

## School Wellness

The Board promotes healthy schools by supporting student wellness, including 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 and educational success, as children who eat well-balanced meals and are physically active are more likely to be engaged and learn in the classroom and less likely to be absent.

### Goals

To further the Board's beliefs stated above, the Board adopts the following goals:

**Goal #1. The district will provide a comprehensive learning environment to promote the development and practice of lifelong wellness behaviors.**

The entire school environment, not just the classroom, will be aligned with healthy school goals to positively influence a student's understanding, beliefs and habits as they relate to comprehensive wellness, including good nutrition and regular physical activity. Such learning environments will teach students to use appropriate resources and tools to make informed and educated decisions about lifelong healthy eating habits and beneficial physical activity, in accordance with the district's academic standards for comprehensive health education and physical education.

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

Nutrition education will be in accordance with the district's academic standards for comprehensive health education. All foods and beverages sold or provided to students on the school campus during the school day shall meet or exceed the district's nutrition standards. All schools participating in the National School Lunch and/or School Breakfast Programs shall comply with state and federal rules or regulations regarding school meals, competitive food service and the Smart Snacks in School nutrition standards.

- Providing to all students offerings of fresh fruits and vegetables during meals.
- In assurance that the school cafeteria is as pleasant an eating environment as possible, including displays of student art, plants and small tables so students are able to carry on conversations easily.

- 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.
- -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.

**Goal #3. The district will promote healthy nutrition choices to create and encourage a healthy learning environment.**

In accordance with applicable federal law, schools participating in the National School Lunch and/or Breakfast Programs shall comply with the Smart Snacks in School nutrition standards in the marketing of any foods or beverages sold to students during the school day.

**Goal #4. The district will provide daily opportunities for students to engage in physical activity.**

Physical activity will be included in a school's daily education program from grades pre-kindergarten through 12. Physical activity includes regular instructional physical education, in accordance with the district's academic standards for physical education, and opportunities throughout the school day, such as exercise programs, fitness breaks, recess, field trips that include physical activity and classroom activities that include physical activity.

**Implementation and review**

*NOTE: Federal law requires the Board to identify one or more district or school officials responsible for the implementation and oversight of this policy to ensure each school's compliance. 7 C.F.R. 210.30(c)(4). The following paragraph meets this legal requirement.*

To help ensure each school's compliance with and implementation of this policy's goals, the Board designates the building principals as the district's school wellness policy coordinator(s).

*NOTE: Districts must assess participating schools' compliance with this policy at least once every three years and make the assessment results available to the public. 7 C.F.R. 210.30(e)(2). "Participating" schools are those schools that participate in the National School Lunch and/or Breakfast Programs. Districts must then make appropriate updates or modifications to this policy based on the triennial assessment. 7 C.F.R. 210.30(e)(3).*

*As mentioned in the headnote on page 1 of this sample policy, the required periodic review and updating must involve parents, students, representatives of the school food authority, school health professionals, teachers (at minimum, must include physical education teachers), board members, school administrators and the public. The district is also "encouraged" to include Supplemental Nutrition Assistance Program Education (SNAP-ED) coordinators. Further, the local wellness policy must describe how these individuals will be involved in the implementation and periodic review and update of the policy. 7 C.F.R. 201.12(e), 210.30(c)(5). The following paragraph creates a "wellness advisory council" to meet these requirements. This specific council is not legally required, however. Accordingly, the Board may instead choose to designate the district's accountability committee or other committee that meets the membership requirements listed above to implement, review and update this policy.*

The district will establish and maintain a district-wide wellness advisory council. The council's purposes will 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 periodically review and update this policy in accordance with federal law. The council will meet on a yearly basis.

At least once every three years, the council shall assess this policy and its implementation, which shall include an assessment of each participating school's compliance and progress with this policy's goals. The council may recommend policy revisions for the Board's consideration after conducting its triennial assessment and/or as the council deems appropriate or necessary.

