

School Wellness

Pursuant to federal law, the following parties have jointly developed this school wellness policy: elementary staff member, high school staff member, food service director, board of education representative, school administrator, parent involvement and a community member.

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.

1. The goal of providing a comprehensive learning environment shall be accomplished by: We will make parent educational opportunities to inform them about nutrition and physical activity, including information about healthful foods and beverages to provide to their child and to bring to school activities and events.
2. We will participate in USDA nutrition programs such as "Team Nutrition" and other nutrition education activities and promotions that involve students, parents, and the community.
3. We will promote healthy eating through the nutritional program which monitors the correct fats, sugars, vitamins and minerals. Physical activities for students, parents, school staff, and the community at school registration, parent-teacher meetings, open house, staff in services, etc. will be encouraged and promoted.
4. We will promote growing healthy foods and vegetation to create an awareness of and develop better eating habits.

5. We will provide information on how individuals and the public can become involved with the school wellness committee.
6. We will make available school facilities and fitness equipment for community use per school policy (i.e. Zumba classes, weight lifting, walking).

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.

The goal of supporting and promoting proper dietary habits shall be accomplished by

1. We will provide recess before lunch.
2. We will assure that the school cafeteria is as pleasant an eating environment as possible, including displays of student art, plants and natural light if possible.
3. We will provide a sufficient number of functioning water fountains in accordance with local building codes or other means, to provide students with sufficient water.
4. We will provide water bottles for students and staff to be used at school; they will be cleaned weekly at the school to encourage more water intake for everyone, and safe and sanitary conditions for the bottles.
5. Daily announcements are used to promote menu options.
6. Preschool students will be exposed to and gain experience in learning about and tasting new foods through the Food Friends Program.
7. 5th and 6th Grades will grow salad vegetables in their Grow Lab to encourage more active involvement in eating healthy, fresh foods.
8. The Health Class will promote healthy snacks and meals. This will be done by making trips to the local grocery store to shop and compare nutrition facts.
9. The Agriculture Education Classes will focus on using the My Plate to balance diets and do cost comparison of healthy eating. The class will compare fast food calories, average calories needed each day for kids/adults/elderly persons, and will learn how to understand the "farm-to-table" process of common food items. They will also learn to identify cuts of meat used from cattle and pigs. The classes will perform nutritional comparisons of organic and nonorganic foods. They will learn how to safely handle food items during serving and cooking procedures, as well as how to make healthy eating choices on a budget.
10. Our school personnel and students will gain an awareness of food allergies, gluten-free needs, and other special needs being experienced by our community members.

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 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.

The goal of providing more opportunities for students to engage in physical activity shall be accomplished by:

1. Playground equipment will be made available to students before, during and after school.
2. Beginning at an early age, we will introduce developmentally appropriate components of a health-related fitness assessment.
3. Minimum of 150 minutes of physical education and recess will be made available per week for elementary students. High School students will have 220 minutes of physical education available per week. In addition to these programs, we will also provide playground structure, Bike Rodeo, volleyball, basketball, track, football, baseball and Fun Day with a theme.
4. After school activities will include: playground structure, pee-wee basketball, little league baseball, volleyball, basketball, track, football, and baseball. Family Fun Nights including square dancing, hockey, and dodge ball are also provided.

Adopted: February 2006
Revision: April 2015, February 2017

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
[IHAM](#) and [IHAM-R](#), Health and Family Life/Sex Education
[IHAMA](#), Teaching About Drugs, Alcohol and Tobacco
[JLJ](#)*, Physical Activity
[KF](#), Community Use of School Facilities