

SCHOOL WELLNESS

Pursuant to federal law, the following parties have jointly developed this school wellness policy: members of the district's Board of Education, students, parents, teachers (including but not limited to physical education teachers), the district's director of food services, and school nurse.

The Board 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. Improved health optimizes student performance potential, as children who eat well-balanced meals and are healthy are more likely to learn in the classroom.

The district will establish and maintain a district-wide Wellness Advisory Council. (The council will consist of: 1) a teacher from each building, 2) director food service, 3) head cook from each building, 4) school nurse, 5) a board member) 6) a representative from Kit Carson County Health and Human Services. The purposes of the council shall be to monitor the implementation of this policy, evaluate the district's progress on this policy's goals, serve as a resource to schools (i.e. provide lists of healthy incentives, snacks, etc.) and recommend revisions to this policy as the council deems necessary and/or appropriate.

To further the Board's beliefs stated above, the Board adopts the following goals:

Goal #1. The district will provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.

The entire school environment, not just the classroom, shall 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.

The goal of providing a comprehensive learning environment shall be accomplished by:

- The adoption of a district content standard for health and nutrition education that teaches students about the effects of nutrition and physical activity on their health.
- The provision of age-appropriate instruction to students that teaches them lifelong healthy eating habits and a healthy level of physical activity.
- The availability of nutrition education in the school cafeteria as well as the classroom, with coordination between the district's food services staff and teachers. Students will learn about portion sizes, healthy choices, etc.
- The use of MyPyramid will be included in the content instruction for all elementary and high school students through both health and science classes.

Goal #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 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.

The goal of supporting and promoting proper dietary habits shall be accomplished by:

- Adoption of district nutrition standards that limit the amount of fat and sugar content and limit portion sizes.
- The adoption of rules specifying the time and place at which competitive foods may be sold on school property to encourage the selection of healthful food choices by students.
- Accessible information to students and their parents/guardians concerning the nutritional content of foods and beverages sold by or available to students, as well as the nutritional content of competitive foods sold or available on school district property.
- Healthy food suggestions will be provided for classroom party facilitators and teachers.
- An assurance that the school cafeteria is as pleasant an eating environment as possible, including displays of student art, posters promoting good health, and reduced noise.

Goal #3. The district will continue to 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. Physical activity should be included in a school's education program from grades pre-kindergarten through 12. Physical activity should include regular instructional physical education, in accordance with the district's content standards, and may include, but need not be limited to exercise programs, fitness breaks, recess, field trips that include physical activity and classroom activities that include physical activity.

The goal of supporting and promoting physical activity shall be accomplished by:

- Regular physical education classes provided with instruction.
- Physical education classes will not be taken as the first form of punishment for behavior or missing assignments.
- Extracurricular activities provided for all age groups.
- Incentive programs will be created and managed throughout the year.

Adoption date: January 21, 2008

Revision date: October 24, 2011

LEGAL REFS.: Section 204 of P.L. 108-265

C.R.S. 22-32-124

C.R.S. 22-32-136

CROSS REFS.: EF, Food Services

EFC and EFC-R, Free and Reduced-Price Food Services

EFEA*, Nutritious Food Choices

EFEA*-E, Guidelines for Nutritious Choices in Vending Machines

IA, Instructional Goals and Learning Objectives

IHAE, Physical Education

IHAM and IHAM-R, Health Education

IHAMA, Teaching About Drugs, Alcohol and Tobacco

IHAMB and IHAMB-R, Family Life/Sex Education

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