*NOTE: The Colorado Healthy Schools Smart Source provides a helpful inventory to collect data on the district's implementation of its wellness policy and practices, available on The Colorado Education Initiative's website. To assess the district's wellness policy, WellSAT 2.0 or a similar tool may be used. WellSAT 2.0 is available on the USDA's website.*

### **Reporting and recordkeeping**

The results of the council's triennial assessments shall be made available to the public, along with a copy of this policy.

The district shall retain records to document compliance with this policy, including but not limited to documentation concerning the council's triennial assessments.

*NOTE: The USDA recommends that districts keep the following records: (1) documentation demonstrating that the local school wellness policy has been made available to the public; (2) documentation of the district's efforts to review and update the local school wellness policy, including who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate; (3) a copy of the district's most recent assessment on the implementation of the local school wellness policy; and (4) documentation demonstrating that the district's most recent assessment on the implementation of the local school wellness policy has been made available to the public.*

(Adopted: August 22, 2011)

LEGAL REFS.: Section 204 of P.L. 111-296 (*Healthy, Hunger-Free Kids Act of 2010*)  
7 C.F.R. Parts 201, 210 and 220 (*local school wellness policy requirements*)  
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, School Nutrition Program 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

NOTE: 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).

[Revised May 22, 2017]

## **School Wellness** (Implementing Objectives)

*NOTE: The objectives denoted with this symbol (√) reflect suggested policy language from C.R.S. 22-32-136, which "encourages" Boards of Education to adopt policies to improve student health and nutrition.*

### **Goal #1. The district will provide a comprehensive learning environment to promote the development and practice of lifelong wellness behaviors.**

The goal of providing a comprehensive learning environment will be accomplished by:

- 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 participation of schools in USDA nutrition programs such as "Team Nutrition" and other nutrition education activities and promotions that involve students, parents and the community.
- 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 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.
- 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 website, 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 implement and promote nutrition education and proper dietary habits contributing to students' health status and academic performance.**

The goal of implementing and promoting nutrition education and proper dietary habits will be accomplished by:

*NOTE: In adopting objectives to implement this goal, the district's wellness advisory council should consider existing Board policies, such as EFEA\*, Nutritious Food Choices.*

- The availability of nutrition education in the school cafeteria as well as the classroom, with coordination between the district's nutrition services staff and teachers, in accordance with the district's academic standards for comprehensive health education.
- A requirement that all students have access to fresh fruits and vegetables throughout the school day.
- A requirement that all students have access to healthful food choices in appropriate portion sizes throughout the school day, including healthful meals in the school cafeteria with an adequate time to eat; and healthful items for fundraisers, classroom parties and rewards in the schools.
- A prohibition or restriction on using food as a discipline or reward for students.
- Accessible information to students and their parents/guardians concerning the nutritional content of foods and beverages sold by or available to students, as well as the nutritional content of competitive foods sold or available on school district property.
- An assurance that the school cafeteria is as pleasant an eating environment as possible, including displays of student art, plants, natural light if possible, small tables and reduced noise, if possible.
- A requirement that only healthy food choice options be made available to students at any school function (parties, celebrations, receptions, festivals, sporting events, etc.)
- A requirement that students be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.
- The encouragement of nonfood fundraisers, especially those promoting physical activity, such as walk-a-thons, jump rope for heart, fun runs, etc.
- 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.

**Goal #3. The district will promote healthy nutrition choices to create and encourage a healthy learning environment.**

The goal of promoting healthy nutrition choices to create and encourage a health learning environment will be accomplished by:

- To the greatest extent feasible, the marketing of food and beverage products on the exterior of vending machines and through posters, menu boards and other equipment on the school campus shall meet the Smart Snacks in School nutrition standards.
- Marketing shall encourage participation in school meal programs.

**Goal #4. The district will provide daily opportunities for students to engage in physical activity.**

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

*NOTE: In adopting objectives to implement this goal, the district's wellness advisory council should consider existing Board policies, such as JLJ\*, Physical Activity.*

- 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.
- A requirement or encouragement that periods of physical activity be at least 225 minutes per week for secondary students.
- 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, walking programs and the integration of physical activity into the academic curriculum.
- 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 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.]

(Approved: May 22, 2017)