

School Wellness

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.

The goal of providing a comprehensive learning environment shall be accomplished by

- Monitoring sales of snacks
- The adoption of state content standards for health and nutrition education that teaches students about the effects of nutrition and physical activity on their health.
- 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.
- Active promotion of healthy eating and physical activity to students, parents, school staff, and the community at school registration, parent-teacher meetings, open houses, staff in-services, etc.

- 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 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. These educational opportunities may include, but not be limited to, education provided in the form of handouts, postings on the district's web site, articles and information provided in district or school newsletters, presentations that focus on nutritional value and healthy lifestyles, and through any other appropriate means available for reaching parents.

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

Nutritious foods and beverages will be available on school grounds and at school-sponsored activities. 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

- Monitoring sales of snacks
- Making available nutrition educational materials to all staff and students.
- Collaboration between teachers and cafeteria staff to ensure healthy snacks are available to students.
- Following the rules, regulations and dietary guidelines set by CDE found in the Administrator's Reference Manual for Child Nutrition Programs to guarantee proper portion sizes are being maintained and the amount of fat and sugar content are limited .
- Requiring that all students of Akron School District have access to healthful food choices in appropriately portioned sizes for breakfast and lunch in the cafeteria with adequate time to eat.
- Having information available to students and their parents/guardians concerning the nutritional content of foods and beverages available to students at the school.
- School staff and teachers encouraging parents/guardians to send snacks of fruit, vegetables or grain based rather than snacks of high sugar content.

- All students of Akron School District having 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.

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 available in a school's 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 not need 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:

- A requirement that periods of physical activity be provided for elementary students in accordance with policy JLJ*, Physical Activity and consistent with requirements of state law.
- An encouragement that periods of physical activity be and at least 225 minutes per week for secondary students.
- Increased opportunities for physical activity through a range of after-school programs including intramurals, interscholastic athletics, and physical activity clubs.
- An encouragement that schools follow the recommendations of the National Association of Sport and Physical Education (NASPE), which guide students through a process that enables them to achieve a high personal level of fitness.
- An encouragement that secondary 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. Fitness Gram, Physical Best or President's Council) to students.
- The promotion of walking or bicycling to and from school.

- The availability of health-promotion activities and incentives for students, parents and staff that encourage regular physical activity, such as speakers, recreational demonstrations, and walking clubs.

Goal #4. The district will provide opportunities for students to engage in mental wellness.

The Akron Schools believes in promoting positive mental health and self-care for all students and staff.

The goal of providing more mental wellness opportunities shall be accomplished by:

- The school utilizing social emotional programs based on student well-being, achievement, school culture and educator happiness.
- An encouragement that elementary students will have regularly scheduled classroom guidance sessions that are specifically designed to promote mental health.
- An encouragement that a MS/HS Wellness class is offered to educate and discuss social, emotional and coping skills.
- All students have access to individual counseling by the school counselors as needed. Counseling that takes place during school is meant to be brief. Counselors work with families for community referrals when long-term services are needed.

Adopted: June 13, 2006

Revised: March 9, 2010

Revised: August 9, 2011

Revised: June 13, 2017

Revised: July 11, 2023

LEGAL REFS.: Section 204 of P.L. 111-296 (Healthy, Hunger-Free Kids Act)
C.R.S. 22-32-124 (nutritious choices in vending machines)
C.R.S. 22-32-136 (policies to improve children's nutrition and wellness)
C.R.S. 22-32-136.5(3)(a) and (b) (*physical activity requirements*)

CROSS REFS.: EF, Food Services

EFC and EFC-R, Free and Reduced-Price Food Services
EFEA*, Nutritious Food Choices
EFEA*-E, Guidelines for Nutritious Choices in Vending Machines
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

Akron School District R-1, Akron, Colorado