

*NOTE: Federal law requires all school districts receiving federal funding for child nutrition programs to have adopted a policy on "school wellness" as of the beginning of the 2006-07 school year. The district must involve parents, students, representatives of the school food authority, school board members and administrators, and the public in the development of this policy. The district's Board of Education should review the parties' recommendations and revise the policy as appropriate to meet the district's needs and circumstances. In accordance with this policy, the district's Nutrition and Physical Activity Advisory Council may recommend future policy revisions to the Board.*

## School Wellness

Pursuant to federal law, the following parties have jointly developed this school wellness policy: Kevin Edgar, Superintendent; David Judd, Secondary Principal; JoAnn Bagwell, FACS teacher, Michael Rodriguez, Physical Education/Foreign Language teacher, Mayoanne Martinez, Food Director, Kelly Norton, Administrative Assistant, Crystal Peterson, School Nurse; Student Council President, Student Council Vice-President.

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:

- Continuing to provide community training through services such as Cooking Matters cooking classes.

- Providing students offerings in practicing and developing healthy lifestyles by offering the following classes:
  - Kindergarten through 3<sup>rd</sup> grade Health Nutrition Curriculum
  - Family and Community Sciences Nutrition Classes for 11<sup>th</sup> grade students and Wellness classes for 8<sup>th</sup> grade students.
  - Healthy Living courses to freshmen and incorporate nutrition into the physical education curriculum

**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 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:

- Posting fresh fruit, vegetable, and whole grain posters in the cafeteria to promote healthy lifestyles and encourage nutritious snack and meal selections
- Offering an unlimited salad bar to all students and staff during the lunch hours
- Following state nutrition standards and regulations regarding limited fat, limited sugar, portion control, incorporating whole grains, and abiding by all other state regulations as required
- Requiring all students to take a reimbursable meal so that all healthy components are made available
- Offering adequate time for all students to eat lunch and breakfast.
- Ensuring the function and number of available water fountains meet state requirements.
- Teachers and students are encouraged to bring healthy food for snacks and parties.

*NOTE 2: In adopting objectives to implement this goal, the committee should consider existing district policies, such as EFEA\*, Nutritious Food Choices.*

*NOTE 3: Beginning July 1, 2009, each beverage offered for sale to students from any source, including the school cafeteria, vending machines, school stores and fund-raising activities conducted on school grounds, shall satisfy minimum nutritional standards for beverages adopted by the State Board of Education, subject to certain exceptions in the State Board's rules. The State Board's healthy beverages standards also apply to contracts entered into or renewed on or after July 1, 2009.*

**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.

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

- Ensuring time for physical activity is offered to all students as follows:
  - Kindergarten through 3<sup>rd</sup> grade students are offered a 30 minute Physical Education period twice per week and 200 minutes of recess weekly.
  - 4<sup>th</sup> through 6<sup>th</sup> grade students are offered a 30 minute Physical Education period daily and 200 minutes of recess weekly.
    - 4<sup>th</sup> through 6<sup>th</sup> grade Physical Education incorporates Presidential Physical Fitness into the course as a health-related assessment.
  - Alternating elementary classes perform physical education activities during the annual Spring Fling.
  - 7<sup>th</sup> through 9<sup>th</sup> grade students are offered 220 minutes of Physical Education weekly
    - 7<sup>th</sup> through 9<sup>th</sup> grade Physical Education incorporates FitnessGram into the courses as a health-related assessment.
  - 7<sup>th</sup> through 12<sup>th</sup> grade students are offered afterschool extra-curricular physical activities including football, volleyball, basketball, wrestling, track, baseball, cheer, and dance.

Adopted: August 2006

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. 22-32-136.5(3)(a) and (b) (*physical activity requirement*)  
 1 CCR 301-79 (*State Board of Education - healthy beverages rules*)  
 C.R.S. 22-32-136.3 (*trans fat ban*)

CROSS REFS.: EF, Food Services  
 EFC, Free and Reduced-Price Food Services  
 EFEA\*, Nutritious Food Choices  
 IA, Instructional Goals and Learning Objectives  
 IHAЕ, Physical Education  
 IHAM and IHAM-R, Health Education  
 IHAMA, Teaching About Drugs, Alcohol and Tobacco  
 IHAMB and IHAMB-R, Family Life/Sex Education

*NOTE 4: USDA guidelines require schools participating in the National School Lunch Program to eliminate trans fats from lunches beginning in the 2012-13 school year and from breakfasts in the 2013-14 school year. Beginning September 1, 2013, state law prohibits schools from "making available" to students any food or beverage that contains any amount of industrially produced trans fat. C.R.S. 22-32-136.3(2). The trans fat ban applies to all food and beverages made available to students on school grounds during the school day and extended school day and includes items sold through the school cafeteria, school store or vending machines located on school grounds. C.R.S. 22-32-136.3(3). However, if the food or beverage sold through the cafeteria, store or vending machine is part of school fundraising efforts conducted by one or more students, teachers or parents, the trans fat ban does not apply. C.R.S. 22-32-136.3(4). The law also exempts items donated to the school that are given to students for consumption off school grounds and not during the school day. Id.*

Revised: February 2015

Sanford School (Conejos School District 6J) Sanford Colorado