

## School Wellness

Pursuant to federal law, the following parties have jointly developed this school wellness policy: members of the district's Board of Education, students, parents, teachers (including but not limited to physical education teachers), the district's food services personnel, school nurses, community members.

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.

**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 School 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 shall 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, 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.

(Adoption date: January 21, 2014)

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.: [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

[JLJ\\*](#), Physical Activity

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