

NUTRITION AND PHYSICAL ACTIVITY ADVISORY COMMITTEE

Scope

The Colorado Springs School District 11 Board of Education (the Board), having authorized the establishment of a Nutrition and Physical Activity Advisory Committee, recognizes that schools can play a major role in promoting health and wellness of students. Schools are a place where students can gain the knowledge, motivation, and skills needed for lifelong physical activity and lifelong healthy eating habits as well as a place for students to practice healthy eating habits. Meeting a student's basic nutritional and fitness needs will increase a student's cognitive energy to learn and achieve, and, as a result, the overall educational process will be more effective.

Definitions - For the Purposes of this Policy Only

"Competitive food", as defined by Colorado Competitive Food Service regulation (2202-R-201.00) means any food or beverage available to students 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.

"School day", as defined by USDA (7 CFR 210-220), means the period from the midnight before to 30 minutes after the end of the official school day.

"Extended school day", as defined by Colorado Department of Education (1 CCR 301-79), means any time spent by students at school after the regular school day, including but not limited to participation in extracurricular activities or childcare programs.

Charge and Role to the Committee

The purposes of the committee shall be to monitor the implementation of this policy and policy ADF, develop and monitor the regulations as needed, evaluate the District's progress on this policy's goals, (see policy ADF), serve as a resource to schools (i.e. provide lists of healthy incentives, snacks, etc.) and recommend revisions to this policy and regulations as the committee deems necessary and/or appropriate. As developed, regulations shall ensure the following:

1. Every student has access to healthful food choices in appropriate portion sizes throughout the school day. At a minimum this includes the provision of:
 - a. Healthful meals in the school cafeteria made available to students with a consideration of an adequate time to eat
 - b. Healthful items in vending machines, school stores, fundraisers and other foods and beverages available for sale to students pursuant to federal and state law, and
 - c. Healthful items provided through classroom parties and activities.
2. Every student and his or her parent or legal guardian has access to information concerning the nutritional content of:
 - a. Food and beverages sold by or available from the school's food service department at breakfast and lunch and throughout the school day, and
 - b. Competitive food sold or available anywhere on school property on a recurring basis during the school day.

3. Every student has access to fresh fruits and vegetables at appropriate times during the school day.
4. Every student has access to age-appropriate and culturally sensitive instruction designed to teach lifelong healthy eating habits and a healthy level of physical activity.
5. Every student has access to a school facility with a sufficient number of functioning water fountains in accordance with local building codes, or other means, which provide him or her with sufficient water.
6. Every student has access to age-appropriate regular physical activity.

Committee Composition

The membership of this Committee shall include parents, students, representatives of the School Food Authority, the Health Coordinator, PE teachers, school health professionals, school administrators, community SNAP-Ed coordinator/nutrition educator and the public.

Organization and Operation

The Administrative Dietitian will serve as the administrative liaison and will provide the communications and control link between the Board/Administration and the Committee. The Committee will work with and through the liaison. The liaison will:

1. Provide guidance
 - a. For the organization of the Committee including membership, orientation, charge and reporting.
 - b. On District policy and procedures pertaining to the Committee's work.
2. Assist in the selection of a chairman.
3. Assist in the selection of a secretary.
4. Guide the development of work plans.
5. Ensure that the Committee has the resources needed to perform its charge.
6. Coordinate the Committee's work with other advisory and staff groups as needed.
7. Develop agendas for meetings in cooperation with the chairman.
8. Participate in the implementation and periodic review and update of Board Policy ADF, District Wellness
9. All Committee meetings shall be open to the public. Meeting notices shall be posted in the same place and manner as notices of Board meetings.
10. Make available to the public an assessment of the implementation of the District Wellness Policy (Board Policies ADF & BDFH), including the extent to which schools are in compliance ac-

ording to District 11 School Wellness Assessment, and description of progress in attaining recommendations in Board Policies ADF & BDFH.

The term of membership on the Nutrition and Physical Activity Advisory Committee will be two years and may be renewed. The membership year will be from July 1 to June 30.

Adopted June 2006
Reviewed June 2013
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 C.C.R. 301-3 (*Colorado Department of Education State Board Rules for Food and Nutrition Services*)
1 CCR 301-79 (*State Board of Education – healthy beverages rules*)

CROSS REFS.: ADF, District Wellness
EF, Food and Nutrition Services
IHAM Health Education
IHAMA, Teaching About Drugs, Alcohol and Tobacco
JLJ, Physical Activity