

School Wellness

Pursuant to federal law, the following parties have jointly developed this school wellness policy: District 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 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 assuring all students in grades K-12, including students with disabilities, special healthcare needs and in alternative education settings, have the opportunity to participate in a variety of learning experiences that support development of healthful eating habits.

- The nutrition education curriculum is sequential and consistent with the current approved health education teaching standards for pre-kindergarten through grade 12.
- Nutrition education is taught by a teacher licensed by the state department of education or under the direct supervision of such a teacher. Schools are encouraged to use qualified personnel to provide nutrition education from organizations such as the state department of education, Colorado State Research and Extension, health and agriculture organizations, universities, and consulting registered dietitians. The licensed teacher must approve the instructional materials and method and have ongoing, open communication with the individual providing instruction.
- Nutrition education is based on the most recent Dietary Guidelines for Americans. Active learning experiences are provided for students. Whenever feasible, the active learning involves the students in food preparation.

- School administrators inform teachers about opportunities to attend training on nutrition and the importance of role modeling healthful habits for students.
- Classroom nutrition education is provided each year for all students that focuses on understanding the relationship between personal behavior and health AND/OR as learning experiences integrated throughout the curriculum in subject areas such as math, science, language arts, social studies, or health.
- Use the cafeteria as an information center and learning laboratory that allows students to apply critical thinking skills. Students learn about the nutrition requirements for school meals.
- K-5 parents are encouraged to join students in school meals.
- Family members are encouraged to become actively involved in programs that provide nutrition education.
- Each school will address wellness at their building accountability committee meetings.

Goal #2. The district will support and promote proper dietary habits contributing to students' 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 limiting **A La Carte food items** to:

- The same portion size of any food item served that day in the NSLP or SBP
- Fruits or vegetables
- Yogurt
- Other items – at least 50% of items offered meet all of the following criteria per serving:
 - Fat - except for nuts, seeds, and nut butters, not more than 35% of total calories from fat (or less than 4 g per 100 calories)
 - Sugar - except for fruit without added sugar, not more than 35% of weight from total sugar (or less than 9 g per 100 calories)
 - Calories - not more than 200 calories per selling unit

A La Carte Beverages are limited to:

- Water, non-caloric
- 50-100% juice
- Milk

- Electrolyte replacement beverages that contain not more than 48 g of sweetener per 20-ounce selling unit may be offered in drink machines located near high school athletic training centers.

The sale of Foods of Minimal Nutritional Value (see definition) is not allowed on school property in areas accessible to students until after the end of the school day.

Vended Foods are not available for students.

Vended Beverages: Each beverage offered for sale to students from any source, including the school cafeteria, vending machines, school stores, and fund-raising activities conducted on school grounds, shall satisfy minimum nutritional standards for beverages adopted by the State Board of Education, subject to certain exceptions in the State Board's rules. The State Board's healthy beverages standards also apply to contracts entered into or renewed on or after July 1, 2009.

During the school day:

- Foods and beverages for classroom rewards, parties, and celebrations will:
 - encourage healthy snacks like fruits and vegetables
 - will not be available during the school breakfast or lunch period.

Parents, teachers, and organizations are informed about the guidelines and are encouraged to follow them.

The after school "snack" program will be in compliance with state guidelines which encourages healthful snacks.

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 should be included in a school's daily education program from grades pre-kindergarten through eighth grade. 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 and classroom activities that include physical activity.

The goal of providing opportunities for students to engage in physical activity shall be accomplished by:

- All students in grades K-8, including students with disabilities, special health-care needs, and in alternative education settings, have the opportunity to participate in moderate to vigorous physical activity on a regularly scheduled basis each school week during the entire school year.
- The school provides a physical and social environment that encourages safe and enjoyable physical activity for all students, including those who are not athletically gifted.
- The physical education curriculum is sequential and consistent with the State Board of

Education approved physical education teaching standards for Pre-Kindergarten through grade 12.

- Adequate age-appropriate equipment is available for all students to participate in physical activity.
- Physical activity facilities on school grounds are safe.
- Classroom teachers provide short physical activity breaks between lessons or classes, as appropriate.
- Periods of physical activity be provided for elementary students in accordance with Policy JLJ*, Physical Activity and consistent with requirements of state law.
- Moderate to vigorous physical activity is encouraged verbally and through the provision of adequate space and age-appropriate equipment.
- The practice of having recess before lunchtime is encouraged.

Adopted: May 2, 2006

Revised: April, 2009

December 13, 2011

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 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