

School Wellness

Pursuant to federal law, the following parties have jointly developed this school wellness policy: Members of the community, teachers, administration, and students.

The Board promotes healthy schools by supporting student wellness, good nutrition, and regular physical activity as part of the total learning environment. Schools contribute to the basic health status of students by facilitating learning through the support and promotion of good nutrition and physical activity. Improved health optimizes student performance potential, as children who eat well-balanced meals and are healthy are more likely to learn in the classroom.

Monitoring 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 recommendations for revisions to this policy as the council deems necessary and/or appropriate will be conducted by an administrative team.

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 adoption of a district content standard for health and nutrition education that teaches students about the effects of nutrition and physical activity on their health.*
- *The availability of nutrition education in the school cafeteria as well as the classroom, with coordination between the district's food services staff and teachers.*

- *The participation of schools in USDA nutrition programs such as “Team Nutrition” and other nutrition education activities and promotions that involve students, parents and the community.*
- *Encouragement to teachers to integrate nutrition education into core curriculum areas such as math, science, social studies, and language arts, as applicable.*

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

All 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:

- *A requirement that all students have access to fresh fruits and vegetables through the lunch/breakfast program*
- *A requirement that all students have access to healthful food choices in appropriate portion sizes through the lunch/breakfast program, including healthful with an adequate time to eat; and healthful items for fundraisers, classroom parties, and rewards in the schools.*
- *A restriction on student access to vending machines, school stores, and other venues that contain foods of minimal nutritional value.*
- *An assurance that the school cafeteria is as pleasant an eating environment as possible, including displays of student art, plants, natural light if possible, small tables, and reduced noise, if possible.*
- *A encouragement that at any school function (parties, celebrations, receptions, festivals, sporting events, etc.), healthy food choice options be made available to students.*
- *A requirement that all students have access to a school facility with a sufficient number of functioning water fountains in accordance with local building codes, or other means to provide students with sufficient water.*]*

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

A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity should 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, as well as co-curricular activities and recess.

The goal of providing more opportunities for students to engage in physical activity shall be accomplished by:

- *A requirement or encouragement that periods of physical activity be at least 150 minutes per week for elementary students and at least 200 minutes per week for secondary students.*
- *A requirement that all students have access to age-appropriate daily physical activity.**
- *Opportunities for physical activity through a range of after- school programs including intramurals, interscholastic athletics, and physical activity clubs.*
- *Opportunities for physical activity during the school day through daily recess periods, elective physical education classes, walking programs, and the integration of physical activity into the academic curriculum.*
- *An encouragement that schools follow the recommendations of the National Association of Sport and Physical Education (NASPE), which guide students through a process that enables them to achieve a high personal level of fitness.*
- *An encouragement that secondary schools administer a health-related fitness assessment to students to help students determine their own level of fitness and create their own fitness goals and plans.*

- *An encouragement that beginning at an early age, schools introduce developmentally appropriate components of a health-related fitness assessment (i.e. FitnessGram, Physical Best or President's Council) to students.*

Adopted: 05/16/2014

NOTE: Beginning July 1, 2009, each beverage offered for sale to students from any source, including the school cafeteria, vending machines, school stores and fund-raising activities conducted on school grounds, shall satisfy minimum nutritional standards for beverages adopted by the State Board of Education, subject to certain exceptions in the State Board's rules. The State Board's healthy beverages standards also apply to contracts entered into or renewed on or after July 1, 2009.

LEGAL REFS: Section 204 of P.L. 108-265 (*Child Nutrition and WIC Reauthorization Act of 2004*)

C.R.S. [22-32-134.5](#) (*healthy beverages requirement*)

C.R.S. [22-32-136](#) (*policies to improve children's nutrition and wellness*)

1 CCR [301-79](#) (*State Board of Education - healthy beverages rule*)

CROSS REFS: [EE](#), Food Services

[EFC](#), Free and Reduced-Price Food Services

[EFEA*](#), Nutritious Food Choices

[IA](#), Instructional Goals and Learning Objectives

File: ADF

IHAE, Physical Education

[IHAM](#) and IHAM-R, Health
Education

[IHAMA](#), Teaching About Drugs, Alcohol and Tobacco

[IHAMB](#) and IHAMB-R, Family Life/Sex
Education