

## School Wellness

The district shall establish and maintain a district-wide School Wellness Advisory Committee, comprised of a Board of Education member, administrators, parents, community members and a nutrition/health professional, plus students and teachers where possible. The purpose of this council shall be to evaluate progress toward policy goals, recommend revisions to policy deemed necessary and/or appropriate, and serve as a resource to the district including a description of progress.

The district shall support the implementation of this policy in accordance with the following goals, which are further interpreted and explained in district Procedure 741-ADF.

The Board adopts the following goals:

**1. Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.**

The district shall:

- Implement district academic standards for physical and nutrition education and continue to improve the health education delivery structure.
- Require that all health/physical education teachers meet the criteria of highly qualified.
- Promote age-appropriate and culturally sensitive instruction to students that teaches lifelong healthy eating habits and a healthy level of physical activity.
- Ensure nutrition education is available in the school cafeteria with coordination between the district food services and school staff.
- Encourage teachers to integrate nutrition education into core curriculum area as appropriate.

Schools shall not withhold food or beverages (including food served through school meals) as punishment.

**2. Follow Federal and State nutrition standards and encourage healthy foods.**

The district will support and promote proper dietary habits contributing to students' health status and academic performance. It is required that all foods and beverages available on school grounds and at school-sponsored activities during the defined school day should 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 district shall maintain a healthy vending program. All snacks sold in the vending machines shall be in compliance with USDA Smart Snacks federal nutrition standards and the Colorado Healthy Beverages Policy.

**3. Provide 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, regardless of their medical or physical limitations. Age-appropriate physical activity shall be included in a school's education program. Physical activity should include regular instructional physical education, in accordance with the district's academic standards, as well as co-curricular activities and recess.

**4. The district shall monitor and review this policy.**

The district school wellness coordinator or designee shall recommend for Board approval specific quality indicators, as defined by federal law, that shall be used to measure the implementation of the policy. The intent of monitoring this policy is not to police students, staff, and parents but to measure the effectiveness and impact of the policy throughout the district.

Adopted: October 25, 2006  
Revised: August 10, 2011  
Revised: January 11, 2012  
Revised: October 28, 2015  
Revised: June 8, 2016  
Revised: December 19, 2018

**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. 22-32-136.3 (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, 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