

District Wellness

The Board of Education 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. Children who eat well-balanced meals and are physically active are more likely to learn in the classroom.

Students, teachers, and school groups are encouraged to choose items aligned to the District's nutrition standards, when selling food or beverage for fundraising purposes. However, nothing in this policy shall be construed to prohibit the sale or distribution of any food or beverage item through periodic fundraisers by a student, teacher, or school group when the item is for sale after completion of the school day.

To further the Board's beliefs stated above, the Board adopts the following recommendations and directs the Nutrition and Physical Activity Advisory Committee to include in the regulations the objectives that will be used to obtain them:

Definitions – For the Purposes of this Policy Only

"Competitive food" means any food or beverage available to students that is separate from the school district's nonprofit, federally reimbursed food service program and is provided by a school-approved organization or a school-approved outside vendor.

"School day" means one hour prior to the start of the first class period to one half hour after the end of the last class period, except that, for schools not offering school breakfast, "school day" means one half hour before the first class period to one half hour after the end of the last class period.

Recommendation 1. The district will provide a comprehensive learning environment for developing and practicing lifelong wellness behavior.

The total school environment will promote and 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.

Recommendation 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 that is served by the District's Food & Nutrition Services Department and through vending machines 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. Other venues offering food and beverage items (e.g. classroom parties, school stores, concessions, school fundraisers, etc.) are encouraged to offer healthy alternatives.

Recommendation 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 should be included in a school's education program from grades kindergarten through 12. Physical activity should be standards-based and grade level appropriate, in accordance with the district's content standards, as well as co-curricular activities.

Adopted June 28, 2006

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.: BDFH – Nutrition and Physical Activity Advisory Committee
EF, Food Services
IHAM Health Education
IHAMA, Teaching About Drugs, Alcohol and Tobacco