

## School Wellness

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

**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.\*
- 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.
- The participation of schools in USDA nutrition programs such as "Team Nutrition" and other nutrition education activities and promotions that involve students, parents and the community.
- 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.
- Encouragement to teachers to integrate nutrition education into core curriculum areas such as math, science, social studies, and language arts, as applicable.

- The availability of staff educational opportunities to inform them about nutrition and physical activity, including how to integrate these topics into their core instruction. These educational opportunities may include, but not be limited to, 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.
- 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.

**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 good 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
- A requirement that all students have access to fresh fruits and vegetables throughout the school day.\* Snacks served during the school day will meet nutrition guidelines, with a strong emphasis on serving fruit and vegetables as the primary snacks and water as the primary beverage. Having a healthy snack policy can create and promote healthy habits and behaviors in children.
- A requirement 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; healthful items in vending machines, pursuant to C.R.S. 22-2-124; and healthful items for fundraisers, classroom parties, and rewards in the schools.\*
- A prohibition or restriction on student access to vending machines, school stores, and other venues that contain foods of minimal nutritional value.
- The 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.\*

- A prohibition of restriction on using food as a discipline or reward for students.
- Accessible information to students and their parents/guardians concerning the nutritional content of foods and beverages sold by or available to students, as well as the nutritional content of competitive foods sold or available on school district property.\*
- An assurance that the school cafeteria is as pleasant an eating environment as possible, including displays of student art, plants, natural light if possible, small tables, and reduced noise, if possible.
- A requirement of encouragement that at any school function (parties, celebration, reception, festivals, sporting events, etc.), healthy food choice options be made available to students.
- Students have at least 20 minutes to eat breakfast and 20 minutes to eat lunch, not including time spent walking to and from class or waiting in line.
- A requirement that recess for elementary students is scheduled before lunch. Or, if recess is after lunch, a requirement that school prohibit students from leaving the cafeteria until a designate time, which will be at least 30 minutes after the lunch period begins.
- At least 50% of fundraising activities will NOT involve the sale of food or beverages. Fundraising activities involving the sale of food or beverages will not take place until after the end of last lunch period. Nonfood fundraisers such as flowers, gift-wrap, sporting events, and family fun runs will be encouraged.
- 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.\*
- The USDA Smart Snacks in School Beverages Guidelines will be followed during school hours.
  - Plain or Carbonated Water
  - Low Fat Milk 1% Unflavored
  - Non Fat Milk (Skim) -Flavored or Unflavored
  - 100% Fruit or Vegetable Juice-Plain or Carbonated with no sugars
  - 100% Fruit or Vegetable Juice-Diluted with water (plain or carbonated) with no added sweeteners.
  - Caffeinated beverages are only permitted at the High School level.
- Guidelines will be established should we have food offered in school stores.
- Healthier food choices will be offered at school activity related concession stands. Fifty percent of the food choices offered at the start of activities or events will be “healthy” food choice options (trail mix versus candy bar). School concessions will consider pricing healthier food choices lower than less healthier options.
- Compliance with this policy will be assessed once every three years and the results will made available to the public.

### **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-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 or encouragement that periods of physical activity be at least 150 minutes per week for elementary students and at 225 minutes per week for secondary students.
- A requirement that all students have access to age-appropriate daily physical activity.\*
- A requirement that physical activity is not withheld (e.g., recess, physical education) as punishment. This guideline does not apply to extracurricular sports teams.
- 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 schools 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.
- An encouragement that secondary schools 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.
- 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.
- The promotion of walking or bicycling to and from school using programs such as Walking School Bus and Bike Train.
- 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.

ADOPTED 2005

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LEGAL REFS.: Section 204 of P.L. 108-265 (*Child Nutrition and WIC 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  
IHAЕ, Physical Education  
IHAM and IHAM-R, Health Education  
IHAMA, Teaching About Drugs, Alcohol and Tobacco  
IHAMB and IHAMB-R, Family Life/Sex Education