

CLEVELAND MUNICIPAL SCHOOL DISTRICT
COMPREHENSIVE WELLNESS POLICY

I. INTRODUCTION

Overweight children and the growing risk of obesity are serious concerns. Time allocated nationwide for physical education has been reduced. This has contributed to a significant decrease in the physical fitness and an increase in youth who are overweight and obese. It also has contributed to an increase in Type 2 Diabetes in school age youth, a disease that previously was found primarily in older adults. The USDA believes that schools should take a leadership role in helping students learn to make healthy lifestyle choices.

To help combat childhood obesity, Congress passed a law requiring each Local Education Agency (LEA) participating in USDA's School Meal's Programs to establish a local wellness policy. In response, the Board of Education of the Cleveland Municipal School District approved Resolution No. 2006-440(B), Adopting A Student Wellness Policy. The Board of Education directs the Chief Executive Officer and appointed designees to ensure that students receive consistent information and education regarding proper nutrition, increased physical activity, and the benefits of healthy lifestyle choices throughout the school, classroom, and cafeteria. The Board of Education will ensure the Board Policy and Administrative Procedure are widely distributed and that an annual mechanism for evaluation is in place.

II. POLICY

In accordance with Ohio Revised Codes 3313.60 and 3313.6011, the Cleveland Municipal School District is committed to instructing students about the importance of healthy schools and lifestyles, providing a total learning environment that enhances the development of lifelong healthy habits in wellness, nutrition, and regular physical activity, to increase student academic achievement, and wellness.

Review and approval of proposals for wellness programs, events, or activities from community partners will be presented to, approved by, and/or implemented by the Chief Academic Office.

Review and approval by the Board of Education for CMSD of the CMSD Comprehensive Wellness Policy will replace Resolution No. 2006-440(B), Adopting A Student Wellness Policy.

III. PURPOSE

To provide procedures to ensure that students receive consistent information and education regarding proper nutrition increased physical activity, and the benefits of healthy lifestyle choices throughout the school, classroom, and cafeteria.

IV. DEFINITIONS

- A. Comprehensive Health and Nutrition Education Instruction (“Health Education”) – A planned sequential curriculum that addresses and contributes to the enhancement of physical, nutritional, emotional, and social dimensions of health; develops health knowledge, attitudes, and skills as it relates to the development of the student.
- B. Coordinated School Health Program and Instruction – A Coordinated School Health Program consists of eight interactive components. The components are Health Education, Physical Education, Health Services, Nutrition Services, Mental Health Services, Healthy School Environment, Health Promotion for Staff, and Family/Community Involvement.
- C. Curriculum – (See “Standard Based Curriculum”)
- D. District Wellness Council – A team of collaborators comprised of individuals who represent the Cleveland Municipal School District and the eight components of the coordinated school health program model. These individuals are dedicated to the health and well-being of all stakeholders, while influencing student academic achievement.
- E. Food & Child Nutrition Services (“FCNS”) – The CMSD Department responsible for administering the National Breakfast Program, National School Lunch Program, Fresh Fruit and Vegetable Program, After School Care Snack Program, and an a la carte program according to all applicable Federal and State guidelines and regulations. FCNS also provides catering services for school/district-related functions.
- F. Foods of Minimal Nutritional Value (“FMNV”) – Specified foods identified by the Secretary of the USDA: soda water (carbonated beverage); fruit drinks and water ices (with less than 10 percent fruit or fruit juices); chewing gum; jellies and gums; marshmallow; fondant; licorice; spun candy; hard candies and candy-coated popcorn.
- G. Healthy and Safe Environment – A physically and psychologically safe school climate with a positive culture that is designed to promote the maximum health and safety of all students.
- H. Social Emotional Learning (“SEL”) – An important component of CMSD’s broader strategic plan. It is designed to address the conditions for learning so all students are academically and socially equipped to succeed. The department supports the use of evidence-based programs and best practices to ensure that all human resources in a child’s school community function together to provide safe, supportive and orderly schools.
- I. Nursing – Nurses ensure access to healthcare and try to identify and manage barriers to student education by providing emergency care, education, prevention, referrals, and management of acute and chronic health problems.

