

SCHOOL WELLNESS ADF

The district 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 School Wellness Committee as an advisory committee to monitor the implementation of this Policy and accompanying regulation, evaluate and report annually on the district's progress on this Policy's goals, serve as a resource to schools, and recommend revisions to this Policy and accompanying regulation as the committee deems necessary and/or appropriate.

To further the district's beliefs stated above, the district adopts the following commitments:

Commitment to providing 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 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 commitment of supporting and promoting shall be accomplished through:

- The Comprehensive Health and Physical Education standards will be utilized to teach students about the effects of nutrition and physical activity on their lifelong wellness.
- Encourage promotion of healthy eating and physical activity to students, parents, school staff, and the community.
- Provide resources to staff in regards to nutrition and physical activity, including how to integrate these topics into their core instruction.

Commitment to supporting and promoting proper dietary habits contributing to students' health status and academic performance.

School meals, as well as other foods and beverages available on school grounds and at school-sponsored activities, shall align with district standards, meet or exceed the Colorado State Senate Bill 05-81 and 04-103, as well as the current USDA nutrition standards. Furthermore, food and beverages shall meet or exceed state and local

health department guidelines to create a safe and healthy food environment in all schools. 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 including the Colorado Competitive Foodservice Policy, Healthy Beverages Policy, and Smart Snacks in School Rules.

The commitment of supporting and promoting shall be accomplished through:

- The adoption of district nutrition standards that limit the amount of fat and sugar content and limit portion sizes.
- A restriction on student access to vending machines, school stores, and other venues that contain foods of minimal nutritional value.
- The creation of a pleasant eating environment in the cafeteria. Wellness shall be promoted in each cafeteria.
- The encouragement of the use of non-food 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.

Commitment to physical education and physical activity to support students' health and academic performance.

Providing students with opportunities to participate in standards-based physical education programs, and multiple opportunities to engage in movement and exercise. These opportunities shall be incorporated in each school's learning environment and include without limitation co-curricular activities and recess. It is recommended that each school's physical education program meet Colorado state standards.

The commitment of supporting and promoting shall be accomplished through:

- The support of the district's physical education curriculum for K-12 students.
- The encouragement of opportunities for physical activity through a range of after-school programs including intramural and interscholastic athletics.
- The encouragement of opportunities for physical activity during the school day through daily recess periods, elective physical education classes, and the integration of physical activity into the academic curriculum.
- The encouragement of schools to follow the recommendations of the Society of Health and Physical Education Standards (SHAPE America)), which guide students through a process that enables them to achieve a high personal level of fitness.

- The encouragement of secondary schools to 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.
- The encouragement of schools to introduce developmentally appropriate components of a health-related fitness assessment beginning at an early age.
- The encouragement of health-promotion activities and incentives for students, parents and staff that encourage regular physical activity, such as speakers, recreational demonstrations, and walking clubs.

Commitment to support staff health

Maintaining a commitment to support employees by promoting a healthy lifestyle. In order to achieve this, the District will provide wellness opportunities for staff.

*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)*

Adopted: March 2006
Revised: April 2015