

File: ADF

School Wellness

The RE-1 Valley School District recognizes that healthy students are better learners. Student and staff wellness will be promoted through support, health education, good nutrition, physical activity and healthy living practices as part of the total learning environment.

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

Wellness foundation and commitment

The district will engage students, parents/guardians, school employees, food service professionals, health professionals and other interested community members in developing, implementing, monitoring and reviewing district-wide nutrition and physical activity policies. A wellness advisory council, directed by the food service director, will be maintained to synthesize input from these constituents and to oversee the development, implementation and evaluation of the district's wellness policy. This council will review this policy and advise the Board on progress every three years. This information will be available on the District's website

Promotion of a healthy learning environment for development and practice of 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 comprehensive wellness, including good nutrition, regular physical activity and general health. 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 and physical education.

Commitment to a supportive nutrition environment that contributes to students' health and academic performance

The USDA has established national nutrition standards for all foods sold and served on school campuses anytime during the school day. All foods and beverages available on school grounds, during the school day, shall meet or exceed these nutrition standards. All schools participating in the National School Lunch, School Breakfast Program, and Afterschool Care Snack Program shall comply with state and federal rules or regulations regarding school meals, competitive food service and the Smart Snacks in School nutrition standards.

Standards for USDA child nutrition programs and school meals

The district will provide and promote the National School Lunch and Breakfast Programs to ensure that all students have access to healthy foods to support healthier choices and promote optimal learning.

Commitment to physical education and physical activity to support students' health and academic performance

A quality physical education program is an essential component to a comprehensive education for all students. Age-appropriate physical activity opportunities 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

opportunities throughout the school day, such as exercise programs, fitness breaks, recess, field trips and classroom activities that include physical activity.

Commitment to support staff health

The district will support the health and well-being of staff by developing and promoting an environment that supports and encourages physical activity and healthy eating opportunities and other programs beneficial to staff health.

Adopted: April 17, 2006

Revised: June 22, 2009

Revised: June 20, 2016

Revised: June 19, 2017

LEGAL REFS.: Section 204 of P.L. 11-296 (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](#) (physical activity requirement)

1 CCR [301-79](#) (State Board of Education - healthy beverages rule)

CROSS REFS.: [EF](#), School Nutrition Program

[EFEA](#), Nutritious Food Choices

[IHAM](#), Health and Family Life/Sex Education

[IHAMA](#), Teaching about Drugs, Alcohol and Tobacco

[JLJ](#), Physical Activity