Resolution No. 2013-3033(B)

- J. Nutrition Education Instruction – A component of the comprehensive school health education program which teaches knowledge and skills related to nutrition and physical activity. (See “Comprehensive Health Education Instruction.”)
 - K. Obesity – Body Mass Index (BMI) in excess of 30 percent acceptable body weight.
 - L. Physical Activity – Any bodily movement produced by skeletal muscles that results in an expenditure of energy.
 - M. Physical Education Instruction – A planned sequential curriculum that teaches skills, knowledge, and attitudes that are needed to establish and lead a physically active life.
 - N. Recess – periods within the school day for physical activity and play.
 - O. Responsible Sexual Behavior (RSB) – A nationally-recognized component of the comprehensive health education curriculum that teaches age-appropriate, medically accurate reproductive health and sexuality education. Through this curriculum, CMSD strives to raise awareness of sexual abuse, and encourages appropriate behavior at the elementary school level. The District strives to provide education and resources to prevent teen pregnancy, sexually transmitted infections, and HIV/AIDS to teen-age students. In 2007, CMSD elected to have this component taught within the physical education curriculum.
 - P. School Health Services/SEL – Services provided for students to appraise, protect, and promote health. These services include, but are not limited to, prevention and control of communicable disease; provision of emergency care for illness and injury; administration of medication; and the evaluation of the school facility/environment for safe and sanitary conditions. Health services are provided by professional nurses.
 - Q. Standard-Based Curriculum – The prescribed programs and courses that state what students should know and be able to do, how they will meet learning objectives, and how they will be assessed.
 - R. USDA – United States Department of Agriculture.
 - S. Wellness – A state of optimal health involving multi-dimensional approaches to change, improve or attain the state of physical, mental, social, intellectual, and spiritual well-being.
- V. **PROCEDURES:**
- A. Physical Education Instruction
 - 1. The Chief Academic Officer and designee(s) will ensure that a comprehensive, sequential physical education and responsible sexual behavior program will be taught

Resolution No. 2013-3033(B)

- at each school, and that the time allotted for physical education is consistent with current research, national, and state standards.
2. The Chief Academic Officer and designee(s) shall ensure that physical education and RSB instruction is reflected within the District's Scope and Sequence.
 3. The Chief Academic Office will expect physical education teachers to implement all CMSD collaborated and approved programs, events, or experiences from external partners.
 4. At his or her discretion, the Chief Academic Officer and designee(s) may provide professional development for integration of subject content.
 5. The Deputy Chief of Human Resources will ensure that physical education teachers are qualified through certification or licensure.
 6. Principals shall ensure that physical education instruction is listed on their master schedule and taught to their students.
 7. In grades K-8, the Physical Education teacher is expected to teach this curriculum in their classes throughout the school year. In grades 9-10, the RSB curriculum will be implemented by a CMSD approved external agency. Students in grades 11-12 receive the RSB curriculum in their required Physical Education and Health Education class.
 8. The Chief Academic Officer and designee(s) in conjunction with each elementary principal will support efforts and opportunities for daily physical activity lasting at least 15 minutes for all elementary children.
 9. Principals shall ensure that physical education facilities on school grounds are safe and that the school provides a physical and social environment that encourages safe and enjoyable activity for all students, including offering opportunities for non-competitive physical activity.
 10. The EnCore Flexible Content Expert shall collaborate with the Family and Community Engagement department to provide a bank of physical education resources for sharing information with families and community to positively impact health.
 11. Use of physical education, physical activity, or recess as a punishment is prohibited. See "Student Code of Conduct Handbook", p. 17, Section IX, "Elimination of Corporate Punishment".

Resolution No. 2013-3033(B)

