

School Wellness Policy

Pursuant to federal law, the following parties will jointly review and develop this school wellness policy: Members of this committee are as follows, School Administrator, Counselor, Parent, Physical Education teacher, School Nurse, Food Service Coordinator, and a student.

The Board promotes healthy schools by supporting student wellness, good nutrition, and regular physical activity as part of the total learning through the support and promotion of good nutrition and physical activity. Improved health optimizes student, teacher, board and administrative performance potential, as children who eat well-balanced meals and are healthy are more likely to learn in the classroom.

This School Wellness Advisory Council will establish and maintain a district-wide Nutrition and Physical Activities for all members of the District's community. 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 the 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 following actions steps:

- The adoption of a district content standard for health and nutrition educations 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 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 events. These educational opportunities may include, but not be limited to, education provided in the form of handouts, postings on the district's website, articles and information provided in district or school newsletters, presentations that focus on nutritional value and healthy lifestyles, and through 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.

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 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 the following:

- 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 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. 22-32-124; and healthful items for fund raisers, 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.
- 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 of an eating environment as possible, including displays of student art, plants, natural light if possible, small tables, and reduced noise, if possible.
- A requirement or encouragement that at any school function (parties, celebrations, receptions, festivals, sporting events, etc.), healthy food choice options be made available to students.

- A requirement that schools offer lunch before recess or if recess is after lunch, a requirement that schools prohibit students from leaving the cafeteria until a designated time, which will be at least 30 minutes after the lunch period begins.
- 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 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 educational program from grades pre-kindergarten through 12th grade. 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 the following:

- A requirement or encouragement that period of physical activity is a least 150 minutes per week for elementary students and at least 225 minutes per week for secondary students.
- 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 school day through daily recess periods, elective physical education classes, walking programs, and integration of physical activity into the academic curriculum.
- An encouragement the schools follow the recommendations of the National Association of Sport and Physical Education (NSDPE), which guide students through a process that enables them to achieve a high personal level of fitness.
- 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.

Goal #4. The reduction of stress.

On the published stress scale, teaching in public schools is second on the scale only to the air traffic control personnel. Students also experience high levels of stress due to peer pressure, coach and teacher pressure as well as parental pressure.

The goal to reduce stress for all members of the school community may be accomplished by the following:

- Opportunities are available for yoga program.
- Opportunities are available for instruction in relaxation techniques.

- A walking club may be developed for the sole purpose of reducing stress.
- Counseling is available for those employees and students who are likely to burn out.

First Reading 10-8-2013
Adopted 11-12-2013

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. 22-32-136.5(3)(a) and (b) (physical activity requirement)
1 CCCR 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
JLJ*, Physical Activity