

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(LOCAL)

WELLNESS The District shall follow nutrition guidelines that advance student health and reduce childhood obesity and shall promote the general wellness of all students through nutrition education, physical activity, and other school-based activities including prevention education concerning tobacco, steroid, drug, and alcohol use.

DEVELOPMENT OF GUIDELINES AND GOALS The District shall develop nutrition guidelines and wellness goals in consultation with the local school health advisory council and with involvement from representatives of the student body, school food service, school administration, the Board, parents, and the public. [See BDF and EHAA]

NUTRITION GUIDELINES The District shall ensure that nutrition guidelines for reimbursable school meals shall be at least as restrictive as federal regulations and guidance and that all foods available on each campus are in accordance with relevant state and federal rules. [See CO]

In addition, the District shall:

1. Establish age-appropriate guidelines for food and beverages at classroom parties or school celebrations [see CO];
2. Provide teachers with education and guidelines on the use of food as a reward in the classroom;
3. Establish guidelines for school-sponsored fund-raising activities that involve serving or selling food; and
4. Require that healthy food and beverage options be included at concessions at school-related events outside of the school day.

WELLNESS GOALS NUTRITION EDUCATION The District shall implement, in accordance with law, a coordinated health program with a nutrition education component [see EHAB and EHAC] and shall use health course curriculum that emphasizes the importance of proper nutrition [see EHAA].

In addition, the District establishes the following goals for nutrition education:

1. Students shall receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
2. Nutrition education shall be a Districtwide priority and shall be integrated into other areas of the curriculum, as appropriate. Monitoring shall be done at the campus level.
3. The food service staff, teachers, and other school personnel shall coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings.

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4. Educational nutrition information shall be shared with families and the general public to positively influence the health of students and community members.

PHYSICAL ACTIVITY

The District shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades [see EHAB and EHAC].

In addition, the District establishes the following goals for physical activity:

1. The District shall provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports.
2. Physical education classes shall regularly emphasize moderate to vigorous activity.
3. The District shall encourage teachers to integrate physical activity into the academic curriculum where appropriate.
4. The District shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.

SCHOOL-BASED
ACTIVITIES

The District establishes the following goals to create an environment conducive to healthful eating and physical activity and to express a consistent wellness message through other school-based activities:

1. Sufficient time shall be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable.
2. Wellness for students and their families shall be promoted at suitable school activities.
3. Employee wellness education and involvement shall be promoted at suitable school activities.

IMPLEMENTATION

The director of human resources and the student health advisory committee shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.

TIME AND PLACE
RESTRICTIONS ON
THE SALE OF
COMPETITIVE FOODS

As provided by state rules [see CO(LEGAL)], the Board authorizes the Superintendent to approve at any campus the sale of competitive foods that meet the USDA Smart Snacks standards outside of designated meal periods.

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Any person or organization granted approval to sell competitive foods during the school day shall comply with applicable Board policies and campus procedures regarding fund-raising projects.

Before any soliciting of items may begin and as part of the approval process for a fundraising activity, a person or organization wishing to sell competitive foods shall submit a copy of the "Smart Snack Compliant Form" to the District's child nutrition department. The Smart Snack calculator may be found on the District's child nutrition website or at <https://www.healthiergeneration.org>. [See also FJ]

FOODS PROVIDED TO
STUDENTS

To protect students with food allergies, the District shall require that any food provided to students, including birthday celebrations, student snacks, and other approved celebrations, be prepared in a commercial kitchen with the proper ingredient labeling and be delivered in the original container. [See also CO(LEGAL)]