B. Comprehensive Health and Nutrition Education Instruction (“Health Education”)

1. The Chief Academic Officer and designee(s) will ensure that a comprehensive, sequential Health Education curriculum will be taught at each school, and that the time allotted is consistent with current research, national, and state standards.
2. The Health Education curriculum in the District’s Pre-Kindergarten-8 (“PreK-8”) and Kindergarten-8 (“K-8”) schools will be taught and grades assigned by the Science teacher.
3. The Health Education curriculum in the District’s high schools will be taught and grades assigned by certified health education teachers.
4. The Deputy Chief of Human Resources will ensure that District high school health education teachers are qualified through certification or licensure.
5. The Chief Academic Officer and designee(s) shall ensure that health education is reflected within the District’s Scope and Sequence as follows:
 - a. PreK-8 and K-8 schools within the Science curriculum, and
 - b. High schools within the Health Education curriculum.
6. The Chief Academic Office will expect health and science education teachers to implement all CMSD collaborated and approved programs, events, or experiences from external partners.
7. The Chief Academic Officer and designee(s) will insure that the Science education teachers in grades PreK-8 and K-8 teach this curriculum in his/her classes as designated by the District’s Scope and Sequence.
8. The Chief Academic Officer and designee(s) shall insure that health education instruction is included on District high school master schedules and taught to their students as designated by the District’s Scope and Sequence.
9. At his or her discretion, the Chief Academic Officer and designee(s) may provide professional development for the District’s high school Health Education curriculum and/or subject content integration for teachers identified in 5(a) above.

C. Nutrition Education Instruction

1. The Executive Director of Food and Child Nutrition Services shall be used as a resource for nutrition education.
2. Food and Child Nutrition Services

Resolution No. 2013-3033(B)

a. Nutrition Standards and Procedures

- 1) Building principals will ensure that the eating environment will be pleasant and conducive to appropriate food consumption and socialization.
- 2) Principals will ensure that students have a minimum of 30 minutes for breakfast. Principals will ensure that students have a minimum of 30 minutes for lunch with at least 20 minutes to consume meals.
- 3) In accordance with the USDA Public Law 111-296, Healthy Hunger-Free Kids Act of 2010, 7CFR, Parts 210 and 220, the Executive Director of Food and Child Nutrition Services will ensure that:
 - i. Meals will contain 30 percent or less calories from total fat, as a weekly average;
 - ii. Meals will contain 10 percent or less, calories from saturated fat, as a weekly average;
 - iii. The minimum and maximum caloric range for each age group is met:
 - a.) For Lunch: K-5 (550 to 650 Kcal); 6-8 (600 to 700 Kcal); 9-12 (750 to 850 Kcal).
 - b.) For Breakfast: K-5 (350 to 500 Kcal); 6-8 (400 to 550 Kcal); 9-12 (450 to 600 Kcal); meals will meet a gradual reduction in sodium content over the course of three (3) phases resulting in SY 2022/2023 an approximate 25% to 50% reduction from the baseline.
 - iv. Meals will meet or exceed Federal Regulations and be in accordance with the most recent Dietary Guidelines for Americans;
 - v. The quality of purchased, prepared, and delivered foods served in the Cleveland Municipal School District meets all local Health Code standards;
 - vi. All a la carte offerings will meet Ohio Senate Bill 210 Beverage and Snack guidelines;
 - vii. Schools participating in the Alliance for a Healthier Generation's Healthy School Program will receive necessary adjustments on menus so that schools can meet recognition criteria;
 - viii. Nutrition standards will be met for specific age/grade groupings when averaged over a school week. A school week is defined as a minimum of three consecutive days and a maximum of seven consecutive days; and
 - ix. Use of food as a punishment is prohibited. The U. S. Department Agriculture prohibits the use of food as a form or reward or punishment. See "Student Code of Conduct Handbook", p. 17, Section IX, "Elimination of Corporal Punishment". No child will be denied a meal as a disciplinary action.

Resolution No. 2013-3033(B)

