

School Wellness

Pursuant to federal law, the following parties have jointly developed this school wellness policy: members of the district's Board of Education and the district's accountability committee.

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 (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 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:

- Active promotion of healthy eating and physical activity to students, parents, school staff and the community
- Inform parents of opportunities to learn more about nutrition and physical activity including information about healthful foods and beverages to provide to their child and to bring to school activities
- Promote opportunities for student awareness/learning on physical wellness, nutrition and student well-being (i.e. self esteem/worth)

Goal #2

The district will support and promote proper dietary habits contributing to student health status 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.

The goal of supporting and promoting proper dietary habits shall be accomplished by:

- Adoption of district nutrition standards that limit the amount of fat and sugar content and limit portion sizes
- Limit student access to vending machines and other venue that contain foods of minimal nutritional value
- Encourage healthy food options at school functions (parties, celebrations, etc.)

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:

- Encourage that physical activity (p.e./extra curricular) be at least 150 minutes per week for primary students and at least 225 minutes per week for secondary students
- Increased opportunities for physical activity through offering after school programs

Adopted: April 18, 2006
Reviewed: April 2019

LEGAL REFS.: Section 204 of P.L. 108-265 (Child Nutrition and Reauthorization Act of 2004)
C.R.S. 22-32-124 (nutritious choices in vending machines)
C.R.S. 22-32-136 (policies to improve children's nutrition and wellness)

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