School Wellness

Pursuant to federal law, the following parties have jointly developed this school wellness policy: members of the district´s Board of Education, the district´s Accountability Committee and the district staff.

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.

The district will establish and maintain a district-wide Nutrition and Physical Activity Advisory 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 and recommend revisions to this policy as the council deems necessary and/or appropriate.

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 provision of age-appropriate and culturally sensitive instruction to students that teaches them lifelong healthy eating habits and a healthy level of physical activity.*

- *Active promotion of healthy eating and physical activity to students, parents, school staff, and the community at school registration, parent-teacher meetings, open houses, staff in-services, etc.*

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 or 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 healthful food choices in appropriate portion sizes, including healthful meals in the school cafeteria with an adequate time to eat.*

- *A prohibition or restriction on student access to vending machines, school stores, and other venues that contain foods of minimal nutritional value.*

- *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 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 and classroom activities that include physical activity.

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

- *A requirement that periods of physical activity be provided for elementary students in accordance with policy JLJ*, Physical Activity and consistent with requirements of state law.*

- *An encouragement that periods of physical activity be at least 225 minutes per week for secondary students.*

- *An encouragement that beginning at an early age, schools introduce developmentally appropriate components of a health-related fitness assessment.*

Adopted: May 20, 2013

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. 22-32-136.3 *(trans fat ban)*

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