3. Guidelines for Food and Beverages Sold in Vending Machines, Snack Bars, School Stores, and Concession Stands on School Campuses
 - a. Food sales by school-related groups and the use of vending machines must be in compliance with State and Federal Regulations. Per 7 CFR, Part 210.11(b) of the Code of Federal Regulations, the sale of competitive foods is prohibited during the District's Food and Child Nutrition Service's programs.
 - b. School vending machines must be on a timer and turned off from the beginning of the breakfast program to one (1) hour after the end of the lunch program.
 - c. School vending machines, snack bars, and stores must meet the Ohio Senate Bill 210 standards for all beverages and snacks.
 - d. Events that require use of the District's kitchen facilities will be staffed by a FCNS employee who has taken and passed certification as a Person in Charge ("PIC") by the Cuyahoga County Board of Health.
 - e. Principals will be responsible for monitoring, controlling, and educating school groups on the merits of offering food and beverages that are healthy nutritional choices.
4. Guidelines for Food and Beverages Sold as Part of School-Sponsored Fundraising Activities
 - a. Fundraisers of foods will meet the Alliance for a Healthier Generation's Healthy School Program guidelines and Ohio Senate Bill 210 Beverage and Snack Standards.
 - b. All foods served in the Cleveland Municipal School District by entities other than Food and Child Nutrition Services are of high quality and meet all applicable safety, sanitation, and health laws and regulations.
 - c. Food from licensed commercial vendors and sources is sold.
 - d. Food will not be sold until after one hour after the end of the last lunch period.
 - e. Emphasis and promotion of fundraisers that have a physical activity component is strongly encouraged.
 - f. Principals and their site-based school wellness councils/teams will monitor fundraisers to ensure compliance with the CMSD Comprehensive Wellness Policy, Alliance for a Healthier Generation's Healthy School Program, and Ohio Senate Bill 210 Beverage and Snack Standards.

Resolution No. 2013-3033(B)

5. Guidelines for Food and Beverages Served at Classroom Parties, School Celebrations, and any School Meeting before, during, or after school hours.
 - a. All foods must meet Ohio Senate Bill 210 nutritional standards for healthy beverages and snacks.
 - b. Efforts should be made to contact FCNS to arrange for catering service support for these types of events. FCNS will ensure that all catered items will meet the same standards as the standards for school meals, beverages, and snacks.
 - c. In the event that FCNS cannot meet the needs of the particular type of event, food served in schools must be from licensed commercial vendors to reduce the risk of food borne illness and allergic reactions.
 - d. To reduce the risk of food borne illness and allergic reactions, Parents and Parent Groups should be encouraged to only purchase prepackaged food items.
 - e. Building principals will ensure that school-based activities are consistent with the CMSD Comprehensive Wellness Policy including school events, field trips, dances and assemblies.

- D. Social Emotional Learning (“SEL”): The Chief Academic Officer or designees promote, guide and support the work of the department through the following strategies:
 1. The Quality Standards document is comprised of eight basic standards that are expected to be met for all supports that CMSD personnel and community organizations provide to students. These standards reflect the values and priorities of CMSD initiatives and its academic transformation plan by creating a direction of practice and a framework for evaluation of these practices.
 2. The Promoting Alternative Thinking Strategies (“PATHS”) curriculum is an evidence-based classroom curriculum model designed to facilitate the social emotional development of children from PreK through Grade 5. The program provides skill-building for students as well as teachers and has a strong parent component to encourage family involvement.
 3. The Peer Mediation Program has been implemented in 72 of our PreK-8 schools and is primarily ideal in Grades 6-8. De-escalation techniques are used to deter and/or calm students down from situations that might otherwise escalate into violent behaviors.
 4. The Student Support Team (“SST”) is a problem-solving group of school staff located at each site. The SST goal is to address students’ problems, including academic, behavior and/or attendance, in a timely manner through evidence-based interventions to help them achieve in school.

5. The Target 11 Attendance initiative supports parents in monitoring their children's attendance with data and incentives.
6. The Planning Center is located at each school and is managed by highly trained paraprofessionals. The goal of the Planning Center is to keep students in school by providing support and interventions to students, teachers, and families. The Planning Center promotes social/emotional learning in an individual or small group setting through evidence-based interventions. Ripple Effects, a program used in Planning Centers, is a computerized program that addresses non-academic factors and its impact on academic success.
7. The District Crisis Response Team addresses all student concerns relative to their emotional and health needs. The CMSD Crisis Desk is staffed by Crisis Coordinators who consult, manage, and deploy resources to all schools and District sites as needed. Responders (school psychologists, counselors, nurses, county/city agencies, etc.) travel to the identified sites and provide stabilization, intervention, and resources to de-escalate the reported crisis situation.
8. The goal of the Bullying Prevention program is to decrease the prevalence of bullying and promote a safe, warm environment. This can be accomplished at the elementary, middle, and high school levels through the use of a prevention model. We are integrating current SEL tools that promote social skill-building, self-control, critical thinking, decision making, and the acceptance of differences.
9. Class Meetings are used as a vehicle for classroom-level problem-solving and decision making. These meetings are an inclusive, proactive, and community-building approach to promoting the well-being of all students and for preventing and reducing negative outcomes for students. Class meetings are facilitated by adults and students daily, and the last 20 minutes. Class Meetings may include planning and problem-solving activities, social/emotional skill development, development of study habits, college/career planning, and individual support.
10. The Chief Academic Office will expect its designee(s) to implement all CMSD collaborated and approved programs, events, or experiences from external partners.

