

STUDENT WELLNESS, NUTRITION AND PHYSICAL ACTIVITY

Pursuant to federal law, the following parties have jointly developed this student wellness, nutrition and physical activity policy: P.E. teacher, parents, students, nutrition services manager, designated central administrator and administrators.

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 a district-wide Nutrition and Physical Activity Committee to develop and monitor the implementation of this policy. The designated central administrator and the Manager of Nutrition Services will be responsible for ensuring that each school meets this policy. To further the Board's beliefs stated above, the Board of Education is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

To accomplish the goal of improving student wellness, nutrition and physical activity:

- Child Nutrition Programs shall comply with federal, state and local requirements. Child Nutrition Programs shall be accessible to all children.
- A comprehensive learning environment shall be accomplished by providing nutrition information that encourages good eating habits and encourages physical activity by stabilizing the monthly nutrition service menus and providing website resource guides to encourage making educated decisions about lifelong healthy eating habits and beneficial physical activity.
- A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity shall be included in a school's daily education program from grades pre-K through five (5). 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 or field trips and/or classroom activities that include physical activity.
- All foods and beverages available on school grounds and at school-sponsored activities shall meet or exceed the district's nutrition standards subject to exceptions in the Colorado Board of Education rules. 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 Values, as defined by the USDA.
- The school environment shall be safe, comfortable, pleasing, and shall allow ample time and space for eating meals. Physical activity generally shall not be used as a reward or punishment, except as part of the JROTC curriculum. Food shall not be used as a reward in class, for activities or to reinforce student behavior. Food that is part of a class curriculum must meet federal and state guidelines.

LEGAL REFERENCES: Section 204 of P.L. 111-296; C.R.S. 22-32-134.5; C.R.S. 22-32-136; C.R.S. 22-32-136.3; 22-32-136.5(3)(a)(b); 1 CCR 301-79;

CROSS REFERENCES: EF

- All school-based activities shall be consistent with local wellness policy goals.
- Parents/guardians who wish to provide treats/snacks for students' birthdays or for any other holiday must make arrangements with their child's teacher prior to bringing the treats/snacks to school. If the provision of treats/snacks is not pre-arranged, treats/snacks may not be allowed in the classroom.
- Treats and snacks provided by parents/guardians must be store bought and must not include trans fats as defined by Federal and State law. Industrially produced trans fats are foods with "vegetable shortening, margarine, or any type of partially hydrogenated vegetable oil that contains more than zero grams of trans fat per serving as labeled," and include but are not limited to soda water, water ices, chewing gum, jellied candy, hard candy, marshmallow candies, fondant, licorice, cotton candy, candy coated popcorn.