

## School Wellness And Physical Activity

To further the Board's beliefs stated in policy ADF, the Board adopts the following goals:

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

a. 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.

b. The provision of age appropriate and culturally sensitive instruction to students that teaches them lifelong healthy eating habits and a healthy level of physical activity.

c. 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.

d. The participation of schools in USDA nutrition programs such as: "Team Nutrition" and other nutrition education activities and promotions that involve students, parents and the community.

e. Active promotion of healthy eating, and physical activity to students, parents, school staff and the community at school registration, parent-teacher meetings, open houses, staff in-services, .etc.

f. Encouragement to teachers to integrate nutrition education into core-curriculum areas such as math, science, social studies, and language arts, as applicable.

g. The availability of staff educational opportunities to inform them about nutrition and physical activity, including how to integrate these topics into their core instruction. These educational opportunities may include, but not be limited to, the distribution of educational and informational materials and the arrangement of presentations and workshops that focus on nutritional value and healthy lifestyles, health assessments, fitness activities, and other appropriate nutrition and physical activity- related topics.

h. The availability of parent educational opportunities to inform them about nutrition and physical activity, including information about healthful foods and beverages to provide to their child and to bring to school activities and events. These educational opportunities may include, but not be limited to, education provided in the form of handouts, postings on the district's web site, articles and information provided in district or school newsletters, presentations that focus on nutritional value and healthy lifestyles, and through any other appropriate means available for reaching parents.

2. The district will support and promote proper dietary habits contributing to students' health status and academic performance. During the school day all foods and beverages available on school grounds shall meet or exceed the districts 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:

- a. Adoption of district nutrition standards that limit the amount of fat and sugar content and limit portion sizes.
- b. A requirement that all students have access to fresh fruits and vegetables throughout the school day.
- c. A requirement that all students have access to healthful food choices in appropriate portion sizes throughout the school day, including healthful meals in the school cafeteria with an adequate time to eat; healthful items in vending machines, pursuant to C.R.S. 22-32-124; and healthful items for fundraisers, classroom parties, and rewards in the schools.
- d. A prohibition or restriction on student access to vending machines, school stores, and other venues that contain foods of minimal nutritional value.
- e. 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.
- f. A prohibition or restriction on using food as a discipline or reward for students.
- g. Accessible information to students and their parents/guardians concerning the nutritional content of food and beverages sold by or available to students, as well as the nutritional content of competitive foods sold or available on school district property.
- h. An assurance that the school cafeteria is as pleasant an eating environment as possible, including displays of student art, plants, natural light if possible, small tables, and reduced noise, if possible.
- i. A requirement or encouragement that at any school function (parties, celebrations, receptions, festivals, sporting events, etc.), healthy food choice options be made available to students.
- j. The encouragement of nonfood fundraisers such as flowers, gift-wrap, sporting events, and family fun runs.
- k. A requirement that all students have access to a school facility with a sufficient number of functioning water fountains in accordance with local building codes, or other means to provide students with sufficient water.

3. The district will 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 daily education program from grades pre-kindergarten through 12. Physical activity should include regular instructional physical education, in accordance with the district's content standards, as well as a co-curricular activities and recess.

The goal of providing more opportunities for student to engage in physical activity shall be accomplished by:

- a. A requirement or encouragement that periods of physical activity shall be **at least 150 minutes per week** for elementary students and at least **225 minutes per week** for secondary students.
- b. It will be required that all students will have access to age-appropriate daily physical activity.
- c. **The district will provide** opportunities for physical activity through a range of after-school programs including intramurals, interscholastic athletics, and physical activity clubs.
- d. Increased opportunities will be provided for physical activity during the school day through daily recess periods, elective physical education classes, walking programs, and the integration of physical activity into the academic curriculum.

- e. An encouragement that schools follow the recommendations of the National Association of Sport and Physical Education (NASPE), which guide students through a process that enables them to achieve a high personal level of fitness.
- f. Secondary schools will be encouraged to administer a health-related fitness assessment to students to help students determine their own level of fitness, and create their own fitness goals and plans.
- g. An encouragement that beginning at an early age, schools introduce developmentally appropriate components of a health-related fitness assessment (i.e. Fitness Gram, Physical Best or President's Council) to students.
- h. The promotion of walking or bicycling to and from school using programs such as Walking School Bus and Bike Train shall be encouraged.
- i. The availability of health-promotion activities and incentives for students, parents and staff that encourage regular physical activity, such as speakers, recreational demonstrations, and walking clubs.

(April 2009)

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.: 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 IHArv1-R, Health Education  
IHAMA, Teaching About Drugs, Alcohol and Tobacco  
IHAMB and IHAMB-R, Family Life-Sex Education