E. Nursing

The Chief Academic Officer or designees in the SEL department promote, guide, and support the work of District Nurses as follows:

1. Provide health education to improve student health through behavior and preventing or reducing risk factors of incurring diseases.

Resolution No. 2013-3033(B)

2. The Chief Academic Office will expect it's designees to implement all CMSD collaborated and approved programs, events, or experiences from external partners.
3. Encouraging staff and family health promotion by
 - a. Sponsoring disease prevention programs such as
 - i. blood pressure checks
 - ii. blood-borne pathogen lectures, and
 - iii. cancer awareness information
 - b. Individual and group information sessions for health maintenance and emergencies.
4. Maintain a safe physical and psychological environment to support learning.
5. Create and maintain partnerships with families, schools, community groups, and individuals that allow sharing and maximizing resources to support the health and welfare of children.
6. Form a nursing assessment of a student by creating a case finding through screening, observation, and direct and indirect referrals.
 - a. Immunizations: This is an ongoing process to determine if students are in compliance with state regulations. If students are found to be in compliance, records are computerized and copied. If not in compliance, parents are referred to either private physicians, Health Department clinics, or to a school-based immunization clinic.
 - b. Referrals and consultation: Nurses notify parents, teachers, and health professionals of screening results and make referrals as necessary. From these consultations, an IHP (Individual Healthcare Plan) may be developed. Assistance is also given to parents and staff to find appropriate health care providers and to teach parents how to access the health care system.
7. School Nurses will attend SST and 504 meetings when available and when there is a health issue involved that can affect the child's education. If a nurse is unavailable to attend an SST meeting, SEL will provide assistance, support, and direction.
 - a. Nurses assist in writing the IEP's (Individual Education Plan) and provide documentation by acting as an intermediary with the health care system. Parents might also need assistance with barriers with the educational system concerning a medical/emotional issue.
 - b. School nurses can help parents collect medical information that may be needed for support in a meeting.

Resolution No. 2013-3033(B)

- c. Environmental health describes anything from whether a bathroom has soap, water, and paper towels to helping decide if a lunch time snack is considered healthy. It may also include the school environment such as temperature, ventilation, and smell. This may also include assessing the environment after a serious incident at the school such as fire or illness.

F. District Wellness Council

1. The Cleveland Municipal School District Wellness Council will
 - a. Provide health, nutrition, fitness, and wellness information and opportunities to improve academic achievement throughout the District;
 - b. Provide health and fitness information and opportunities to District personnel, students, families, and community to engage in health, nutrition, fitness and wellness activities;
 - c. Work with the Strategic Communications and Family and Community Engagement offices to promote the Comprehensive Wellness Policy to District staff, students, parents, and the community.

G. Evaluation

1. The Cleveland Municipal School District in partnership with community organizations and governmental agencies will support programming that enhances academic health, social, and wellness programming for students, families, and District employees. Each activity or program will include an aggressive effort to assess and/or evaluate each program to determine the outcomes of the activity.
2. Yearly Updates: The CMSD Wellness Committee will report to the Board of Education annually for its review, input and directives on the programs, collaborations, and initiatives from the Committee.

VI. RELATED PROCEDURES AND REGULATIONS:

Administrative Procedure

VII. MAINTENANCE AND UPDATE OF THESE PROCEDURES

These procedures originate with the Chief Academic Office, and will be reviewed annually and updated as needed.

VIII. CANCELLATIONS AND SUPERSEDURES

Resolution No. 2013-3033(B)

This Administrative Procedure cancels and supersedes Resolution No. 2006-440(B), dated September 15, 2006 and attached hereto.

This Administrative Procedure was approved on April 23, 2013. Tracking No. CAO-21030(B)

IX. EFFECTIVE DATE: April 23, 2013

Approved by:

Eric Gordon
Chief Executive Officer

Distribution: