

School Wellness

Pursuant to federal law, the following parties have jointly developed this school wellness policy: members of the district's Board of Education, parents, teachers, administrators, and the school nurse,

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 Athletic Advisory Committee will 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 implementing the following objectives:

- *The adoption of 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**.*
- *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.

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 implementing the following objectives:

- *A requirement that all students have access to fresh fruits and vegetables during the school day.**
- *A requirement that all students have access to healthful food choices during 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 the encouragement of healthful items for fundraisers, classroom parties, and rewards in the schools.**
- *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.**
- *The school cafeteria is as pleasant an eating environment as possible, including displays of student art, plants, natural light if possible.*
- *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.**

NOTE 2: In adopting objectives to implement this goal, the committee should consider existing Board policies, such as EFEA, Nutritious Food Choices.*

NOTE 3: 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.

NOTE 4: USDA guidelines require schools participating in the National School Lunch Program to eliminate trans fats from lunches and from breakfasts. State law prohibits schools from "making available" to students any food or beverage that contains any amount of industrially produced trans fat. C.R.S. 22-32-136.3(2). The trans fat ban applies to all food and beverages made available to students on school grounds during the school day and extended school day and includes items sold through the school

cafeteria, school store or vending machines located on school grounds. C.R.S. 22-32-136.3(3). However, if the food or beverage sold through the cafeteria, store or vending machine is part of school fundraising efforts conducted by one or more students, teachers or parents, the trans fat ban does not apply. C.R.S. 22-32-136.3(4). The law also exempts items donated to the school that are given to students for consumption off school grounds and not during the school day. Id.

*NOTE 5: The USDA's interim final rule, "Smart Snacks in School" became effective July 1, 2014. This rule outlines the nutrition standards for **all** foods sold in schools that participate in federal school meal programs under the National School Lunch Act and/or School Breakfast Act. The "Smart Snacks in School" standards do not apply to: (1) items sold during non-school hours, weekends or off-campus fundraising events; (2) foods brought from home for personal consumption; and/or (3) fundraiser foods not intended for consumption during the school day. A special exemption from this rule is permitted for "infrequent, school-sponsored fundraisers," as determined by each state. The Colorado Department of Education (CDE) set this number at **three exemptions per school** for the 2014-15 school year. For more information on the "Smart Snacks in School" interim final rule, visit CDE's Office of School Nutrition webpage or the USDA's Food and Nutrition Services webpage.*

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 education program from grades pre-kindergarten through 12. 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 implementing the following objectives:

- *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 the school day through daily recess periods, elective physical education classes, and the integration of physical activity into the academic curriculum.*
- *An encouragement that 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. FitnessGram, Physical Best or President's Council) to students.*
- *The promotion of walking or bicycling to and from school.*

Adoption date: **January 23, 2006**

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*)

CROSS REFS.: EFC, Free and Reduced-Price Food Services
 EFEA*, Nutritious Food Choices
 IHAM and IHAM-R, Health and Family Life/Sex Education
 IHAMA, Teaching About Drugs, Alcohol and Tobacco
 JLJ*, Physical Activity

NOTE 6: Boards of Education are “encouraged” to expand their local wellness policies to include goals for: (1) increasing the availability of physical education courses; (2) for those districts enrolling more than 1,500 students, ensuring all persons teaching physical education courses are licensed and endorsed to teach physical education; (3) increasing classes in health education; (4) providing health services; (5) providing nutrition services; (6) providing increased access to mental health counseling and services; (7) developing and maintaining a healthy school environment in the district’s schools; and (8) increasing the level of family and community involvement in developing and maintaining an emphasis on healthy lifestyles and choices. C.R.S. 22-32-136(5.5).

[Updated November 2014]