

School Wellness

Pursuant to federal law, the district's Nutrition and Physical Activity Advisory Committee has developed this school wellness policy.

The Board of Education 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, physical activity and social and emotional wellness. Improved health optimizes student performance potential, as children who eat well-balanced meals and are physically active are more likely to learn in the classroom.

The district will establish and maintain a district-wide Nutrition and Physical Activity Advisory Committee (committee). The purposes of the committee 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.

School wellness goals

To further the Board's beliefs stated above, the Board adopts the following goals and directs the Nutrition and Physical Activity Advisory Committee to include in the regulations the objectives that will be used to obtain them:

Goal 1. The district will provide a comprehensive learning environment for developing and practicing lifelong wellness behavior.

The total school environment, not just the classroom, shall promote and be aligned with healthy school goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition, regular physical activity and social and emotional wellness. 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. Other venues offering food and beverage items (e.g., classroom parties, school stores, concessions, school fundraisers, etc.) are encouraged to offer healthy alternatives.

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 that are served by the district's food and nutrition services department and through vending machines 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.

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 kindergarten through 12. Physical activity should include regular instructional physical education, in accordance with the district's academic standards, and may include, but need not be limited to exercise programs, fitness breaks, recess, field trips that include physical activity and classroom activities that include physical activity.

Adopted: January 2006

Revised: June 2006

Revised and recoded: 4-19-2016

LEGAL REFS.: Section 204 of P.L. 108-265 (*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.: [EF](#), Food Services

[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