**
- **A la carte items sold in the dining center**
- **Any foods sold through school fundraisers**

Student Celebrations, Rewards & Punishments

Rewarding and celebrating students with food or withholding food as punishment can have negative consequences on students’ regular eating habits and food choices. For that reason the policy states that:

🍏 **Teachers and staff must limit unhealthy food given as a reward**

🍏 It is recommended that schools celebrate holidays, student achievement and birthdays through means other than food

🍏 **Schools must adopt healthy celebration guidelines to ensure celebrations and other festivities offer students the healthiest school environment possible.**

Exceptions

Some foods offered to students are exempt from meeting the policy nutrition standards. These include:

- 🍏 Foods sold in concessions stands during after-school events (like sporting events or school concerts)
- 🍏 Foods served to students on fields trips
- 🍏 Fundraisers off school grounds where adults make up the majority of the audience