

## **DISTRICT WELLNESS**

The Colorado Springs School District 11 Board of Education (the Board) promotes a healthy culture by supporting Colorado Springs School District 11 (the District) wellness, good nutrition, and regular physical activity as part of the total learning environment. The District contributes to the basic health status of students and District employees by facilitating learning through the support and promotion of good nutrition and physical activity. Students and District employees who eat well-balanced meals and are physically active are more likely to achieve, be more productive, and have improved attendance.

Students, teachers, District employees, and school groups are required to choose items aligned to the federal and state regulations, when selling food or beverages anytime during the school day. However, nothing in this policy shall be construed to prohibit the sale or distribution of any food 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 goals, and directs the Nutrition and Physical Activity Advisory Committee in Board Policy BDFH, a committee charge that will be used to obtain them.

To help ensure each school's compliance with and implementation of this policy's goals, the Board designates the K12 Executive Directors of Instruction, District Athletic Director, Director of Food & Nutrition Services and Principals to ensure each school's compliance with and implementation of this policy's goals to meet state and federal requirements.

### **Definitions – For the Purposes of this Policy Only**

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

"School day", means the period from midnight before to 30 minutes after the end of the official school day.

"Extended School Day", means any time spent by students at school after the school day, including but not limited to participation in extracurricular activities or childcare programs.

### **Goal 1. The District will provide a comprehensive learning environment for developing and practicing lifelong wellness behavior.**

All schools will promote and be aligned with healthy school goals to positively influence a student's understanding and habits as they relate to good nutrition and regular physical activity. Such learning and working environments will teach students and District employees to use appropriate resources and tools to make informed and educated decisions about lifelong healthy eating habits and beneficial physical activity.

In accordance with applicable federal law, schools participating in the National School Lunch and/or Breakfast Programs shall comply with the Smart Snacks in School Nutrition Standards in the marketing of any foods or beverages sold to students during the school day. Pre-existing marketing materials that are cumbersome to alter (i.e. a stadium scoreboard), may be phased out over time. However, for those materials that are not cumbersome to alter, as well as all new marketing materials, the Smart Snacks in School Nutrition Standards must be met. These items include, but are not limited to signs inside/outside

of the school, water coolers, beverage cases, food display racks, school buses, and anything else that displays food or beverage marketing to students on a District school campus. Exceptions include items of personal expression, products brought from home for personal consumption, and materials used for educational purposes.

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

All schools participating in the School Breakfast and/or National School Lunch Program shall comply throughout the school day, (including fundraisers, school meals, vending machines, school stores and any other food available to students for purchase during the school day) with the District policies regarding competitive food service, as well as state and federal rules or regulations, including the Colorado Healthy Beverage Policy, and Final Rule for All Foods Sold in Schools as defined by the United States Department of Agriculture. All foods and beverages provided to students on the school campus during the school day shall meet or exceed the district's nutrition standards (see Exhibit ADF-E).

Venues held after the school day offering food (e.g. concessions and school fundraisers) are encouraged to offer healthy food items. Foods that do not meet the Smart Snacks in Schools standards may be sold after the school day. Beverages that do not meet Colorado Healthy Beverage Policy requirements may be sold at events after the completion of the school day, but within the extended school day when parents and other adults, participating, but not enrolled in the District academic programs, are in attendance (see C.R.S. 22-32-134.5 and 136).

**Goal 3. The District will provide opportunities for students and District employees to engage in physical activity.**

A quality physical education program is an essential component for all students and District employees to learn about and participate in physical activity. Physical activity and wellness shall be included in a school's education program from grades kindergarten through 12. Physical activity and wellness shall be standards-based and grade level appropriate, in accordance with the District's content standards, as well as co-curricular activities. Nothing in this policy shall be construed to require an administrative unit to implement a District employee plan in the event that sufficient moneys are unavailable.

Adopted June 28, 2006  
Revised December 2010  
Reviewed November 14, 2012  
Revised January 24, 2018

LEGAL REFS.: Section 204 of P.L. 108-265 (*Child Nutrition and WIC Reauthorization Act of 2004*)  
Section 208 of Pub. L. No. 111-296, 124 Stat. 3183 (*Healthy, Hunger-Free Kids Act of 2010*)  
C.R.S. 22-32-134.5 (*healthy beverages requirement*)  
C.R.S. 22-32-136 (*policies to improve children's nutrition and wellness*)  
1 CCR 301-79 (*State Board of Education – healthy beverages rules*)  
7 CFR 210 (*National school lunch program*)  
7 CFR 220 (*School breakfast program*)

CROSS REFS.: BDFH – Nutrition and Physical Activity Advisory Committee  
EF, Food and Nutrition Services  
IHAM Health Education  
IHAMA, Teaching About Drugs, Alcohol and Tobacco  
ADF-E, District Wellness & Nutrition Standards