

School Wellness

Pursuant to federal law, the following parties have jointly developed this school wellness policy: parents, teachers, school administrators, director of food services, school nurses, community members knowledgeable about children's health, and directors of curriculum.

The District 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 District's beliefs stated above, the following goals have been adopted:

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 environments 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 district content standards 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 about lifelong healthy eating habits and a healthy level of physical activity (30 – 60 minutes a day).
- The availability of nutrition education in the school cafeteria as well as the classroom. (Posters, etc.)
- Encouragement of teachers to integrate nutrition education into core curriculum areas such as math, science, social studies, technology, and language arts, as applicable.
- The availability of parent educational opportunities to inform them about nutrition and physical activity, including information about healthful foods and beverages to provide to their child and to bring to school activities and events. These educational opportunities may include, but not be limited to, education provided in the form of handouts, postings on the district's web site, articles and information provided in district or school

newsletters, presentations that focus on nutritional value and healthy lifestyles, and through any other appropriate means available for reaching parents.

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

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 during the lunch period.
- A restriction on student access to vending machines, school stores, and other venues that contain foods of minimal nutritional value. (Minimal nutritional value to be defined by 2007.)
- A restriction which prohibits the selling of competitive foods on school property during the 45 minutes before or after lunch.
- An encouragement that schools promote a positive learning environment by providing healthy celebrations that shift the focus from the food to the celebration of the child.
- Offering healthy snacks that are sold during the lunch period and at the schools during the day. ("Healthy to be defined by 2007. Ex: whole grain, % of sugar and fat.)
- In accordance with applicable federal law, schools participating in the National School Lunch and/or Breakfast Programs shall comply with the Smart Snacks in School nutrition standards in the marketing of any foods or beverages sold to students during the school day.
- An encouragement that at any school function (parties, celebrations, receptions, Festivals, sporting events, etc.), healthy food choice options be made available to students.
- An assurance that the school cafeteria is as pleasant an eating environment as possible, including displays of student art, plants, small tables, and reduced noise, if possible.
- An encouragement that students be prohibited from leaving the cafeteria until at least 20 minutes after the lunch period begins, regardless of whether students have recess before or after lunch.
- The encouragement of nonfood fundraisers such as flowers, gift-wrap, sporting events, and family fun runs.
- 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, such as personal water bottles, 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 that all students have access to age-appropriate daily physical activity. (At least 150 minutes per week for elementary, including recess.)
- Increased opportunities for physical activity through a range of after-school programs including intramurals, interscholastic athletics, and physical activity clubs.
- Increased 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, beginning at an early age, schools introduce developmentally appropriate components of a health-related fitness assessment (i.e. Fitness Gram, Physical Best, or President's Council) to students to help determine their own level of fitness and create their own fitness goals and plans.
- The availability of health-promotion activities and incentives for students, parents and staff that encourage regular physical activity, such as speakers, recreational demonstrations, and walking clubs.

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 and EFC-R, Free and Reduced-Price Food Services
EFEA*, Nutritious Food Choices
EFEA*-E, Guidelines for Nutritious Choices in Vending Machines
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