

## School Wellness

Pursuant to federal law, the following parties have jointly developed this school wellness policy: Superintendent, principals, district physical education instructors, school nurse, food service director, school and district improvement teams consisting of staff members and parents.

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 superintendent and designated building representatives will 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:** Child nutrition programs comply with federal, state and local requirements. Child nutrition programs are accessible to all children.

The goal will be accomplished by implementing the following objectives.

### **Objectives:**

1. The child nutrition program will aim to be financially self-supporting; however, the program is an essential educational support activity. Budget neutrality or profit generation will not take precedence over the nutritional needs of the students. If subsidy of the child nutrition program is needed, it will not be from the sale of foods that have a minimal nutritional value and/or compete nutritionally with program meals.
2. The child nutrition program will insure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.
3. Employ a food service director, who is properly qualified, certified and or credentialed according to current professional standards, to administer the school food service program and satisfy reporting requirements.
4. All food service personnel shall have adequate pre-service training in food service operations.
5. Comply with regularly scheduled inspections by the state health inspection. All foods made available on campus comply with state and local food safety and sanitation regulations.

6. For safety and security of the food and facility, access to food service operation is limited to food service staff and authorized personnel.
7. Comply with all CDE and federal reporting requirements.

**Goal 2:** Promote and support sequential and interdisciplinary nutrition education.

**Objectives:**

1. Current practices such as healthy habits sessions by elementary counselors, healthy heart curriculum, freshmen health education classes, teen parenting, and other nutrition education programs will be continued.
2. Teachers will be encouraged to integrate nutrition education into other areas of the curriculum such as math, science, language arts and social studies.
3. Nutrition education will involve sharing information with families and the community to positively impact students and the health of the community.
4. Teachers will encourage parents to provide “healthy foods” for daily snacks and classroom parties.
5. Parent educational opportunities will be provided 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, posting on the district web site, articles and information provided in the district or school newsletters, presentations that focus on nutritional value and healthy lifestyles, and through any other appropriate means available to reaching parents.
6. Make available nutrition education materials in the school cafeteria as well as the classroom, with coordination between the district’s food services staff and teachers.

**Goal 3:** The district will provide an environment that supports and promotes proper dietary habits contributing to student health status and academic performance.

**Objectives:**

1. Adoption of district nutrition standards that limit the amount of fat and sugar content and limit portion sizes.
2. Provide that all students have access to healthful food choices in appropriate portion sizes throughout the school day, including healthful meals in the school cafeteria with an adequate time to eat.
3. Promote healthful items in vending machines, pursuant to C.R.S. 22-32-124, and healthful items for fundraisers, classroom parties, and rewards in the schools.

4. Adoption of rules specifying the time and place at which competitive foods may be sold on school property to encourage the selection of healthful food choices by students.
5. A prohibition or restriction on using food as a discipline or reward for students.
6. An assurance that the school cafeteria is as pleasant an eating environment as possible.
7. Encouragement that at any school function (parties, celebrations, receptions, festivals, sporting events, etc.) healthy food choice options be made available to students.
8. The encouragement of nonfood fundraisers such as flowers, gift-wrap, sporting events, etcetera.
9. Encourage schools to offer recess before lunch if possible and to provide a minimum of 20 minutes seat time after the student receives their meal.
10. Provide 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. Students will be encouraged to utilize water bottles during the day to facilitate proper hydration.

**Goal 4:** The district will provide an atmosphere that promotes a meaningful, life long physical activity program for students.

A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical fitness opportunities shall be included in a school's daily education program from grades pre-kindergarten through 12. Physical fitness opportunities 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.

**Objectives:**

1. All students will have access to age-appropriate physical fitness opportunities, in accordance with policy JLJ\*, *Physical Activity*, and consistent with requirements of state law.
2. Provide 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.
3. Promote physical education instruction that includes individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.
4. Provide adequate equipment for all students to participate in physical education. Physical education facilities on school grounds will be safe.

5. Schools will encourage families and community members to institute programs that support physical activity.
6. Schools are encouraged to provide community access to and encourage students and community members to use the school's physical activity facilities outside of the normal school day when available and appropriate.

Adopted: 04/13/2006

Revised: 08/11/2011

Reviewed by Board of Education: 01/16/2014

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