

School Wellness

Pursuant to federal law, the following parties have jointly developed this school wellness policy: A Board of Education member, the food service supervisor, the school nurse, a physical education teacher, a principal, parents, and members of the community knowledgeable about children's health.

The Board of Education recognizes that students need to be physically active and eat nourishing food to grow, learn, and maintain healthy development. It further recognizes that a significant body of research indicates a positive correlation between optimal health, learning, and academic success.

The district will establish and maintain a district wide Wellness Advisory Council (council). The purposes of the council shall be to monitor the implementation of this policy, evaluate the district's progress on this policy's goals, serve as a resource to schools (i.e. provide lists of healthy incentives, snacks, etc.) and recommend revisions to this policy as the council deems necessary and/or appropriate. The council will meet a minimum of twice during the school year and report to the Board through the superintendent at least once a year.

To further the Board's beliefs stated above, the Board adopts the following goals:

Goal #1. The district will provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.

The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity. Such learning environment will teach students to use appropriate resources and tools to make informed and educated decisions about lifelong healthy eating habits and beneficial physical activity.

The goal of providing a comprehensive learning environment shall be accomplished by the following objectives for goal #1.

- Providing age-appropriate and culturally sensitive instruction to students that teaches them lifelong healthy eating habits and healthy levels of physical activity.
- Promoting healthy eating, physical activity, and school meal programs for students to parents, school staff, and the community at school registration, parent-teacher meetings, open houses, staff in-services, etc.
- Supporting staff educational opportunities to inform them about nutrition and physical activity, including how to integrate these topics into their core instruction. These educational opportunities may include, but are not limited to, the distribution of educational and informational materials and the arrangement of presentations and workshops that focus on nutritional value and healthy lifestyles, health assessments, fitness activities, and other appropriate nutrition and physical activity-related topics.

- Advertising messages are consistent with and reinforce the objectives of the education and nutrition environment goals of the school.

Goal #2. The district will support and promote proper dietary habits contributing to students' health status and academic performance.

Foods and beverages available on school grounds and at school-sponsored activities shall meet or exceed the district's nutrition standards. All schools participating in the School Breakfast and/or National Lunch Program shall comply with any state and federal rules or regulations regarding competitive food service and the service of Foods of Minimal Nutritional Value, as defined by the USDA.

The goal of supporting and promoting proper dietary habits shall be accomplished by the following objectives for goal #2:

- In the elementary school, scheduling recess before lunch.
- Requiring that students have access to healthful food choices in the school cafeteria with adequate time to eat.
- Making information accessible to students and their parents/guardians concerning the nutritional content of foods and beverages sold through school meal programs.
- Encouraging non-food fundraisers such as flowers, gift-wrap, sporting events, and family fun runs.
- Encouraging staff to use non-food items as rewards.
- Assuring that the school cafeteria is a pleasant eating environment, including displays of health education information, and reduced noise, if possible.
- Encouraging parents and staff to contribute healthful food and beverage items to classroom celebrations. The district will provide parents and teachers with a list of healthful food items to contribute to classroom celebrations and snacks.

Goal #3. The district will provide opportunities for students to engage in physical activity.

A quality physical education program is an essential component for all students to participate in and learn about physical activity. Physical activity shall be included in a school's daily education program from grades pre-kindergarten through 12. Physical activity should include regular instructional physical education, in accordance with the district's content standards, and may include, but need not be limited to exercise programs, fitness breaks, recess, field trips that include physical activity as well as co-curricular and classroom activities that include physical activity.

The goal of providing more opportunities for students to engage in physical activity shall be accomplished by the following objectives to meet goal #3:

- Requiring that periods of physical activity be provided for elementary students in accordance with policy JLJ*, Physical Activity and consistent with requirements of state law.
- Encouraging all schools to administer a health-related fitness assessment (such as the Presidential Fitness Test) to help students determine their own level of fitness and create their own fitness plans.

- Making health-promotion activities available for students, parents, and staff that encourage regular physical activity, such as speakers and recreational demonstrations.
- Increasing opportunities for physical activity through a range of after-school programs, interscholastic athletics and community physical activity clubs.
- Increasing physical activity opportunities during the school day through daily recess periods, elective physical education classes, cup stacking program, and the integration of physical activity into the academic curriculum.
- Encouraging staff to maintain a positive attitude towards physical activity, structured/unstructured recess and other physical activity should not be taken away from students as a form of punishment.

Adopted: March 19, 2009

Revised: date of manual revision

LEGAL REFS.: Section 204 of P.L. 111-296 (*Healthy, Hunger-Free Kids Act*)
C.R.S. 22-32-134.5 (*healthy beverages requirement*)
C.R.S. 22-32-136 (*policies to improve children's nutrition and wellness*)
C.R.S. 22-32-136.5 (3)(a) and (b) (*physical activity requirement*)
1 CCR 301-79 (*State Board of Education – healthy beverages rules*)

CROSS REFS.: EF, Food Services
EFC, Free and Reduced-Price Food Services
EFEA*, Nutritious Food Choices
IA, Instructional Goals and Learning Objectives
IHAE, Physical Education
IHAM and IHAM-R, Health Education
IHAMA, Teaching About Drugs, Alcohol and Tobacco
IHAMB and IHAMB-R, Family Life/Sex Education
JLJ*, Physical Activity