

Adopted June 15, 2006  
Revised December 10, 2009  
Revised by Wellness Committee March 2012  
Revised October 14, 2013  
Revised August 10, 2015

## School Wellness

Pursuant to federal law, the following parties have jointly developed this school wellness policy: District Wellness Committee, parents, PE Teacher, District Nurse, Food Services Director, and Superintendent.

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 Wellness Committee. 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.

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.
- Providing age-appropriate and culturally sensitive instruction to students that teaches them lifelong healthy eating habits and a healthy level of physical activity.
- 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.
- Actively promoting 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.
- Inform and encourage teachers to integrate nutritional education into curriculum.
- Providing educational opportunities to staff to inform them about nutrition and physical activity, including how to integrate these topics into their instruction. (note: These educational opportunities may include 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.)

- Providing parent educational opportunities to inform them about nutrition and physical activity, including information about healthful foods and beverages. (note: these educational opportunities may include 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 throughout any other appropriate means available for reaching parents.)

**Goal #2. The district will support and promote healthy food options that contribute to students' health and academic performance.**

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. Outside of the School Breakfast and/or National Lunch Program we will promote healthy food options to contribute to student health and academic performance.

The goal of supporting and promoting healthy food options shall be accomplished by:

- 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.
- Encourage 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 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 opportunities for students to engage in physical activity shall be accomplished by:

- A requirement that periods of physical activity be provided for elementary students and secondary students in accordance with policy JLJ\*, Physical Activity and consistent with requirements of state law.
- A requirement that all students have access to age-appropriate daily physical activity.
- 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.
- Encourage schools to 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.
- Encourage secondary schools to 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.
- Encourage schools to introduce developmentally appropriate components of a health-related fitness assessment (i.e. FitnessGram, Physical Best or President’s Council) to students.
- 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, 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  
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