

## School Wellness

Pursuant to federal law, the following parties have jointly developed this school wellness policy: Steve McCracken-Superintendent, Shelby Schure-Student, Sara Bennett-Parent, Beth Monheiser-Physical Education Teacher, Heather Tanner- Director of Food Services, and Harry Harms -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 Committee. The purpose of the committee shall be to monitor the implementation of this policy, evaluate the district's progress on this policy's goals, serve as a resource (i.e. provide lists of healthy incentives, snacks, etc.) and recommend revisions to this policy as the committee 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 goal of providing a comprehensive learning environment shall be accomplished by the following activities:

- The adoption of content standards for health and nutrition education that teaches students about the effects of nutrition and physical activity on their health.
- The participation in USDA and CDE nutrition programs such as Nutri-Slice and other nutrition education activities and promotion that involve students, parents, and the community.
- The availability of nutrition education in the school cafeteria as well as the classroom, with coordination between the food service staff and teachers.
- Active promotion of healthy eating and physical activity to students, parents, school staff, and the community at school registration, parent-teacher conferences, open houses, staff in-service, etc.
- We will promote growing healthy foods and vegetation to create an awareness of and develop better eating habits.

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

The goal of supporting and promoting proper dietary habits shall be accomplished by the following activities:

- A requirement that all students have access to healthful food choices in appropriate portion sizes, including healthful meals in the school cafeteria with adequate time to eat.
- The school will provide recess before lunch.
- 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.
- We will provide a sufficient number of functioning water fountains and have water and ice available throughout the day for students.
- We encourage students to bring reusable water bottles to school to use during the day. We also encourage them to take the bottles homes to wash and sanitize weekly.
- Adopt the "Breakfast after the bell" program to encourage a healthful meal to start the day.
- A requirement that all students have access to healthful food choices in appropriate portion sizes and be in compliance with the USDA nutritional requirements.

**Goal #3. The district will provide more opportunities for students to engage in physical activity.**

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

- A requirement that all students have access to age-appropriate physical activity.
- Provide opportunities for physical activity through after school programs including open gym and interscholastic activities.
- Provide more opportunities for physical activity during the school day through daily recess periods, elective physical education classes and weight training.
- Encourage the school to follow the recommendations of the National Association of Sport and Physical Education (NASPE), which guides students through a process that enables them to achieve a high personal level of fitness.
- Encourage assessment of secondary students to help them determine their own levels of fitness and create their own fitness goals and plans.
- After school activities will include: playground structures, pee-wee basketball, little league baseball, volleyball, basketball, track, cross country, football, golf, tennis, swimming, and baseball. Family Fun Nights including square dancing, hockey, and dodge ball are also provided.

ADOPTION DATE: February 2006  
REVISED: October 2015

LEGAL REFS.: Section 204 of P.L. 108-265 (*Child Nutrition and WIC Reauthorization Act of 2004*)  
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*)

CROSS REFS.: EF, Food Services  
EFC and EFC-R, Free and Reduced-Price Food Services  
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