

School Wellness

The Board promotes healthy schools by supporting student wellness, including 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 and educational success, as children who eat well-balanced meals and are physically active are more likely to be engaged and learn in the classroom and less likely to be absent.

Goals

To further the Board's beliefs stated above, the Board adopts the following goals:

Goal #1. The district will provide a comprehensive learning environment to promote the development and practice of lifelong wellness behaviors.

The entire school environment, not just the classroom, will be aligned with healthy school goals to positively influence a student's understanding, beliefs and habits as they relate to comprehensive wellness, including good nutrition and regular physical activity. Such learning environments will teach students to use appropriate resources and tools to make informed and educated decisions about lifelong healthy eating habits and beneficial physical activity, in accordance with the district's academic standards for comprehensive health education and physical education.

Intended Outcomes:

1. Implementation of content standards for Health and Nutrition Education for all health and fitness courses offered to high school age students.
2. Age-appropriate instruction for students in regards to life-long healthy eating habits and maintaining a healthy level of physical activity.
3. Educational nutrition materials available in the cafeteria and classrooms focused on food service staff partnering with classroom teachers for students to learn about portion sizes, healthy choices, etc.
4. My Plate instruction for all District students through both food services and general education classrooms.

Goal #2. The district will implement and promote nutrition education and proper dietary habits contributing to students' health status and academic performance.

Nutrition education will be in accordance with the district's academic standards for comprehensive health education. All foods and beverages sold or provided to students on the school campus during the school day shall meet or exceed the district's nutrition standards. All schools participating in the National School Lunch and/or School Breakfast Programs shall comply with state and federal rules or regulations regarding school meals, competitive food service and the Smart Snacks in School nutrition standards.

Intended Outcomes:

1. Meals prepared by the District will follow the National School Lunch Programs regulations for limiting the amount of fat, sugar and sodium content within a healthy portion size.
2. Students and faculty will refrain from partaking on a regular basis of soda, fast food, or other items that do not comply with a description of healthy eating during the lunch period.
3. The sale of competitive foods will be limited and at the discretion of the Superintendent.
4. Health and Wellness information will be made available to students and parents/guardians regarding the rules and regulations of the food service program during the Back to School Night, one time annually Parent Advisory Committee (PAC) meeting and end of the year Family BBQ.
5. Healthy food suggestions will be encouraged for classroom parties.
6. There will be an assurance provided that the school cafeteria is a pleasant eating environment with signage that supports the promotion of health and wellness.

Goal #3. The district will promote healthy nutrition choices to create and encourage a healthy learning environment.

In accordance with applicable federal law, schools participating in the National School Lunch and/or Breakfast Programs shall comply with the Smart Snacks in School nutrition standards in the marketing of any foods or beverages sold to students during the school day.

Intended Outcomes:

1. The food service program will function as an offer vs. serve program ensuring that students are provided a choice in fresh fruit and vegetable option during each meal.
2. Beverages and other snacks will not be permitted for sale without prior permission from the Superintendent.

Goal #4. The district will provide daily opportunities for students to engage in physical activity.

Physical activity will be included in a school's daily education program from grades pre-kindergarten through 12. Physical activity includes regular instructional physical education, in accordance with the district's academic standards for physical education, and opportunities throughout the school day, such as exercise programs, fitness breaks, recess, field trips that include physical activity and classroom activities that include physical activity.

Intended Outcomes:

1. Physical education classes of 25 minutes (minimum) length will be provided to all K-6th grades.
2. Recess and physical education classes will not be removed as the first form of punishment for misbehavior such as disobedience or missing course work.
3. Extracurricular activities will be provided for all age groups.

Implementation and Review

To help ensure each school's compliance with and implementation of this policy's goals, the Board designates the Superintendent as the district's school wellness policy coordinator(s).

The district will establish and maintain a district-wide wellness advisory council. The council's purposes will 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 periodically review and update this policy in accordance with federal law. The council will meet on a semi-annual basis in conjunction with the Parent Advisory Committee (PAC) meetings.

At least once every three years, the council shall assess this policy and its implementation, which shall include an assessment of each participating school's compliance and progress with this policy's goals. The council may recommend policy revisions for the Board's consideration after conducting its triennial assessment and/or as the council deems appropriate or necessary.

Reporting and Recordkeeping

The results of the council's triennial assessments shall be made available to the public, along with a copy of this policy.

The district shall retain records to document compliance with this policy, including but not limited to documentation concerning the council's triennial assessments.

(Adoption date) August 13, 2018

LEGAL REFS.: Section 204 of P.L. 111-296 (Healthy, Hunger-Free Kids Act of 2010), 7 C.F.R. Parts 201, 210 and 220 (local school wellness policy requirements)

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.: FE, School Nutrition Program

FEC, Free and Reduced-Price Food Services, EFEA*, Nutritious Food Choices

HIAM and HIAM-R, Health and Family Life/Sex Education

HIAMA, Teaching About Drugs, Alcohol and Tobacco

HIJ*, Physical Activity

[Revised April 2017]

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