

## **School Wellness**

Pursuant to federal law, the following parties have jointly developed this school wellness policy: physical education teachers, health educators, the district's director of nutrition services, the district's school nurse, and the district's business manager.

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 Nutrition and Physical Activity Advisory Council. Minimum membership includes the district's school nutrition director, the district's school nurse, a physical education teacher, and a school board member. 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, 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 a 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 following objectives:

- 1) 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.
- 2) The adoption and implementation of the Colorado Comprehensive Health Education Standards for health and nutrition education that teaches students about the effects of nutrition and physical activity on their health.
- 3) 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.
- 4) The participation of schools in nutrition programs such as "Team Nutrition" and other nutrition education activities and promotions that involve students, parents and the community.
- 5) 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.

- 6) Encouragement to teachers to integrate nutrition education into core curriculum areas such as math, science, social studies, and language arts, as applicable.
- 7) The availability of staff professional development opportunities to inform them about nutrition and physical activity, including how to integrate these topics into their core instruction. These educational opportunities may include the distribution of educational and informational materials, presentations, and workshops that focus on nutritional value, healthy lifestyles, and fitness activities.
- 8) Providing parents with information about nutrition and physical activity, including suggestions about healthy foods and beverages for the family and what to bring to school activities and events. These may include handouts, website postings, articles in newsletters, and presentations.

**Goal #2. The district will support and promote nutrition education, proper dietary habits, and healthy nutrition choices contributing to students' health status and academic performance.**

All foods and beverages sold on school grounds and at school-sponsored activities during the school day shall meet or exceed the district's nutrition standards. All schools participating in the National School Breakfast and/or 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 the following objectives:

- 1) Require that all students have access to fresh fruits and vegetables during meal service.
- 2) Require 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) Require that all foods sold during the school day, be it in the cafeteria, in vending machines, in school stores, or at fundraisers, meet the Healthy, Hunger-Free Kids Act of 2010 (HHFKA 2010).
  - a. This requirement applies to both internal and external entities.
  - b. The school day shall be defined as midnight until 30 minutes after the last bell.
- 4) Require that summarized information regarding the HHFKA 2010 be made available to all staff and parents.
- 5) Require that every site administrator shall support the HHFKA 2010.
- 6) 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.
- 7) Encourage the school cafeteria to be a pleasant eating environment as possible, including displays of student art, plants, natural light if possible, small tables and reduced noise, if possible.
- 8) Encourage school administration to consider extending the lunch period to at least 30 minutes of uninterrupted time.
- 9) Encourage that students have access to healthful non-sale food choices in appropriate portion

sizes during school functions, such as parties and celebrations.

- 10) Encourage nonfood fundraisers rather than food fundraisers, such as flowers, gift-wrap, sporting events, and family runs.
- 11) Encourage nonfood items be chosen for classroom rewards, rather than food rewards.

**Goal #3. The district will provide daily opportunities for students to engage in physical activity and develop the knowledge, attitudes, skills, and behaviors needed to adopt, maintain, and enjoy a physically active lifestyle.**

A quality physical education program is one of the essential components in which students learn about and participate in physical activity. Students will have the opportunity to participate in moderate to vigorous physical activity through regular standards based physical education, and may include, but need not be limited to physical education and sports programs, fitness breaks, recess, field trips that include physical activity and classroom activities that include physical activity.

- 1) Schools will strive to comply with the National Association of Sport and Physical Education recommendation of 150 minutes of physical activity per week for elementary students, and 225 minutes per week for secondary students.
- 2) A requirement that all students have access to age-appropriate daily physical activity.
- 3) Provide opportunities for physical activity through a range of after-school programs.
- 4) Provide opportunities 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.
- 5) Encourage fitness activities in physical education classes to ensure that students meet state or National standards and are physically active for a lifetime.
- 6) Encourage all schools to integrate health-related fitness assessment as a student self-evaluation and goal setting tool.
- 7) Encourage staff to model physical activity to emphasize the value of lifelong fitness.
- 8) All schools provide developmentally appropriate components of a health related fitness assessment (i.e. Fitness Gram, Physical Best, or Presidents Council) to students.
- 9) Hire licensed physical education teachers or require non-licensed staff to obtain proper certification.

Adopted: June 12, 2006

Revised: November 17, 2008

April 2, 2012

May 12, 2014

May 10, 2017

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 IHAM-R, Health Education

IHAMA, Teaching About Drugs, Alcohol and Tobacco

IHAMB and IHAMB-R, Family Life/Sex Education

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